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Alternative Mental Health News

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Issue 1

Alternative Mental Health Newsletter Mental Health Awareness

In This Issue

[RECENT RESEARCH](#)
[CLINICAL INNOVATIONS](#)
[IN THE SPOTLIGHT](#)
[THANK YOU](#)

Coming Events

Oct 11-18, 2015
Brazil trip for Health Professionals. See psychiatrists working with medical intuitives in a unique and powerful paradigm (E. Bragdon, host)

Oct 16-18, 2015
Gothenburg, Sweden
Driving Us Crazy - A Film Festival about Madness in Society and in All of Us.

About Us

About AMHN
AMHN is a quarterly newsletter with a focus on the latest research, findings and alternative treatments for mental health and wellness.

About Safe Harbor
Safe Harbor is a nonprofit organization founded in the wake of growing public

Editor's Note:

Greetings!

We've added a new *Clinical Innovations* section to the newsletter. It shares thoughts and practices from leading Integrative Mental Health practitioners worldwide. Also review *Recent Research* for a sampling of some of the most compelling recent mental health findings.

Onward,
Craig Wagner

RECENT RESEARCH in Integrative Mental Health

Autoimmunity playing a role in first episode psychosis.

A recent study found the presence of two antibodies in a sub-group of children experiencing their first episode of psychosis supporting the theory that auto-immune disorders play a significant role in psychiatric illness.

Researchers from the University of Sydney detected antibodies to the dopamine D2 receptor or the N-methyl-D-aspartate (NMDA) glutamate receptor among eight out of 43 children experiencing their first episode acute psychosis, but no such antibodies in healthy children. Both are key neural signaling proteins previously implicated in psychosis.

"The antibodies detected suggest there is a distinct subgroup for whom autoimmunity plays a role in their illness," says the senior author on the paper and head of the Neuroimmunology Group at The Children's Hospital at Westmead in Sydney.

"The finding suggests that better interventions are possible, providing hope that major disability can be prevented for the

dissatisfaction with the unwanted effects of orthodox psychiatric treatments such as medication and shock therapy.

Seeking to satisfy the desire for safer, more effective treatments, Safe Harbor is dedicated to educating the public, the medical profession, and government officials on the research and treatment of mental health using safe nutraceuticals, and non-invasive protocols that create optimum mental health.

About Alternative Mental Health

AlternativeMentalHealth.com is the world's largest website devoted exclusively to alternative mental health treatments. It includes a directory of over 350 physicians, experts, nutritionist, organizations and facilities that offer or promote safe, alternative treatments for severe mental and emotional symptoms.

subset of children experiencing acute psychosis with antibodies," Brilot adds.

Negative Schizophrenia Symptoms Reduce Over Time - With or Without Treatment.

The strength of "negative" symptoms of schizophrenia such as blunted speech, social withdrawal and inability to experience pleasure tends to reduce over time both with and without treatment, according to a study in *Psychological Medicine*.

Researchers from the World Health Organization collaborating with Queen Mary University in the UK conducted a meta-analysis of 41 studies with 5,944 participants. "Negative symptoms were found to significantly reduce in all treatment interventions, including in placebo and treatment as usual conditions," they wrote.

"This finding offers a further critique of the historical argument which suggests schizophrenia is a disorder of continual decline and instead provides further support to the recovery model of schizophrenia," they concluded. "Overall, these findings suggest that negative symptoms may not be as resistant to change as what has previously been assumed, and perhaps offer new hope to those who may experience such symptoms."

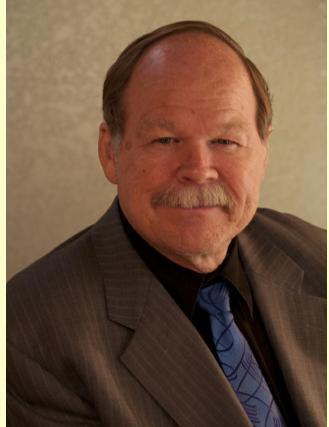
Environmental, Not Genetic Links Found for Anxiety Disorders in Twin Study.

In what the editor of the *American Journal of Psychiatry* called a "landmark" study, a team of researchers re-examined data from the large Twin and Offspring Study of Sweden, and discovered environmental factors more readily explained anxiety "inheritance" than did genetics.

