



Welcome to Alternative Mental Health News, brought to you by Safe Harbor, a 501(c)(3) nonprofit. Check out the latest research and events. Many thanks to Craig Wagner, Safe Harbor Executive Director for curating newsletter content.

Dan Stradford

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Biomedical Research

Antibiotics can cause changes in mental state. An [article](#) on Medscape.com outlines how antibiotics (drugs that kill microbes) have been associated with a wide range of neurologic symptoms, including sedation, sleep disturbance, confusion, delirium, seizures, mood changes, psychosis, and hallucinations. Three antibiotics - fluoroquinolones, cephalosporins, and macrolides - appear to be the most common antibiotics that can cause such changes. The incidence rate varies, but can be over 50% of elderly patients receiving high-dose clarithromycin.

Psychosocial Research

11 types of non-drug treatments are effective for depression. An [evaluation](#) of 367 randomized controlled trials found that 11 different categories of nondrug treatments reduced depressive symptoms. Both Cognitive Behavioral Therapy and naturopathic therapy (e.g. acupuncture) were found to be more effective than antidepressants, while psychotherapy was equally effective to antidepressants. Not surprisingly, antidepressants were associated with higher rates of side effects compared to naturopathic interventions. Although ~20% of the data contained likely reporting bias, the combined picture underscores the importance of considering nondrug alternatives for depression.

Smartphone app suite reduces anxiety and depression as well as antidepressants. A novel suite of 13 mini smartphone apps called [IntelliCare](#) significantly reduced depression and anxiety in participants, who used the apps up to four times a day. The reductions of 50 percent in anxiety and depression are comparable to results of using psychotherapy or with antidepressant medication. The apps offer exercises to de-stress, reduce self-criticism and worrying, methods to help your life feel more meaningful, mantras to highlight your strengths, strategies for a good night's sleep and more.

Wellness Research

Living near bodies of water improves mental state. A [recent study](#) of 6621 individuals in

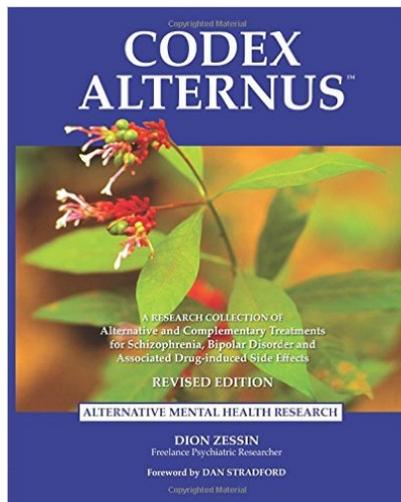
the Netherlands supports the theory that individuals who live near green space or water have better mental and physical health outcomes. Many studies have found that green spaces have positive impact on physical and mental health, especially for anxiety and depression. This study, however, extended the research to blue space, or bodies of water. The research found that associations with health variables were even stronger for blue space than green space. The authors also report that green and blue space seem to be better predictors of health outcomes than how densely populated an area is.

Conferences & Events

See full list of practitioner events [online](#).

- **Feb 5-7, 2017.** Immune Dysregulation and Chronic Inflammation. By Institute of Functional Medicine. Austin, TX. [More](#).
- **Feb 18-19, 2017.** Organic Acids, Genetic Testing & Toxic Chemicals workshops. By GPL University. Scottsdale, AZ. CMEs available. [More](#).
- **March 6-8, 2017.** Introduction to Transcranial Current Stimulation. See Oct 30-Nov 1, 2017 detail below.
- **March 25-26, 2017.** Integrative Therapies for Anxiety & Depression. By Integrative Medicine for Mental Health (IMMH). San Diego, CA. Intensive practitioner workshop showing how to transition to a truly integrative psychiatry practice. [More](#).
- **March 31-April 8, 2017.** Mastering Brain Chemistry: Physician Education Workshop. Australia. By Bio-Balance Health Australia and Walsh Research Institute. Physician training covering nutrient protocols for autism, behavioural and mental disorders. [More](#).
- **April 28-May 1, 2017.** Mastering Brain Chemistry: Physician Education Workshop. Australia. By Bio-Balance Health Australia and Walsh Research Institute. Physician training covering nutrient protocols for autism, behavioural and mental disorders. [More](#).
- **June 26-28, 2017.** Introduction to Transcranial Current Stimulation. See Oct 30-Nov 1, 2017 detail below.
- **July 14-16.** Master practitioner workshop. By GPL University. [More](#).
- **July 13-15, 2017.** Re-establishing Hormonal Balance in the hypothalamic, pituitary, adrenal, thyroid, and gonadal axis. By Institute of Functional Medicine. Denver CO. [More](#).
- **September 28-October 1, 2017** 8th annual Integrative Medicine for Mental Health Conference. Orange County, CA. For MH practitioners. Biomedical factors for autism, ADHD, depression, anxiety, and OCD, with evidence-based primarily nondrug treatments. [More](#).
- **October 19-21, 2017.** Restoring Gastrointestinal Equilibrium: Understanding, Assessing and Treating Gut Disorders. By Institute of Functional Medicine. Denver CO. [More](#).
- **October 30-November 1, 2017.** Introduction to Transcranial Current Stimulation (tCS). Harvard Medical School. Intensive preceptorship to teach fundamentals of the three aspects of tCS: theoretical (safety, mechanisms of action, research), practical (device set-up, parameters for use) and regulatory (particular for tDCS). [More](#).

Books & Media



[Codex Alternus](#)

Dion Zessin, Researcher

One of the most difficult questions to answer for people in the field of Mental Health is, "what are my options beyond psychiatric drugs?"

Dion Zessin's book answers that question with an astounding array of options with direct references back to original studies in peer-reviewed journals. The book is an indispensable encyclopedic research summary for practitioners, covering a wide variety of therapies in the emerging field of Integrative Mental Health.

A quick scan of the table of contents gives a sense of the book's breadth. It offers a variety of Western techniques including vitamins, amino acids, peptides, hormones, micronutrients, detoxification methods, electronic stimulation techniques, food allergies, mindfulness, meditation, mind-body therapies, psychosocial approaches and many more. In addition, it includes a very large number of options, primarily herbal in nature, from non-Western medical systems including Ayurvedic (India), traditional Chinese medicine, Kampo medicine (Japan) and African traditional medicine.

Of special help is a condensed quote of 2-4 sentences pulled directly from the results and

conclusions of each study. It identifies the size and nature of the study as well as key findings. Further, the full reference including PubMed # is included.

[Order Codex Alternus now](#). Use the code Y6GB9P5E at this link to receive a 15% discount.

Staff



Dan Stradford, Safe Harbor President/Founder.

Dan is the lead author of a book for physicians, [Complementary and Alternative Medicine Treatments in Psychiatry](#).

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, Safe Harbor Executive Director and Editor.

Craig is an author, speaker, educator and freelance editor in the field of Integrative Mental Health. He teaches non-drug treatments for the National Alliance on Mental Illness and is editor of Dion Zessin's *Codex Alternus*, a comprehensive practitioner reference on alternative mental health research.

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. See www.OnwardMentalHealth.com.

Place article copy here. Be sure to make the articles short and concise as people tend not to read much more than a couple of paragraphs. Place article copy here.