

In closing.....

Messages we are *not* giving

- The only cause of mental disorders is imperfect nutrition-- ***NO***
- Everything can be cured with nutrients--***NO***
- All psychiatric medication is bad--***NO***
 - Hippocrates: “Leave your drugs in the chemist’s pot if you can heal the patient with food.”

So what should the first line of treatment be?

Diet + nutrients

'supplement'
with medication
if/when needed

OR



Advances in Preschool Psychopharmacology

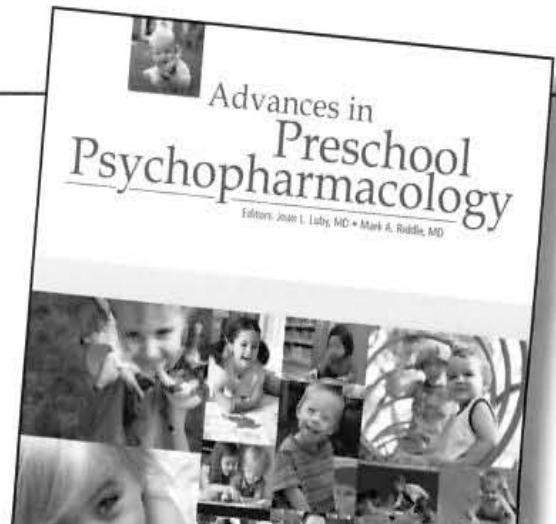
Timely
new
resource!

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An Essential Reference

An important new resource addressing the IF, WHEN, and HOW to prescribe psychopharmacologic medication to preschool children!

Advances in Preschool Psychopharmacology provides psychiatrists, pediatricians, and other health care providers with an up-to-date resource to meet the challenges of treating preschool children with psychotropic medi-



Something else we are not saying

- **Broad spectrum nutrient formulas like EMP/Q or DEN or Forceval or Berocca will cure all of humanity's ills ---- or indeed all of mental disorders**
- **We are trying to build the evidence, but research dollars are hard to obtain**

One general take-away point

- Irritability, explosive rage, mood instability
- These are SYMPTOMS most likely to improve in all 20-30 studies of broad spectrum nutrients – and they cross most mental disorder categories.
- Relevant to the information shown on inflammation.....

Elevated inflammatory markers in people with explosive rage and aggression: Coccaro et al., *JAMA Psychiatry*, 2013.

- **69 adults with intermittent explosive rage**
- **61 adults *without* rage but with other disorders**
- **67 with no history of any disorder**
- **Results:**
 - **CRP and IL6 (inflammatory biomarkers) elevated in the 69 adults with rage attacks**
 - **AND**
 - **Biomarkers were correlated with history of aggressive behaviours**

What do we need from Psychiatry?

