

## TARGETED NUTRITIONAL TREATMENT OF MENTAL ILLNESS

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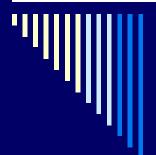
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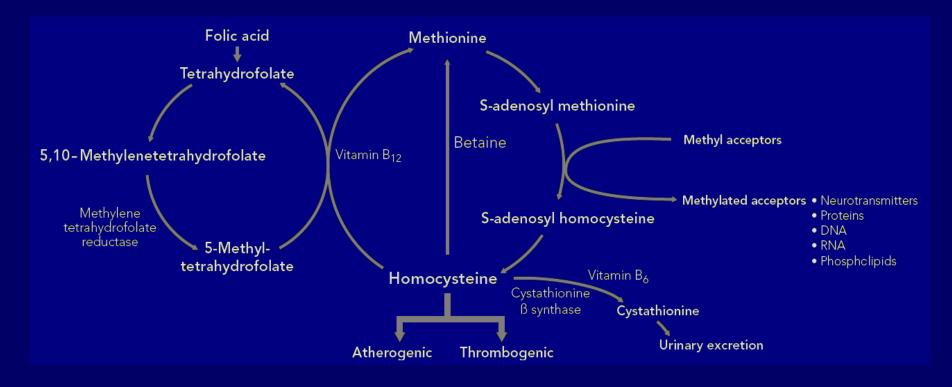


### OUTLINE

- □ This presentation details the impact that the introduction of targeted nutritional treatment for the management of mental illness has had on a standard general medical practice.
- Areas covered include:
  - Getting started
  - Different types of nutritional imbalance
  - Clinical patterns with different imbalances
  - Biochemical patterns
  - Nutritional protocols
  - Case presentations
  - 12 month follow-up on 567 patients
  - The future

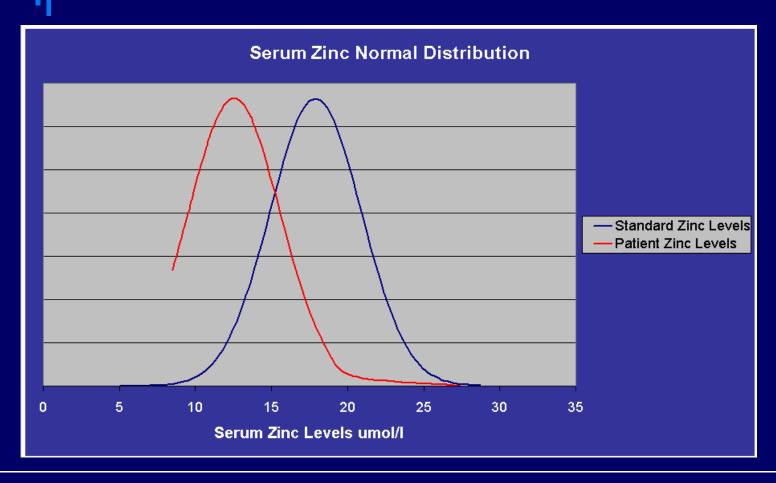


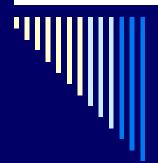
## METABOLIC PATHWAYS





## INVESTIGATIONS





### INVESTIGATIONS

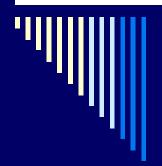
- WHOLE BLOOD HISTAMINE 0.6 micm/l
- URINE PYRROLE EXCRETION under 10 micgm/100ml



# UNDERMETHYLATION (HISTADELIA): Clinical Characteristics

- High achiever
- Self motivated through school
- High achiever before illness
- Strong willed
- High motivation
- □ High libido

- High energy
- High motivation
- Addictive behaviour
- Calm demeanour
- □ High inner tension
- Low pain tolerance
- Sparse hair growth
- Family history



# UNDERMETHYLATION: Clinical Characteristics (cont)

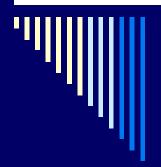
- Catatonic psychosis
- Delusional
- Phobias
- Diagnoses of OCD/ODD
- Frequent headaches
- Difficult transitions

- Denial of illness
- Non compliance
- Social isolation
- Ruminations regarding past
- Heat intolerant
- Seasonal allergies