The researchers used Structural Equation Modeling to try to quantify the various effects from genetic and environmental factors linking parental anxiety and child anxiety.

"For both anxiety and neuroticism, the models provide support for significant direct environmental transmission from parents to their adolescent offspring. In contrast, there was no evidence of significant genetic transmission."

This appears to be the first study to clearly establish the early transmission of anxiety symptoms from parents to children, not through their shared genetic background, but rather from the way in which anxious parents raise their children. Parents who are anxious can now be counseled and educated on ways to minimize the impact of their anxiety on the child's development."



President/Founder Dan Stradford

Since 1998 Dan Stradford has been president and founder of Safe Harbor. He is the lead author of a book for physicians, *Complementary and Alternative Medicine Treatments in Psychiatry*, and the author of the book *The Men's Code of Honor: 66 Principles That Make a Man*.

African healing plants inspire new compounds for psychiatric drugs.

In a paper published online in the journal *Angewandte Chemie International Edition*, the scientists detail how they created natural compounds by completing the first total syntheses of two indole alkaloids -- alstonine and serpentine.

These alkaloids, found in various plant species used by healers in Nigeria to treat people with conditions such as schizophrenia and bipolar disorder, have antipsychotic properties that have potential to improve mental disorder treatments.

Dan has published over 250 articles and technical papers. His writings and commentary have appeared in Time Magazine, the Los Angeles Times, Chicago Tribune, The Daily Record(Scotland), the college textbook *Social Problems* and many other publications.

He has been interviewed numerous times by radio, television, and print media, including The Wall Street Journal, CNN, National Geographic, and USA Today.

Staff



Freelance Editor Craig Wagner

Craig is an author, speaker, educator, support group leader and freelance editor in the field of Integrative Mental Health.

He is a board member of a leading Integrative Mental Health training company (www.imhu.com), a trainer for the National Alliance on Mental Illness (NAMI) and contributing editor for the Safe Harbor two-volume work, *Codex Alternus*.

His book, *An Empowering Guide to Non-Drug Approaches for Adult Mental Health, an Evidence-Based Resource for Recovery*, is the first book to extract the full range of non-drug mental health therapies from the bowels of scientific research and transform it into a pragmatic recovery tool for those with mental health issues and their supporters.

The current drugs used for schizophrenia effectively treat delusions and hallucinations but are only partially effective for cognitive impairment. Early experimental research of these new compounds in animal models shows promise in improving cognitive impairment, the Northwestern scientists said.

"After billions of years of evolution, nature has given us a great starting point for generating new types of molecules that could end up being used as innovative drugs," said Karl Scheidt, lead author of the paper. "We've learned how to make these natural products in the lab and can now evaluate what are the most effective parts of these natural products for potential therapies."

CLINICAL INNOVATIONS in Integrative Mental Health

A new feature in our newsletter.

This new section introduces innovative approaches used by Integrative Mental Health practitioners worldwide. Many thanks to Emma Bragdon, PhD, founder of [Integrative Mental Health for You](#) for material from her course [15 Psychiatrists Transforming Psychiatry: When Psych Meds are No Longer #1](#).

Dr. Russell Razzaque, MD, psychiatrist and author.



Dr. Razzaque ([website](#)) is a psychiatrist in London, England. He has worked in adult mental health for 20 years and uses mindfulness as an important part of his practice. He has seen first hand its power to aid mental health.

Dr. Razzaque makes key observations about mindfulness:

- With the growing evidence of the effectiveness of mindfulness in mental health, demand for practitioner mindfulness training greatly outstrips supply.
- Insight gained from a practitioners personal mindfulness and meditation practice is important, perhaps vital, in helping clients.
- The most effective way for practitioners (and clients) to learn mindfulness is through experiential retreat. The undistracted immersion of a retreat offers an excellent external environment to cultivate a calm inner environment. Dr. Razzaque runs retreats for both clients and mental health practitioners.

See Dr. Razzaque's book [Breaking Down is Waking Up](#).

Dr. Mary Ackerley, MD, MD(H), ABIHM.

Dr. Ackerley ([website](#), [email](#)) is an Integrative Physician in Tucson, Arizona, with a specialty in

It will be released in fall, 2015.

