

SUGGESTED READING

Nutrition and Mental Illness* *An Orthomolecular Approach to Balancing Body Chemistry

by Carl Pfeiffer MD PhD - available from Amazon Books
(www.amazon.com/exec/obidos/ASIN/0892812265/nutritional01-20/102-6290976-5932166))

Orthomolecular Treatment for Schizophrenia

Megavitamin supplements and nutritional strategies for healing and recovery.
by Abraham Hoffer available from Amazon
(www.amazon.com/exec/obidos/ASIN/0879839104/suggnutritional01-20/102-6290976-5932166))

Natural Healing for Schizophrenia & Other Common Mental Disorders is a state-of-the-art resource detailing natural treatments for schizophrenia and other mental and emotional disorders.

Natural treatments have been developed over the past half century by pioneering physicians, psychiatrists, psychologists, and biochemists; and represent an unprecedented breakthrough in the treatment of schizophrenia. These treatments have been found to lead to a 75 to 85% rate of recovery or great improvement, which is in stark contrast to expectations with mainstream methods. Natural treatments also do not produce the brain suppression and damage all too common in the conventional approach but, rather, tend to enhance the health of both brain and body.

Natural Healing for Schizophrenia should be of prime interest to patients and their families, as well as physicians and other health professionals searching for more effective treatments. Individuals interested in brain biochemistry and the influence of nutrients, toxins, and illness on brain functioning will also find this book valuable. To see acclaim by key practitioners, click here.

Third edition, Third printing, Revised, 2009. Foreword by Abram Hoffer, MD, PhD.
Contains glossary, resources, recommended reading, and extensive references.
Illustrated. 8.5 x 11, 256 pages. \$29.95. ISBN: 0965097676. LCCN: 98-92417

by Eva Edelman 2009
(available from www.boragebooks.com)

Bio Chemical Individuality - The Key to understanding what shapes your health.
The Basis for the Genetotropic Concept. A timeless classic that links the diversity in our anatomy and body chemistry to our unique nutritional needs.

Biochemical Individuality was first published by Dr. Roger J. Williams in 1956. It has just been reissued with a new introduction by Jeffrey S. Bland, Ph.D. Dr. Bland explains that Dr. Williams was the first to recognize all humans differ biochemically from others. He says that Dr. Williams was also the first to recognize that "nutritional status can influence the expression of genetic characteristics."

by Roger J Williams Ph.D – available at Amazon.com **ISBN-13:** 978-0879838935

Optimum Nutrition for the Mind

Optimum nutrition is a revolution in healthcare. In his new book, leading nutrition expert and psychologist Patrick Holford reveals what good nutrition can do for the mind. He explains how what you eat DOES affect your mind, and can transform how you think and feel.

- Patrick Holford

available from www.foodforthebrain.org/

Autism: Effective Biomedical Treatments Have We Done Everything We Can For This Child? Individuality In An Epidemic

[M.D. Sidney Baker](#) (Author), [Ph.D. Jon Pangborn](#) (Author), [Rimland, Ph.D. Bernard](#) (Introduction), [Jon Pangborn PhD](#) (Author), [Sindey M Baker MD](#) (Author), [Bernard Rimland PhD](#) (Introduction)

Available at Amazon.com ISBN-13: 978-0974036090

Biological Treatments for Autism and PDD (2nd edition)

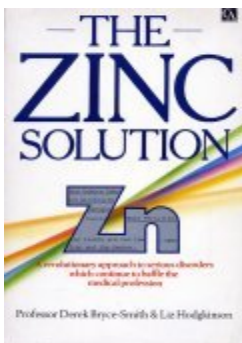
Biological Treatments for Autism and PDD is an authoritative, comprehensive, and easy-to-read resource guide to a wide range of therapies that have been useful in the treatment of autism including antifungal and antibacterial therapies, gluten and casein restriction, homeopathy, vitamin therapy, gamma globulin treatment, transfer factor therapies, treatment of food allergies, and alternatives to antibiotic therapy.

The information in this book may be useful not only in the field of autism but also in virtually any disorder in which some of the symptoms of autism are sometimes or frequently present.

by William Shaw PhD 2002

Available at Amazon.com **ISBN-13:** 978-0966123852

The Zinc solution (with Professor Bryce-Smith)



Is there a link between, among others, anorexia nervosa, bulimia nervosa, alcoholism, sub-fertility and behavioural problems in children? The answer could be simple - zinc.

Professor Bryce-Smith's career followed a fairly orthodox pattern of teaching and research until about 15 years ago. By then his concentration on the uses of chemistry had made him increasingly concerned that many serious abuses were going largely unrecognised - among them the adulteration of petrol by lead. His work has led him to examine the close relationship of minerals with health, and zinc deficiency, he believes, is the key to many illnesses.

This book sets out to explain the evidence in support of the zinc solution. He describes the role of minerals in digestion and explains why modern diets – especially vegetarian – tend to be zinc deficient. He demonstrates how zinc levels are adversely affected by stress and alcohol, why certain people are more sensitive than others to a lack of zinc in their bodies, and how these findings are important in the consideration of such problems as post-natal depression, low- birthweight babies, teenage acne in boys and the common cold. He also describes a quick, simple but effective test that can be applied either by your GP or by yourself at home to determine whether your body is short of zinc.

The Zinc Solution will be welcomed by the medical profession for its powerfully argued and carefully considered theories and documented evidence - and by the public for its positive and practical advice about a mineral which could play a significant part in their physical health and mental well-being.