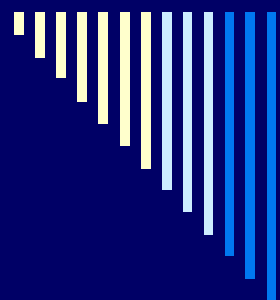


TARGETED NUTRITIONAL TREATMENT OF MENTAL ILLNESS

Presenter: Dr Richard H Stuckey
MB.BS. DRCOG. FAANaOS.
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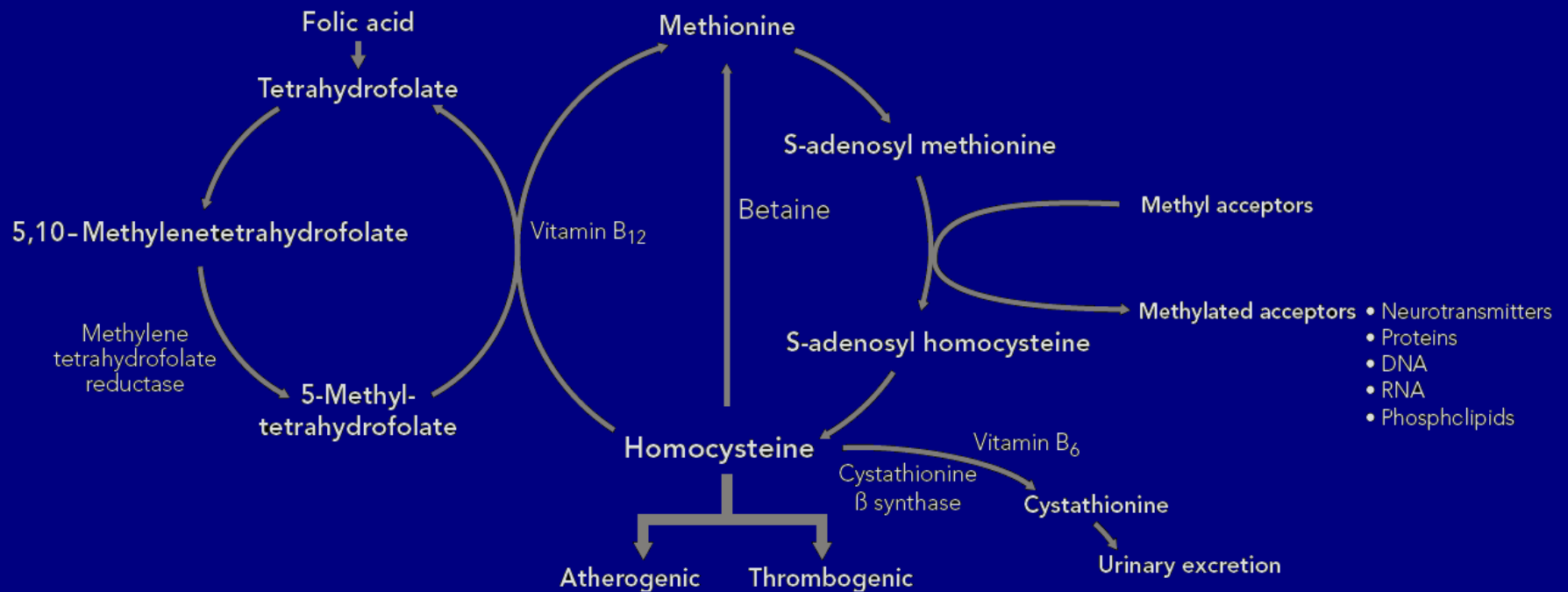


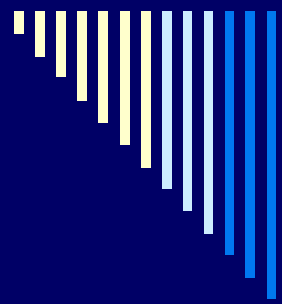
OUTLINE

- This presentation details the impact the introduction of the Pfeiffer Treatment Centre's protocol 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 of 80 consecutive cases
 - The future

