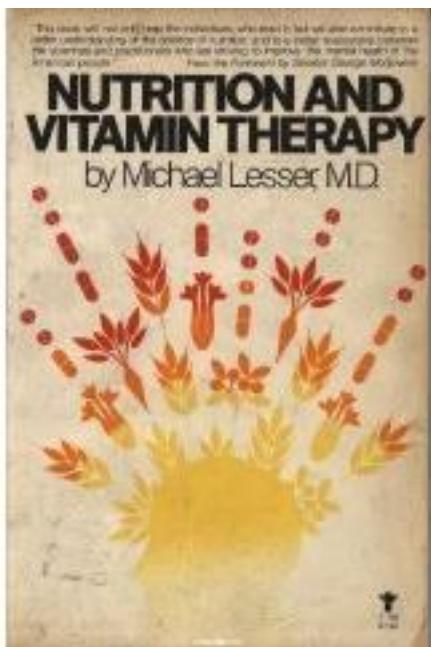


Nutrition and Vitamin Therapy



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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 and tobacco pollutants such as lead and mercury food additives and food intolerances. I came to realize that every vitamin every mineral and

every food has a distinct and specific effect
 on our bodiesï¼Œ and consequently our mental function.
 In the past ten yearsï¼Œ I've explored ever more deeply this
 relationship between nutrition and the mind. I am now con-
 vinced that what we eat makes a crucial difference in how we
 feel. This bookï¼Œ written over the past three yearsï¼Œ 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 itï¼Œ nutrition does affect us all. Incredible though it may
 seemï¼Œ correct nutrition can mean the difference between depression and good cheerï¼Œ between sanity and insanityï¼Œ 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 centuryï¼Œ before abandoning his
 search as premature. Freud died in 1939; but I feel confident
 that were he alive todayï¼Œ he would be keenly interested in the
 developments of nutrition and vitamin therapy.

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