

# The View with Barbara Walters

ABC, May 2, 2001

On May 2, 2001, Margot Kidder appeared on The View with Barbara Walters to promote the release of *Superman, the Movie* on DVD. She talked with Walters and one of the show's hosts, Starr Jones, about [AlternativeMentalHealth.com](http://AlternativeMentalHealth.com), which is sponsored by Safe Harbor. As a result, the site, which normally had about 2000 visitors a week at that time had over 19,000 visitors over a two week period.

Here's part of the interview:

## Transcript of Interview/Margot Kidder 5/02/01

*Starr Jones:* You know, Margot, I was reading that you fought depression pretty much all your life and then finally in dealing with manic depression, you chose an unconventional method. A lot of people use drugs, lithium, etc. Tell us what you chose.

*Margot:* Well, I couldn't tolerate the drugs and I couldn't tolerate the side effects. And after I had my interview with Barbara [in 1996] I tried Depakote again - on which, unfortunately, I experienced several side effects, nausea and depression.

*Starr Jones:* That's another kind of drug?

*Margot:* Yes, it also has a really bad side effect which is death. Luckily, I didn't have that one. (Everyone laughs.) That could be a drag! And so I went to work and did a lot of homework about what was wrong with me. And there's a new science out called orthomolecular [nutritional] medicine. Where instead of throwing a synthetic chemical on the symptoms - and that's all that mental illness is - it's symptoms that something is wrong with your system. A chemical imbalance. So you correct the chemical imbalance with amino acids and vitamins and minerals that are naturally in the body. So what has gone awry with the system is fixed in a natural sense. And many people can either cut their medication in half or get away without taking it. It's been a godsend. It's really wonderful. If you want to know more about it and you're watching, go on the internet to [AlternativeMentalHealth.com](http://AlternativeMentalHealth.com). It's very scientific. It's not weird voodoo - I'm not into that at all. I think it's the wave of the future for mental health.