

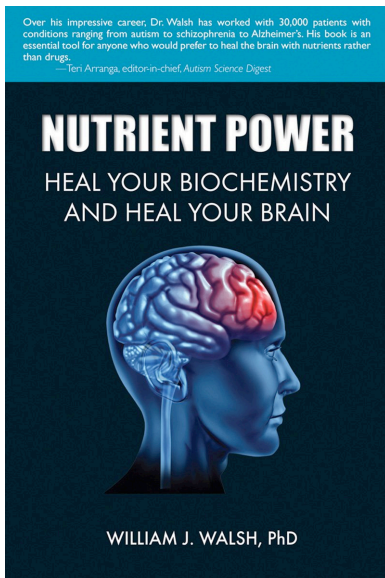
Nutrient Power: Heal Your Biochemistry and Heal Your Brain

by William Walsh, PhD

“Over his impressive career, Dr. Walsh has worked with 30,000 patients with conditions ranging from autism to schizophrenia to Alzheimer’s. His book is an essential tool for anyone who would prefer to heal the brain with nutrients rather than drugs.”

-Terri Arranga, Editor in Chief, Autism Science Digest

‘Nutrient Power’ is a terrific read if you want to understand ... behavior disorders - and their relationship to body chemistry. Dr. Walsh looks at the mind-body connection – particularly regarding mental disorders (and suggests nutrient therapy).



Dr. Walsh carefully takes you through each mental disorder - depression, ADHA, Schizophrenia, autism, and anxiety - dedicating an entire chapter to each one.

For example did you know there are five different types of depression? Each type has its own chemistry and therefore needs its own specific nutrient supplementation. The good news is that his nutrient therapy can be administered at the same time as anti-depressants – often with these medications being lowered and in many cases stopped altogether.

Dr. Walsh then discusses his research on Alzheimer ‘s disease – and the chemistry behind it – and how there could be an answer for those people afflicted by it. Plus he looks at the field of epigenetics – how our genes are turned on and off – and how this can affect our vital organs like our brain, heart, skin etc. He postulates that the environment – either in utero or later in life can over-ride our genetic imprint and how that can lead to the various mental disorders and many diseases. Epigenetics is gaining popularity in medical research fields – but Dr.

Walsh's book gives an in depth discussion on the latest hot topic in science.

Although he has written the book for 'doctors, medical researchers, and families afflicted by these diseases' – and as such it is scientifically based – it is a fascinating look at the science behind the mind- body connection. The basic premise is that if a person's body chemistry is imbalanced, this can have a pronounced impact on what neurotransmitters their brain makes. These neurotransmitters dictate our behavioral patterns.

Dr. Walsh shows how such simple things like a zinc or copper imbalance can cause post-natal depression – for example. Altering these levels can cure such an affliction – even over-ride the genetic code or environmental toxins that causes the condition. Similarly there are three different biotypes for schizophrenia, and numerous ADHD conditions. These are presented with case histories and the individualized nutrient therapies that have helped literally thousands of patients recover. In fact Dr. Walsh has treated over 10,000 patients and trained over 90 doctors in Australia alone.

Initially, Dr. Pfeiffer devised the program – called the Pfeiffer treatment – that was used mainly for autism in children about 15 years ago. Since Dr. Pfeiffer's demise – Dr. Walsh has taken over the research and broadened the field to include not only children, but adults –with varying disorders. Dr. Walsh's initial research was based on violent behavior of prisoners in the US.

Dr. Walsh clearly demonstrates how and why psychiatry could gain a whole new direction – as individualized nutrients will take over from psychiatric medications. The psychiatric medications he argues "have nagging side effects' and 'do not produce normalcy' of the brain."

Dr. Walsh is president of the *Walsh Research Institute* in the USA and directs training programs for doctors and physicians in Australia, Norway and many other countries. He has written 200 scientific papers and presented his research to the American Psychiatric Association, the US Senate, the National Institute of Mental Health, and has been a keynote speaker at 28 conferences.

Nutrient Power was published in August, 2012 by Skyhorse Publishing Inc. Amazon purchase page: [here](#). Available as an ebook and in softcover.

The above review was published in Bio-Balance, <http://www.biobalance.org.au> (no author cited).

Another important perspective that is being researched is Methylation...the following brief article explains this issue and how can be a cause of mental disturbance. Fortunately, this issue can also be balanced by nutrients. Increasingly more MDs can diagnose and treat this.