# BIOCHEMISTRY OF UNDERMETHYLATION

- High histamine
- Low Zinc
- Low copper
- High basophil count
- Low homocysteine
- □ High heavy metals on hair analysis



# **UNDERMETHEYLATION: Medication Reactions**

- Adverse reactions to benzodiazepines
- Good response antihistamines
- Adverse reaction B complex vitamins
- □ Good response SSRIs



## **UNDERMETHYLATION:**Supplements & Improvements

### ■ SUPPLEMENTS:

Vitamin C, vitamin B6, P5P, Zinc,
 Methionine, SAMe, Calcium, Magnesium

### ■ IMPROVEMENT EXPECTATION:

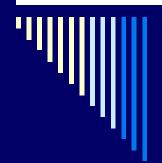
8 to 12 months



# OVERMETHYLATION (HISTAPENIA): Clinical Characteristics

- Poor achiever
- Poor motivation
- Artistic/musical ability
- □ High anxiety/panic
- Low libido
- Overweight
- Easily frustrated

- Sleep disorder
- Paranoia
- Depression
- Self mutilation
- Self isolation
- Nervousness
- □ Tinnitis



# **OVERMETHYLATION:**Clinical Characteristics (cont)

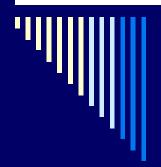
- Food/chemical sensitivities
- High pain threshold
- Past Hx ADHD
- Hyperactive psychosis

- Religiosity
- Grandiosity
- Nil family history
- Hirsutism
- □ Eczema/dry skin



# BIOCHEMISTRY OF OVERMETHYLATION

- Low histamine
- Low Zinc
- Low basophil count
- Copper overload



# **OVERMETHYLATION: Medication Reactions**

- Adverse reaction anti-histamines
- Good response benzodiazepines
- Adverse reaction SSRIs
- Improvement on Lithium
- Adverse reaction oestrogen therapy
- Adverse reaction Methionine/ SAMe



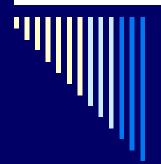
# OVERMETHYLATION: Supplements & Improvements

### ■ SUPPLEMENTS:

Vitamin C, vitamin B6, P5P, Zinc,
 Niacinamide, Folate, vitamin B12, vitamin E

### ■ IMPROVEMENT EXPECTATION

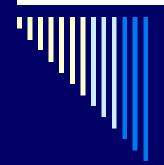
3 to 6 months



# PYRROLURIA (zinc deplete): Clinical Characteristics

- Poor stress control
- Anxiety
- Mood swings
- Temper
- □ Severe depression
- Irritability
- Little or no dream recall
- □ Poor short term memory
- Noise/light sensitivity

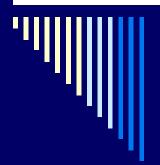
- Affinity for spicy food
- Reading disorder
- Behaviour/learning problems
- Underachievement at school
- Fear or airplane travel
- Impulsivity
- Hyperactivity



# PYRROLURIA Clinical Characteristics (cont)

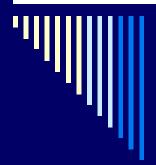
- Food and chemical allergies
- Delay/skip breakfast
- Inability to tan
- Frequent infections
- □ Poor growth FTT

- Premature greying
- Poor muscle development
- Delayed puberty
- Poor wound healing
- Delicate facial features



# BIOCHEMISTRY OF PYRROLURIA

- □ Elevated Kryptopyrroles
- □ Zinc depletion



# PYRROLURIA: Supplements & Improvement

### ■ SUPPLEMENTS:

■ Vitamin C, vitamin B6, P5P, Zinc

### ■ IMPROVEMENT

1 to 3 months



## CASE HISTORY 1: Schizophrenia Characteristics

- Male, age 26
- Average scholar, average at sport, did not try hard to improve either
- Attended TAFE and worked in bank
- Regular marijuana use from age 18
- Psychotic breakdowns age 23 and 24 in hospital both times
- Clinical characteristics: overmethylation
- Biochemistry: normal methylation.
  - Histamine 0.6 Zinc 12.6 Urine Kryptopyrroles 7.2



## CASE HISTORY 1: Schizophrenia Progress

#### 6 months later

- No difficulty with supplements
- Prescription medication unchanged
- Family notices big improvement
- Major improvements: head clearer, thinking better, more alert, no voices, reacting better