Craig lives in support of a loved one with mental health issues.

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Disclaimer

The information presented in this newsletter is for educational purposes only, and is not intended to replace the advice of physicians or health care practitioners. It is not intended to diagnose or prescribe treatment for any illness or disorder. Anyone already undergoing physician-prescribed therapy should seek the advice of his or her doctor before acting on any information presented herein.



Mary Ackerley, MD,
MD(H), ABIHM
[Intro](#)

psychiatry. She places importance on conducting an in-depth search for biomedical causes and influencers of mental health symptoms.

She makes important observations about functional medicine:

- In cases of psychiatric symptoms, an extensive biomedical test (including nutrient status, hormones and other measures) is a vital tool. Investigating potential nutritional and infectious causes is key.
- Medicine is a differential diagnosis process that psychiatrists certainly understand, but often don't use. Insurance reimbursement realities and large case loads often lead to simple symptom-based prescription of psychotropics. The future of psychiatry is going back to informed differential diagnosis.
- Integrative Mental Health training is needed beyond med school since most of the people who understand alternative approaches are not psychiatrists and are not teaching in traditional psychiatric medical programs.

Dr. Pradeep Chadha, MD, psychiatrist, author.



Dr Pradeep K Chadha
BR Clinic Stress Centre

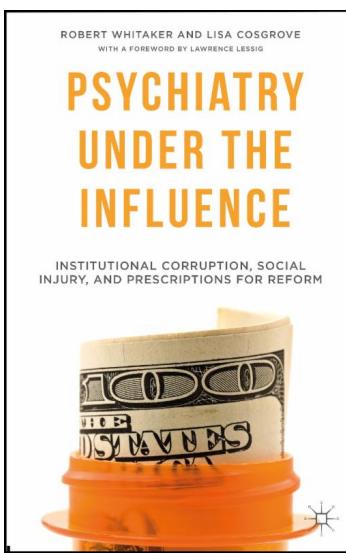
Dr. Chadha ([website](#), [email](#)) is a psychiatrist in Dublin, Ireland who has been in practice since 1996. He has helped many people withdraw from psychotropic drugs, and considers himself a drugless psychiatrist that focuses on trauma-based causes of mental health

issues. Dr. Chadha observes:

- Many cases of depression, anxiety, OCD and other disorders start with an issue in the autonomic nervous system.
- The integration of nutritional therapy, hypnotherapy and life coaching can often wean people off of psychotropics in cases of trauma-based mental health issues.
- Living a life to optimize mental health is a learned skill. He offers his clients a class in the effective management of emotion.

Dr. Chadha's hardcover books include [The Stress Barrier - Nature's Way to Overcoming Stress](#) and [The Road To A Happy Life](#) and ebooks include [Secrets to Happiness](#) and [Stress Reduction for Busy Men](#).

IN THE SPOTLIGHT: New Book



Psychiatry Under the Influence

Robert Whitaker and
Lisa Cosgrove

Psychiatry Under the Influence investigates how the influence of pharmaceutical money and guild interests has corrupted the behavior of the American Psychiatric Association and academic psychiatry during the past 35 years.

The book documents how the psychiatric establishment regularly misled the American public about what

was known about the biology of mental disorders, the validity of psychiatric diagnoses, and the safety and efficacy of its drugs. It also looks at how these two corrupting influences encouraged the expansion of diagnostic boundaries and the creation of biased clinical practice guidelines.

This corruption has led to significant social injury, and in particular, a societal lack of informed consent regarding the use of psychiatric drugs, and the pathologizing of normal behaviors in children and adults. The authors argue that reforming psychiatry will require the neutralization of these two corrupting influences—pharmaceutical money and guild interests—and the establishment of multidisciplinary authority over the field of mental health.

The book can be purchased at a discount from [MadInAmerica](#).

THANK YOU

We at AMHN want to thank you for joining us this quarter. Please feel free to share our newsletter with family, friends and colleagues.

We welcome your comments or contributions, and if you would like to be featured in future editions, or know of any person, group, or organization that we can feature please forward notice to: mail@alternativementalhealth.com

Sincerely,
Alternative Mental Health and Safe Harbor Staff