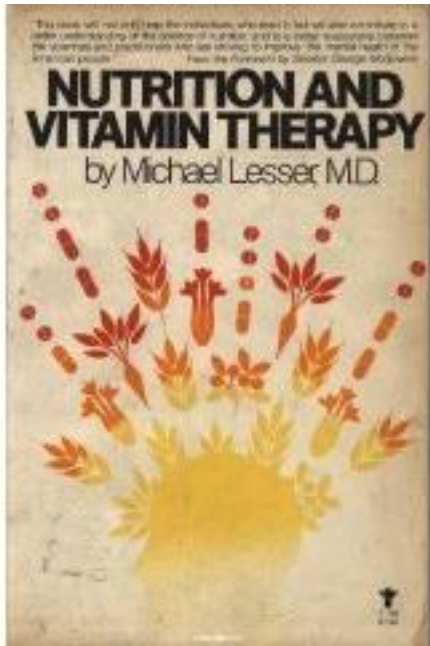


Nutrition and Vitamin Therapy



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Introduction
When I started practicing psychiatry according to traditional methods I realized it wasn't going to work for all my patients. I had been trained to do psychoanalytically oriented psychotherapy and to prescribe drugs. But psychotherapy is a lengthy and expensive process practical for only a few. Drugs were sometimes effective in smothering symptoms but did not treat the cause of most problems. Simultaneously I became aware of the importance of sound nutrition and a fit body for mental health. Most of us know of the deleterious effects of alcohol and drugs on our bodies. Less obvious but equally real are the subtle effects caused by coffee tobacco pollutants such as lead and mercury food additives and food intolerances I came to realize that every vitamin and every mineral and

every food has a distinct and specific effect on our bodies and consequently our mental function. In the past ten years I've explored ever more deeply this relationship between nutrition and the mind. I am now convinced that what we eat makes a crucial difference in how we feel. This book is written over the past three years documents that relationship in as much detail as is currently possible. Nutrition and vitamin therapy will not cure everything. Often it's not the main problem. But whether or not we are aware of it, nutrition does affect us all. Incredible though it may seem, correct nutrition can mean the difference between depression and good cheer, between sanity and insanity, even between law-abiding self-control and criminal behavior. A chemical understanding of the mind was what Sigmund Freud sought at the turn of the century before abandoning his search as premature. Freud died in 1939; but I feel confident that were he alive today he would be keenly interested in the developments of nutrition and vitamin therapy.

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