



Founded 1998

# Alternative Mental Health News

Vol. 5

Issue 2

## Alternative Mental Health Newsletter Mental Health Awareness

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### Editor's Note:

Greetings!

A quick commercial: Buy whatever you want at Amazon.com and Safe Harbor gets a donation. Bookmark [this link](#) and use it for all your Amazon shopping! Please, we need your help.

Now back to business: In this issue...

- Recent Research covering the latest research findings in Integrative Mental Health.
- Clinical Innovations for thoughts and practices from leading Integrative Mental Health practitioners worldwide.
- A review of [Nutrient Power](#), the seminal book by William Walsh, providing biotype-specific nutrient therapies for each major mental health diagnosis. A must read.

Onward,  
Craig Wagner

### RECENT RESEARCH in Integrative Mental Health

Interestingly, there have been a number of recent studies that have clustered in 3 key mental health areas: Omega-3 fatty acids, the gut/brain axis and mental health impact of social interaction...

### Omega-3 fatty acids key to mental health...

[Omega-3 for long-term psychosis prevention.](#)

81 adolescents and young adults considered to be at high risk for psychosis showed significant reductions in the progression to psychosis 7 years after a brief, 12-week intervention of omega-3 polyunsaturated fatty acids (PUFAs) compared with a group receiving placebo.

### 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 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.

#### Staff



#### President/Founder

**Dan Stradford**

Since 1998 Dan Stradford

[Omega-3 helps minimize late life depression](#). Omega-3 fatty acids (EPA) and Phosphatidylserine were given to 18 elderly patients with antidepressant-resistant major depression for a 12-week period. Depressive symptoms for all patients were significantly improved by the end of the trial.

#### [Omega-3 as a part of a preventive diet for depression](#).

Converging evidence from laboratory, population research, and clinical trials now suggests that dietary patterns and specific dietary factors may influence the risk for depression. These comprise:

- (1) Follow 'traditional' dietary patterns, such as the Mediterranean, Norwegian, or Japanese diet.
- (2) Increase consumption of fruits, vegetables, legumes, wholegrain cereals, nuts, and seeds.
- (3) Include a high consumption of foods rich in omega-3 polyunsaturated fatty acids.
- (4) Replace unhealthy foods with wholesome nutritious foods.
- (5) Limit your intake of processed-foods, 'fast' foods, commercial bakery goods, and sweets.

[Omega-3 case study: improves mood, anxiety and psychosis](#). A young girl with a history of bipolar disorder-type 1 with psychotic features and generalized anxiety disorder was tracked for 5 years. She was on meds only for the first 3 years. During the last two years she was given Omega-3 supplements with no changes in meds. Over the last 2 years there was clinically significant and sustained improvement in depressive, manic, and psychotic symptoms.

#### **Gut hygiene key to mental health...**

[Bowel inflammation associated with anxiety](#). A recent study found that people who have inflammatory bowel disease (IBD), have twice the odds of having a generalized anxiety disorder at some point in their lives when compared to peers without IBD. Women with IBD had four times the odds of anxiety when compared to men with IBD. Data was drawn from a representative sample of more than 22,000 Canadians.

[Gut microbiome can affect brain function and behavior](#). Two-month-old mice were randomly assigned high-fat, high-sucrose or normal diets. Gut microbiome changes were seen in both the high-fat and high-sucrose diets (e.g. increased Clostridiales) with the largest decreases in Bacteroidales in the high-sucrose mice. This significant change in gut microbiome of the high-sucrose mice was associated with significant impairment in early development of a spatial bias for long-term memory, short-term memory and reversal training as compared to mice on a normal diet. Higher percentages of Clostridiales and lower expression of Bacteroidales in high-energy diets were related to the poorer cognitive flexibility in the reversal trials. These results suggest that changes in the microbiome may contribute to cognitive changes associated with eating a Western diet.

#### **Social connections key to mental health...**

[Happy friends cuts depression risk in half](#). A study looked at over

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*.

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.

2,000 adolescents in a network of US high school students to see how their mood influenced each other by modelling the spread of mood using similar methods to those used to track the spread of infectious diseases. The team found that while depression does not 'spread', having enough friends with healthy mood can halve the probability of developing, or double the probability of recovering from, depression over a 6-12 month period. In the context of depression, this is a very large impact.

[Joining a religious group improves sustained happiness](#). A new study suggests that joining a religious group could do more for someone's "sustained happiness" than other forms of social participation, such as volunteering, playing sports or taking a class. It can keep depression at bay and also be a coping mechanism. "It isn't clear how much this is about religion , or whether it may be about the sense of belonging and not being socially isolated."

## CLINICAL INNOVATIONS in Integrative Mental Health

### A new feature in our newsletter.

This 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. Dagmar Ramos, MD, psychiatrist.

#### 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 organization ([www.imhu.org](http://www.imhu.org)), a trainer for the National Alliance on Mental Illness (NAMI) and contributing editor for the Safe Harbor two-volume work, *Codex Alternus*.

His book, *Choices in Recovery, Non-Drug Approaches for Adult Mental*



Dagmar

Dr. Ramos works in psychiatric hospitals in Brazil that offer full Integrative Mental Health options.

These *Spiritist* hospitals combine Western psychiatric protocols (including psychotropics and psychosocial

therapies), lifestyle support and select CAM therapies as well as spiritual treatments individualized to the patient.