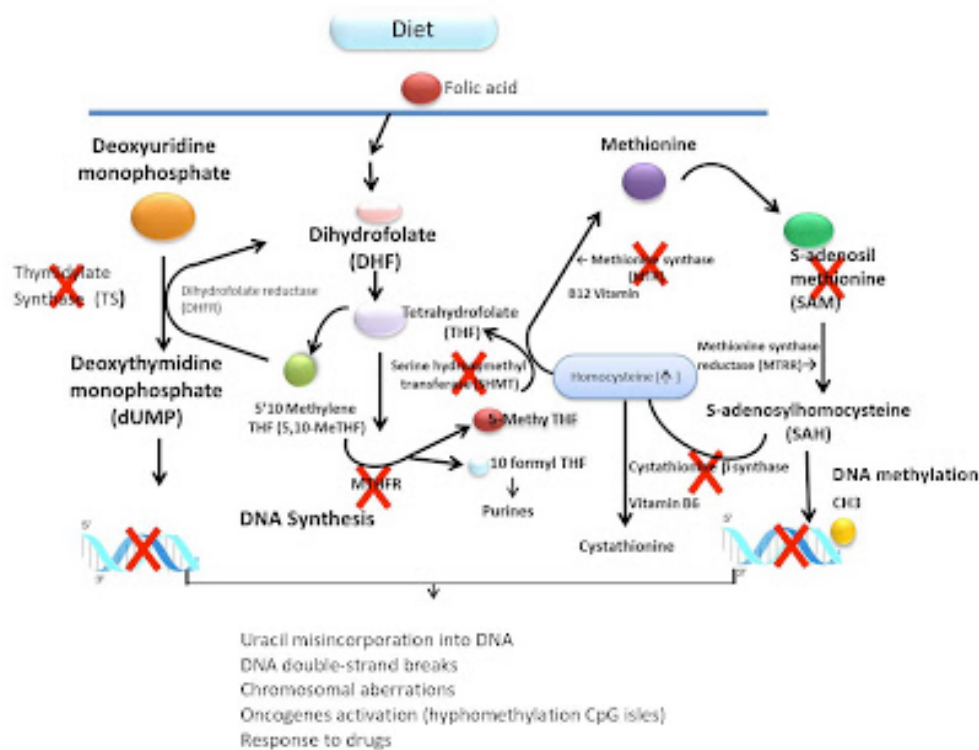
When the enzyme called “MTHFR” is faulty the following conditions may be found in the family: a history of heart attack or stroke, miscarriages, chronic migraine headaches, irritable bowel syndrome, depression, and autism.

MTHFR gene mutation...

What's the big deal about Methylation?

By Jill Carnahan, MD

May 12, 2013



What's up with MTHFR?

MTHFR stands for methyl-tetrahydrofolate reductase, an enzyme that is responsible for the process of methylation in every cell in your body. MTHFR is a common genetic variant that causes this key enzyme in the body to function at a lower than normal rate. This can lead to a variety of medical problems. Although there are over fifty known MTHFR variants, the two primary ones are called C677T and A1298. Your doctor can order a blood test to determine if you have these genetic variants.

What's the big deal about methylation?

Methylation is a core process that occurs in all cells to help your body make biochemical conversions. When people with genetic mutations in MTHFR are exposed to toxins, they have a harder time getting rid of them which can cause some very serious illnesses. The methylation process is responsible for:

- **Cellular Repair:** synthesis of nucleic acids, production & repair of DNA & mRNA
- **Detoxification and Neurotransmitter Production:** interconversion of amino acids
- **Healthy Immune System Function:** formation & maturation of red blood cells, white blood cells & platelet production

The 677T variant is most commonly associated with early heart disease and stroke and the 1298C variant with a variety of chronic illnesses, but either anomaly can cause a wide variety of health problems. The MTHFR anomaly is reported out as heterozygous or homozygous. If you are heterozygous that means you have one affected gene and one normal gene. Your enzyme activity will run at about 60% efficiency compared to a normal.

If you are homozygous or have 2 abnormal copies, then enzyme efficiency drops down to 10% to 20% of normal, which can be very serious. The worst combination is 677T/1298C in which you are heterozygous to both anomalies. Many chronic illnesses are linked to this anomaly. Fibromyalgia, irritable bowel syndrome, migraines, chemical sensitivity, frequent miscarriage and frequent blood clots are all conditions associated with MTHFR anomaly. For a great diagram of more methylation related health problems, check out this diagram:

[MTHFR Related Health Problems](#)

Glutathione is the body's primary antioxidant and detoxifier. One of the ways that MTHFR gene mutation can make you susceptible to illness is by lowering your ability to make glutathione. People with MTHFR anomalies usually have low glutathione, which makes them more susceptible to stress and less tolerant to toxic exposures. Accumulation of toxins in the body and increased oxidative stress, which also leads to premature aging.

Some conditions that may be associated with MTHFR gene mutations

- Autism
- Addictions: smoking, drugs, alcohol
- Down's syndrome
- Frequent miscarriages
- Male & female infertility
- Pulmonary embolism and other blood clots
- Depression & anxiety
- Schizophrenia
- Bipolar disorder
- Fibromyalgia
- [Chronic Fatigue Syndrome](#)
- Chemical Sensitivity
- Parkinson's disease
- [Irritable Bowel Syndrome](#)
- Stroke
- Spina bifida
- [Migraines](#)
- Hyperhomocysteinemia
- Breast cancer
- Atherosclerosis
- Alzheimer's
- Multiple Sclerosis
- Myocardial Infarction (Heart Attack)
- Methotrexate Toxicity
- Nitrous Oxide Toxicity

Treatment for MTHFR

Fortunately, you can easily be tested for the MTHFR mutation. If you find out that you have one or more of the gene mutations, you can supplement with methyl-folate and methyl B12, the active forms of these B vitamins. You can also supplement with liposomal or acetyl-glutathione, the end product of the pathway. Glutathione is poorly absorbed so either the liposomal form or a precursor, called n-acetylcysteine (NAC) may be used.

There are prescription medicines that also contain methyl-folate. Deplin, MetanX, CerefolinNAC are a few. Methyl B12 can also be given as shots, nasal sprays, and sublingually. The intramuscular shots are by far the most effective method and must be prescribed by your physician. The choice of nutrients will vary from patient to patient and should be done under a doctor's supervision. There is a bell-shaped optimal curve so you may not feel well with too much or too little of the appropriate supplements. Other B vitamins, such as riboflavin and vitamin B6 also play an important role.