METABOLIC PATHWAYS





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
-



UNDERMETHYLATION: Medication Reactions

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



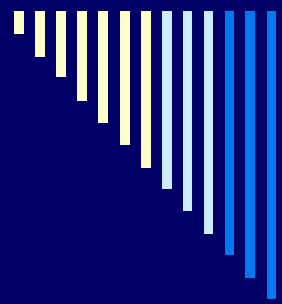
UNDERMETHYLATION: Supplements & Improvements

□ 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
- Tinnitus



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
-



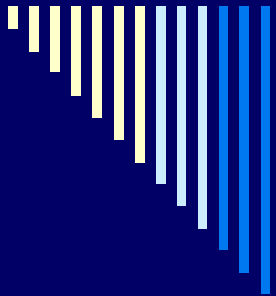
OVERMETHYLATION: Supplements & Improvements

□ SUPPLEMENTS:

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

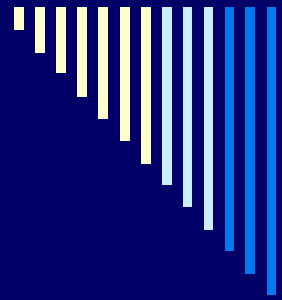
□ IMPROVEMENT EXPECTATION

- 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

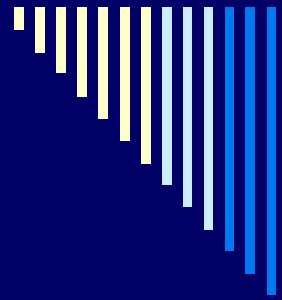
Clinical Characteristics (cont)

- ❑ 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
-



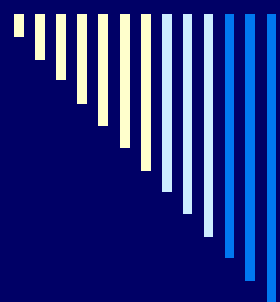
PYRROLURIA: Supplements & Improvement

□ SUPPLEMENTS:

- Vitamin C, vitamin B6, P5P, Zinc

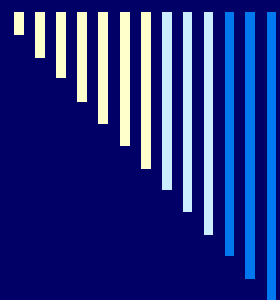
□ IMPROVEMENT

- 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

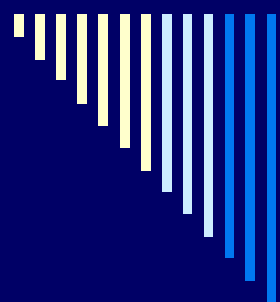
Progress

□ 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

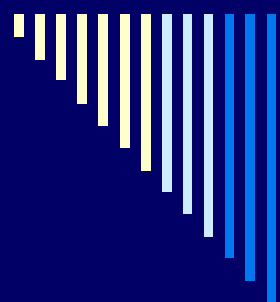
□ 12 months later

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



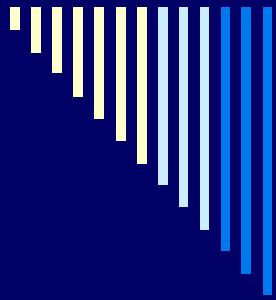
CASE HISTORY 2: Schizophrenia Characteristics

- **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*



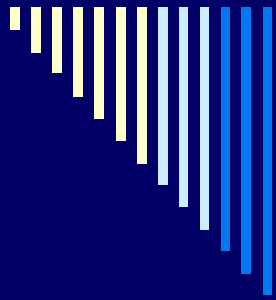
CASE HISTORY 2: Schizophrenia Progress

- 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*



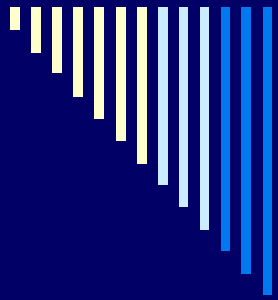
CASE HISTORY 3: Depression Progress

□ 6 months later:

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

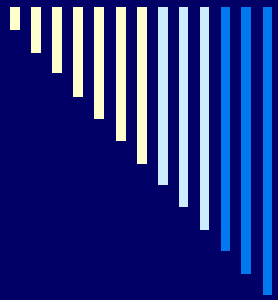
□ 12 months later:

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



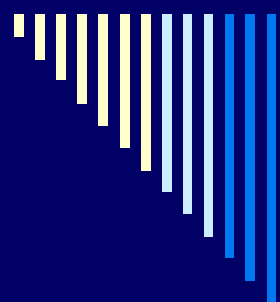
CASE HISTORY 4: Depression Characteristics

- **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*



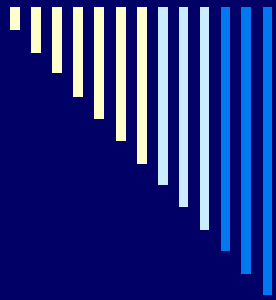
CASE HISTORY 4: Depression Progress

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



CASE HISTORY 5: ODD Characteristics

- **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*



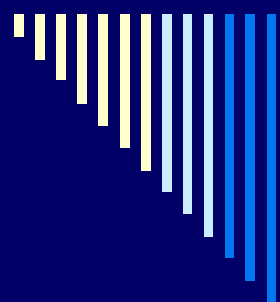
CASE HISTORY 5: ODD Progress

□ 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:

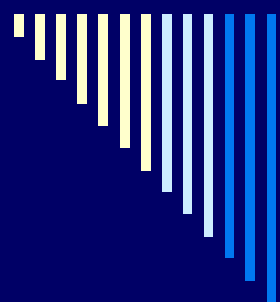
- Much the same as at 6 months
- Behaviour clearly different if taking the supplements and in grandmother's care



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 Kryptopyrroles 2.5*



CASE HISTORY 6:

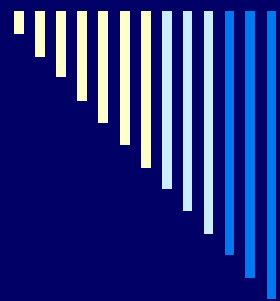
Aggression Progress

□ 4 months later:

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

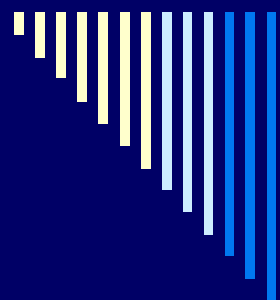
□ 12 months later:

- Normal child
- Above average scholar
- Nil aggression
- Supplement dose reduced
- Clinical improvement maintained



CASE HISTORY 7: Anxiety Characteristics

- Male, age 26
- Prader-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 Kryptopyrroles 6.5*

□ Progress - 12 months later:

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



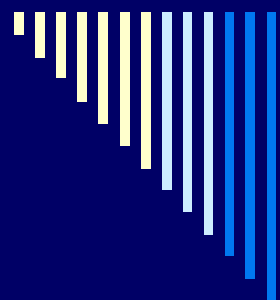
CASE HISTORY 10: Anxiety

□ 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

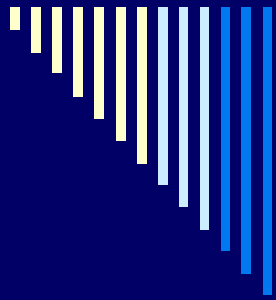
- Less anxious
 - Less reactionary
 - “Best he has felt for years”
-



CASE HISTORY 11: OCD

Characteristics

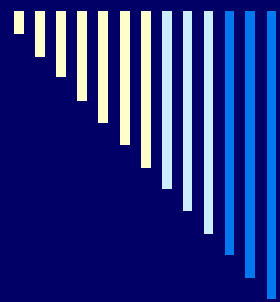
- ❑ **Female, age 42**
- ❑ Obsessive Compulsive Disorder (OCD) for last 10 years, developed through an abusive first marriage.
- ❑ Reclusive
- ❑ 12 hours of personal or house cleaning each day
- ❑ Hours spent under the shower
- ❑ Frequent headaches
- ❑ Attendance at the consultation was a major effort
- ❑ 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
-