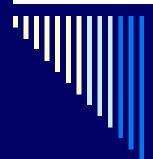
#### 12 months later

- Continued clinical improvement
- Reduced prescription medication
- Reduced nutritional supplement dose
- Has again enrolled at University to complete his study



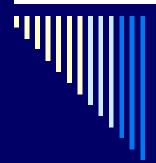
## CASE HISTORY 2: Schizophrenia Characteristics

- Male, age 28
- Multiple hospitalizations over prior 6 years
- Had not worked for 6 years
- ☐ Floridly psychotic at time of consultation
- Clinical characteristics: overmethylation
- Biochemistry: overmethylation
  - Histamine 0.1 Zinc 13.7 Urine Kryptopyrroles 16.6



## CASE HISTORY 2: Schizophrenia Progress

- 12 months later:
  - Feels generally healthy and stable
  - Almost nil delusions and paranoia
  - Not hospitalised during the year
  - Better quality of life
  - Commenced paid computer instruction work
  - Would also like to work with schizophrenic support groups



## CASE HISTORY 3: Depression Characteristics

- ☐ Female, age 41
- High achiever at school and at ballet pushed hard by father
- □ Severe depression commenced when touring with ballet company at age 20 depressed ever since
- □ Two failed marriages
- ☐ Frequent suicide ideations, 3 suicide attempts, best friend suicided
- Regular hospital admissions, was having weekly ECT prior to consultation
- □ Clinical characteristics: undermethylation
- Biochemistry: overmethylation
  - Histamine 0.3 Zinc 13.1 Urine Kryptopyrroles 0



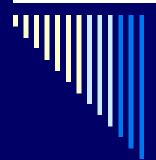
## CASE HISTORY 3: Depression Progress

### 6 months later:

- Moderate dyspepsia with supplements so dose reduced
- Prescription medication unchanged
- Days more even
- No hospital
- No ECT
- Not "down" as much

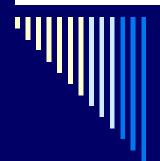
### □ 12 months later:

- No hospital admissions
- No ECT
- Reduced prescription and nutritional doses
- Resumed painting and has had a number of public showings



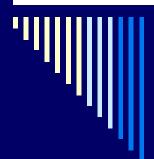
## CASE HISTORY 4: Depression Characteristics

- Male, age 39
- Many years of relapsing depression, anxiety and lack of energy
- Had not worked for 2 years
- Clinical characteristics: overmethylation
- Biochemistry: zinc deplete
  - Histamine 0.6 Zinc 10.8 Urine kryptopyrroles 11



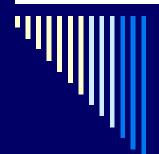
## CASE HISTORY 4: Depression Progress

- Initial treatment was as zinc deplete with no change in 3 months
- Switched to overmethylation protocol which lead to steady improvement
- 12 months later:
  - Been in work 6 months in his own water purification business
  - Gradually increased hour worked to 8 hours per day
  - Aropax dose and nutrient dose halved
  - Clinical control maintained



# CASE HISTORY 5: 0DD Characteristics

- Onaracionsuc
- □ Female, age 11
- Normal birth and neo natal period
- Abnormal tantrums age 2 and explosive temper ever since
- "Dysfunctional" family. Parents split and alternated care of child. Mother could no longer cope with the anger so child cared for by grandmother with parents having access alternate weekends
- Multiple attempts at behaviour therapy and extensive counseling failed
- Clinical characteristics: Pyrroluria
- Biochemistry: undermethylation and Pyrroluria
  - Histamine 1.3 Zinc 11.5 Urine Kryptopyrroles 23



### CASE HISTORY 5: ODD Progress

#### □ 6 months later:

- clear change in 1st 2 months
- Trying to be a better person
- Does not yell or shout at grandmother
- Cleans room
- Doing better at school
- Regresses at weekends with either parent, father feels she does not need supplements

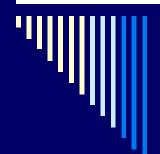
#### ■ 12 months later:

- Much the same as at 6 months
- Behaviour clearly different if taking the supplements and in grandmother's care



