



Welcome to the latest Alternative Mental Health News! We've streamlined our newsletter and made it mobile friendly. [Email us](#) and let us know what you think.

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Biomedical Research

Omega-3s and depression. A [new meta-analysis](#) of 13 studies found overall benefit in EPA and DHA omega-3 fatty acid supplementation in addressing major depressive disorder. It was especially helpful for higher doses of EPA and in participants taking antidepressants.

Screening for omega-3s. A [pilot study](#) found that 75% of people with psychiatric disorders had omega-3 levels significantly lower than normal, and that omega-3 supplementation improved symptoms. Researchers recommended omega-3 screening as a standard diagnostic tool in cases of mental health issues.

Subclinical Celiac Disease (CD) detectible with test strip. Rapid test strips by [Operon](#) can detect subclinical CD from a finger-prick of blood. A [study](#) found them effective and inexpensive. These can help quickly diagnosis a disease known to influence mental health, especially schizophrenia.

Psychosocial Research

Motivational Interviewing. A [five-year study](#) of people with severe generalized anxiety disorder found better results in the group receiving Motivational Interviewing (MI) in addition to standard care (Cognitive Behavioral Therapy). Dr. Henny Westra, the lead researcher, indicates that practitioners "need to have two sets of skills:" 1) helping people prepare for change, 2) helping them accomplish the change. Using MI to prepare people for CAIM psychiatric therapy may likewise improve results.

Wellness Research

First episode psychosis and exercise. A [small pilot study](#) found that 10-week personalized exercise programs for young people with first episode psychosis reduced psychiatric symptoms by 27% on average.

Refugee status and psychosis. A [study of Swedish refugees](#) found that those granted asylum were 3.6 times more likely to develop schizophrenia than native Swedes and 66% more likely than non-refugee migrants; further evidence that trauma is an influencing factor on psychosis.

Meditation and exercise for depression. A [study](#) in Translational Psychiatry indicates, "Although previous research has supported the individual benefits of aerobic exercise and meditation for depression, a combination of the two may be particularly effective in increasing cognitive control processes and decreasing ruminative thought patterns."

Books & Web information

Codex Alternus, a practitioner's reference, is an exhaustive collection of research summaries on alternative treatments for schizophrenia, bipolar and associated drug-induced side effects. Drawn from medical journals from across the world, it provides a brief synopsis of hundreds of studies along with references to original sources. Available on [Amazon](#). It's author, researcher Dion Zessin, issues a [monthly update](#) on related research.

Events

Apr 29 - Advanced LORETA Neurofeedback Workshop. [More](#).

Sep 29 - Integrative Medicine for Mental Health (IMMH) Conference. Washington DC. [More](#)

Oct 30 - AIHM Annual Conference. San Diego, CA. [More](#).

Staff



Dan Stradford, President/Founder, Safe Harbor.

Dan 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](#).

He 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.



Craig Wagner, Editor.

Craig is an author, speaker, educator and freelance editor in the field of Integrative Mental Health. He is a trainer for the National Alliance on Mental Illness (NAMI) and editor of Codex Alternus, the most comprehensive practitioner reference on alternative therapies.

His book, [Choices in Recovery](#), is the first 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. He writes and curates this newsletter.