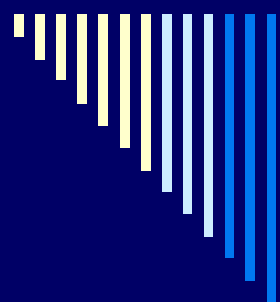


CASE HISTORY 12:

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

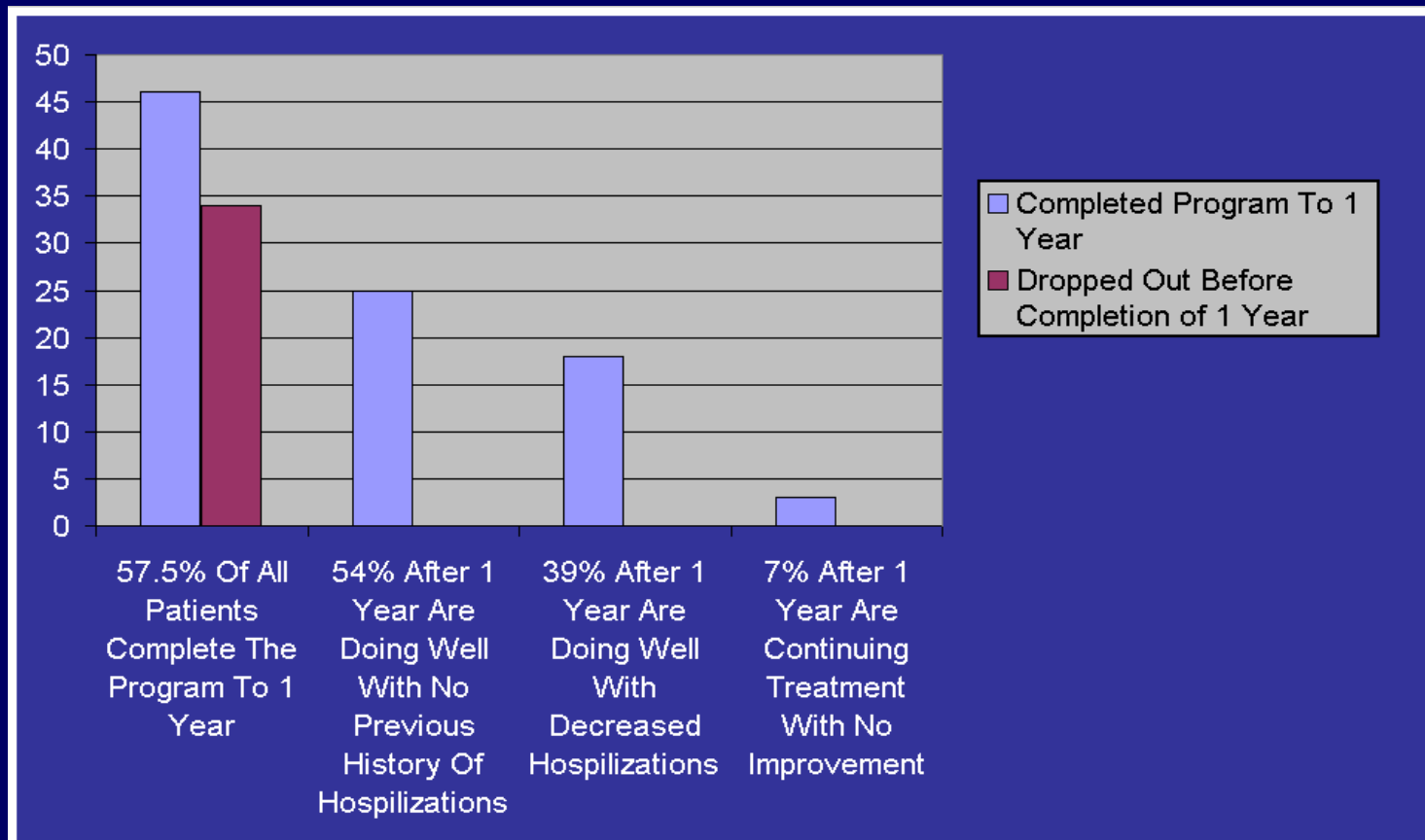
□ CHARACTERISTICS:

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

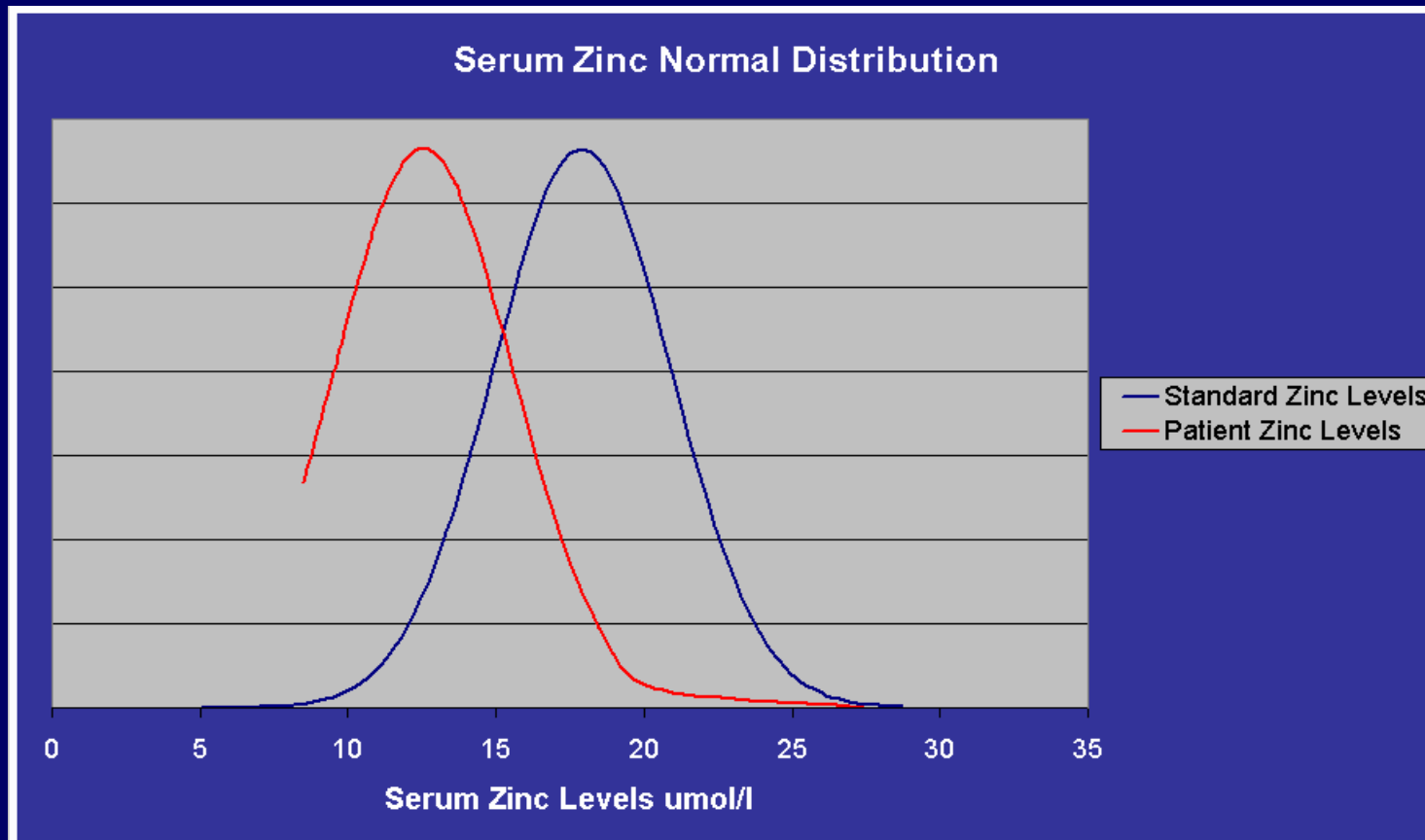
□ Progress

- 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
-

12 MONTH FOLLOW UP



Serum Zinc Analysis



Patient Diagnosis