# CASE HISTORY 6: Aggression Characteristics

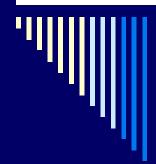
- Male, 11years
- Expelled from 3 schools daily fights and bullying
- Poor attention, poor academic performance
- Had insight into his behaviour but could not explain his outbursts
- Clinical characteristics: Pyrroluria
- Biochemistry: Undermethylation
  - Histamine 1.0 Zinc 8.5 Urine Kryptopyrroles2.5



# CASE HISTORY 6: Aggression Progress

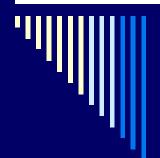
- ☐ 4 months later:
  - No fights
  - Walked away from confrontation
  - Less victimization by teachers
  - Grades from C/D to B/A
  - Showing affection to mother

- □ 12 months later:
  - Normal child
  - Above average scholar
  - Nil aggression
  - Supplement dose reduced
  - Clinical improvement maintained



## CASE HISTORY 7: Anxiety Characteristics

- Male, age 26
- □ Preader-Willi Syndrome
- Delayed mental development
- Severe anxiety, temper and intermittent aggression
- Clinical characteristics: Pyrroluria
- Biochemistry: Pyrroluria
  - Histamine 0.4 Zinc 9.8 Urine Kryptopyrroles 30



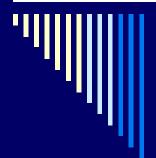
## CASE HISTORY 7: Anxiety Progress

### □ 6 months later:

- Happier, calmer, less anxiety and aggression
- Psychiatrist comment, "Is this the same patient?"

### ■ 12 months later:

- "Different person"
- Minimal anxiety
- Supplement dose reduced
- Clinical control maintained



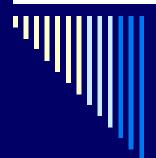
## CASE HISTORY 8: Anxiety

### Characteristics:

- Male, age 7
- Generalised anxiety with extreme separation anxiety at school
- Biochemistry: undermethylation
  - Histamine 1.1 Zinc 12.5 Urine Kryptopyrroles 19.6

### □ Progress - 12 months later:

- steady improvement throughout year
- Attending school with nil separation difficulty
- Socialising normally



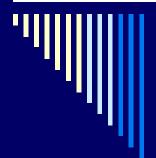
## CASE HISTORY 9: Anxiety

### Characteristics:

- Female, age 44
- Many years of anxiety, stress, pessimism and worry
- Histamine 1.2 Zinc 12.5 Urine Kryptopyrroles6.5

### □ Progress - 12 months later:

- Internal anxiety slowed a lot
- Stress level down, less worried
- Happier, calmer, optimistic



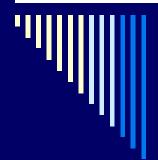
## **CASE HISTORY 10: Anxiety**

### Characteristics:

- Male, age 62
- Highly successful and wealthy business man
- Many years has been anxious and "over reactionary"
- Biochemistry: Zinc deplete
  - □ Histamine 0.5 Zinc 10.5 Urine Kryptopyrroles 0

### Progress - 12 months later

- Less anxious
- Less reactionary
- "Best he has felt for years"



# CASE HISTORY 11: OCD Characteristics

- □ Female, age 42
- Obsessive Compulsive Disorder (OCD) for last 10 years, developed through an abusive first marriage.
- Reclusive
- □ 12 hours of personal or house cleaning each day
- Hours spent under the shower
- Frequent headaches
- Attendance at the consultation was a major effort
- Biochemistry: Pyrroluria
  - Histamine 0.5 Zinc 11.1 Urine Kryptopyrroles 139.5



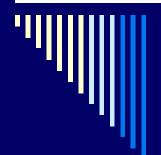
# CASE HISTORY 11: OCD Progress

- Rapid improvement initially and steady improvement over the year
- □ 12 months later:
  - House cleaning 2 hours, 2 days per week.
  - Self hygiene and showering like a "normal" person. No headaches.
  - Socialises normally, shops as others would and leads a normal life.
  - Reluctant to phase out the anafranil as she is doing so well
- Husband's comment: "Thank you for giving me my wife back"
- Feels she has OCD beaten



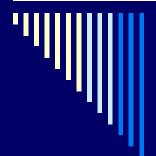
# CASE HISTORY 12: Bipolar Affective Disorder Characteristics