Dr. Ramos makes key observations about Spiritist therapy:

- Spiritism operates independently from any formal religion or governmental agency. There are more than 12,000 Spiritist centers in Brazil serving 20-40 million people. There are also more than 160 Spiritist centers in 34 countries outside of Brazil with more than 70 in 18 US states.
- One Spiritist therapy is similar to Reiki and is offered by trained medical intuitives. These intuitives work with spiritual/emotional energy in a manner that accepts it and confronts it, in an effort to remove its negative expression from the individual.
- Spiritist therapy is offered free to all who seek it. Evidence for the Spiritist model is growing.

Dr. Ramos was interviewed for the documentary, [CrazyWise](#),

*Health, an Evidence-Based Guide*, 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. It will be released in October 2015.

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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.

by Phil Borges and Kevin Tomlinson (who has won numerous Emmys and Tellys) to be released in April, 2016. The movie explores unusual approaches to mental health that challenge biomedical psychiatry.

## Dr. Judith Pentz, MD, ABNP, ABIHM.



Dr. Judith Pentz ([website](#)) is an Integrative Psychiatrist in Albuquerque, NM. She supports the Bay Area Mandala Project as the Medical Directing Consultant.

She has made a transition in her practice from a conventional Western psychiatric perspective to one where she seeks to consciously reduce her patient's exposure to psychotropic drugs while increasing exposure to other wellness approaches.

She makes important observations about this change:

- She saw first-hand in her practice the problems with certain psychotropics. Zyprexa in particular had a very poor cost/benefit trade-off with children - substantial weight gain without meaningful reductions in behavioral symptoms. She has found much better solutions with other integrated healing approaches.
- She closely examines and nourishes a patient's physiology and spiritual needs in a culturally sensitive manner to stimulate the body's natural healing mechanisms.
- Some of the modalities she uses include orthomolecular, nutritional options, homeopathy, targeted amino-acid therapy, breathing techniques and meditation. Psychosocial therapies are also used to support the many changes that are part of the integrative approach.

## Dr. Daniel Benor, MD, psychiatrist.



Dr. Daniel Benor, MD ([website](#)) is a psychiatrist and holistic therapist practicing in Canada.

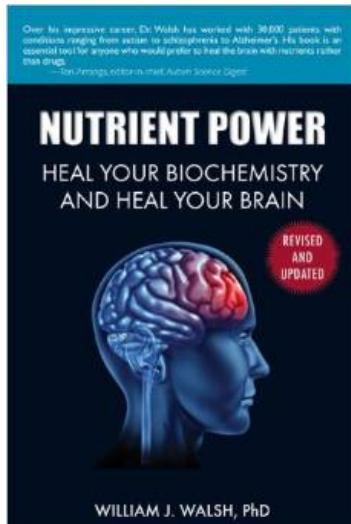
Through his clinical experience and study of many psychosocial methods, he created Transformative Wholistic Reintegration (TWR), a technique to release physical and psychological pain.

Dr. Benor has found the following with TWR.

- TWR is based on the concepts in Emotional Freedom Technique (EFT) and Eye Movement Desensitization and Reprocessing (EMDR).
- TWR is an iterative process that combines verbally acknowledging a negative problem together with a strong affirmation to replace it. With each repetition, a subjective assessment of stress is made and it continues as the stress is reduced. At the same time tapping is done on alternating sides of the body.
- TWR can be used to address PTSD, fears, grief and psychological stressors to gradually reduce their impact, often quickly. The use of the positive affirmation appears to not only desensitize the emotional issue, but replace it with a positive outlook.

Dr. Benor has created TWR apps and is available for consultation.

## IN THE SPOTLIGHT



### Nutrient Power

William J. Walsh, PhD

(Many thanks to [Katherine Bell](#) for her [book review](#) providing context for this synopsis)

Dr. Walsh of the nonprofit [Walsh Research Institute](#) claims in his book *Nutrient Power*, "Today's emphasis on psychiatric drugs will not stand the test of time. Recent scientific advances, particularly in the molecular biology of the brain, have provided a road map for the development of effective, natural, drug-free therapies that do not produce serious side effects.... Drug therapies will fade away as science advances."

To support this position, Dr. Walsh presents analysis of his massive database of blood samples of people with mental health issues - the largest in the world. This unique resource helped him identify that there are a series of distinct biotypes for each major mental health diagnosis. For instance, depression has 4 major biotypes and a different nutritional response is required for each. Simple lab testing and a personal history review can pinpoint a patient's biotype so that an individualized nutrient response can be made.

Understanding a patient's biotype is vital since supplements like SAM-e and folate are a boon to some biotypes, but are potentially detrimental to others.

Dr. Walsh also explains how current psychotropics are based on a valid, but limited view of neurotransmitter activity in the synapse. He broadens the field, detailing how methylation, inflammation, oxidative stress and epigenetics have a profound effect on mental health and how understanding these processes can lead to straightforward nutrient therapies that in some cases can

completely eliminate all mental health symptoms.

His case studies are sometimes startlingly positive and provide a strong ray of hope for recovery.

All who practice or are interested in Integrative Mental Health should consider this a 'must read'.

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## 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](mailto:mail@alternativementalhealth.com)

Sincerely,  
Alternative Mental Health and Safe Harbor Staff