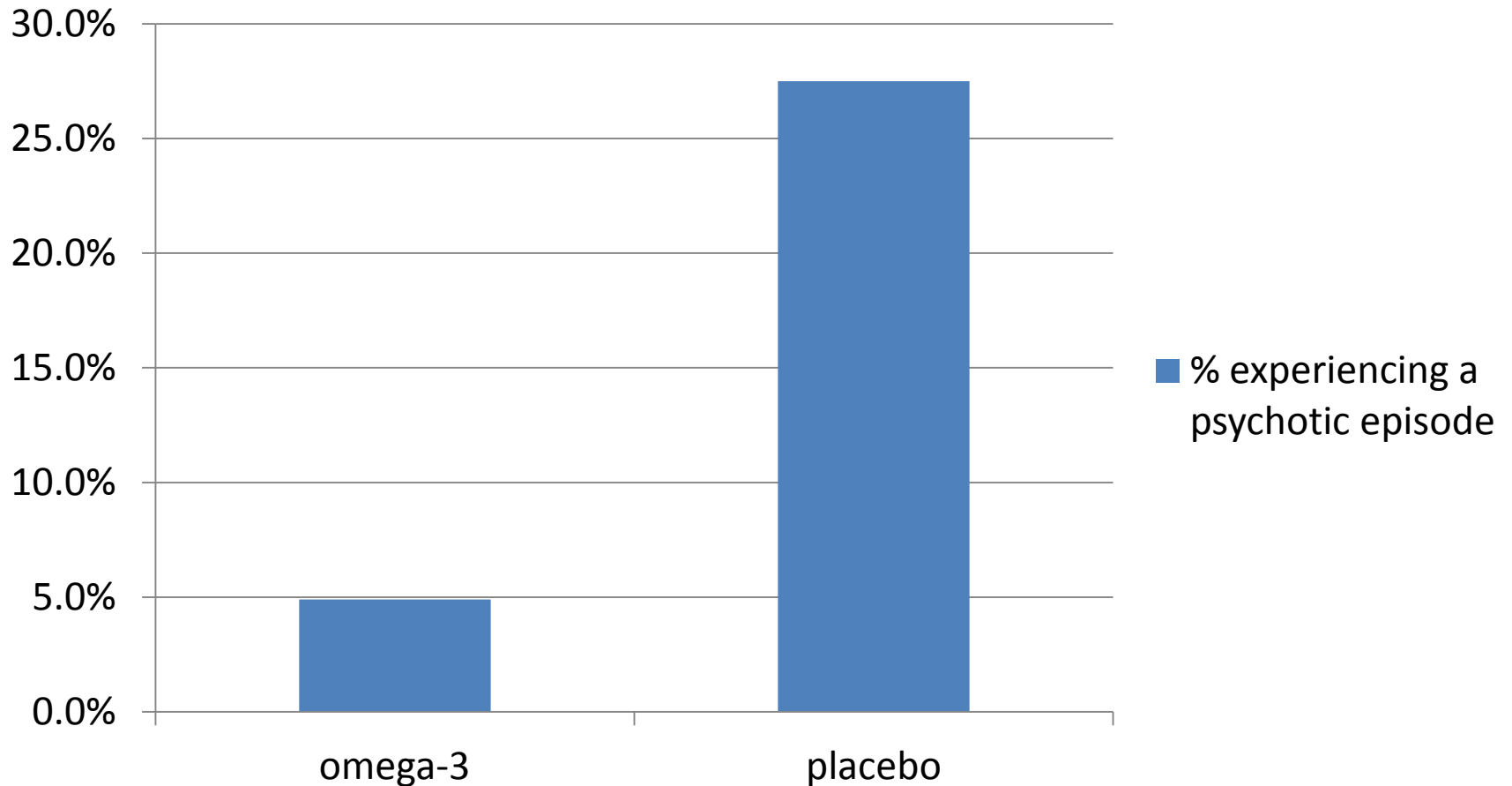
- ***Remain* knowledgeable about medication**
- ***Become* knowledgeable about other ways of healing**
- **That means, **applying the findings from nutritional treatment research****
- **For example:**

Prevention of psychosis

- ❑ Medical Univ of Vienna; 13-25 yr olds who met established criteria for high risk (genetic risk, early sx)
- ❑ 81 randomized to omega-3 PUFAs or placebo for 12 weeks [dose: approx 1.2 g/day]
- ❑ Primary outcome: conversion to psychosis in the next 12 months

Conversion to psychosis at 12 months

% experiencing a psychotic episode



**Do you know of any
Early Psychosis Clinics that
are introducing this
preventive treatment for their
patients?**

WE ARE IMPATIENT

Knowledge Translation takes so long!

E.g., Scurvy

- **1601: Lancaster -- open controlled trial of citrus for scurvy; none died with lemon juice, 40% on ships without lemon juice died**
- **1747: Lind replicated: randomized trial 6 treatments for scurvy; citrus superior**
- **1795: British Admiralty ordered citrus on all navy ships**
- **1865: British Board of Trade required citrus on all merchant ships**

- *Lag from evidence to practice:*

264 yr