- Male, age 22
- Anxiety, depression, mania for last 4 years.
- Four hospitalisations during this time
- Not worked or studied for 4 years
- □ Erratic bowel motions for many years
- Biochemistry: undermethylation
  - Histamine 0.7 Zinc 12.8 Urine Kryptopyrrole 0



## CASE HISTORY 12: Bipolar Affective Disorder Progress

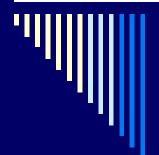
- Rapid clinical response to gluten withdrawal
- Steady improvement over 12 months
- 12 months later:
  - Feeling well
  - Doing more
  - More confidence
  - No "highs"
  - No hospitalizations
  - Resuming study of fine arts at university in 2006



### CASE HISTORY 13: Autism

#### CHARACTERISTICS:

- Male 6 years
- Normal physical development, virtually mute, panic in close situations
- Biochemistry: Undermethylation, Pyrroluria
  - □ Histamine 1.7 Zinc 12.1 Urine Kryptopyrrooles 39.6
- □ Progress 8 weeks later:
  - Quieter, more relaxed
  - Said more words in 4 weeks than he had in 4 years
- □ Progress 12 months later:
  - Steady increase in vocabulary
  - Some short sentences, better comprehension
  - Less anxiety
  - Able to sit in consultation room with doors closed
  - Repetitive, obsessive behaviour persists



### CASE HISTORY 14: Autism

#### CHARACTERISTICS:

- Male 4 years
- At start mute, irritable, unable to remain in consulting room.
- Obsessive behaviour
- Grossly abnormal bowel motions
- Biochemiistry: normal methylation, Pyrroluria
  - □ Histamine 0.7 Zinc15.4 Urine Kryptopyrroles 27.5

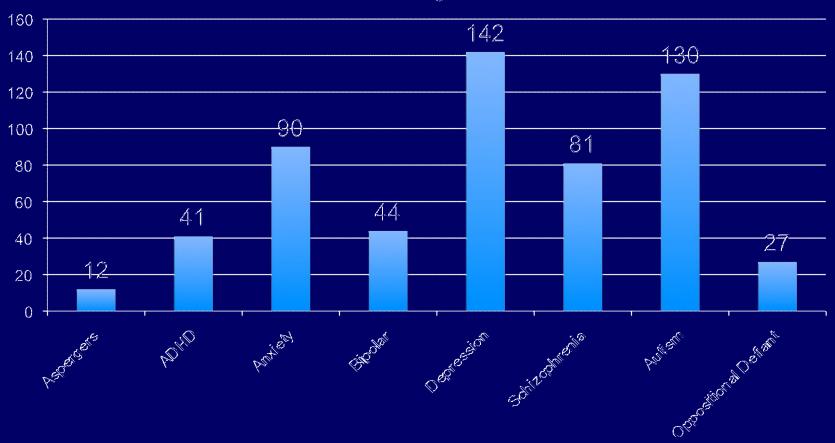
### Progress

- 4 months later: Counting to 20 repetitively. Shut door of consulting room
- 8 months later: Said "Good morning Doctor Stuckey"
- 12 months later: Bowels normal, toilet trained, saying 4+ word sentences, markedly better receptive language



## **Patient Diagnosis**

Patient Diagnosis





## 1 YEAR SURVEY RESULTS

	Total	Start	Drop	Total Comp 1 Year	Nil Respond	Partial Improv	Major Improv
AUTISM	130	118	10	108	21	38	49
ASPERGERS	12	11	4	7	3	2	2
ADHD	41	37	9	28	9	3	16
ANXIETY	90	84	18	66	9	14	43
BPAD	44	40	15	25	3	5	17
DEPRESSION	142	117	34	83	14	16	53
SCHIZOPHRENIA	81	66	17	49	8	11	30
OTHER	27	19	3	16	3	2	11
TOTALS	567	492	110	382	70	91	221
% of starters	-	-	22.4%	-	14.2%	18.5%	44.9%
% of compliers	-	-	-	-	18.3%	23.8%	57.9%



### **CONTROL GROUP**

■ 30 PATIENTS WHO DID NOT START

MAJOR IMPROVEMENT	5	16%
PARTIAL IMPROVEMENT	5	16%
NIL IMPROVEMENT	.16	53%
RETURNED	4	15%

- □ Hospital Days for these 30......650
- □ Hospital Days [est] for 489 in treatment group......300