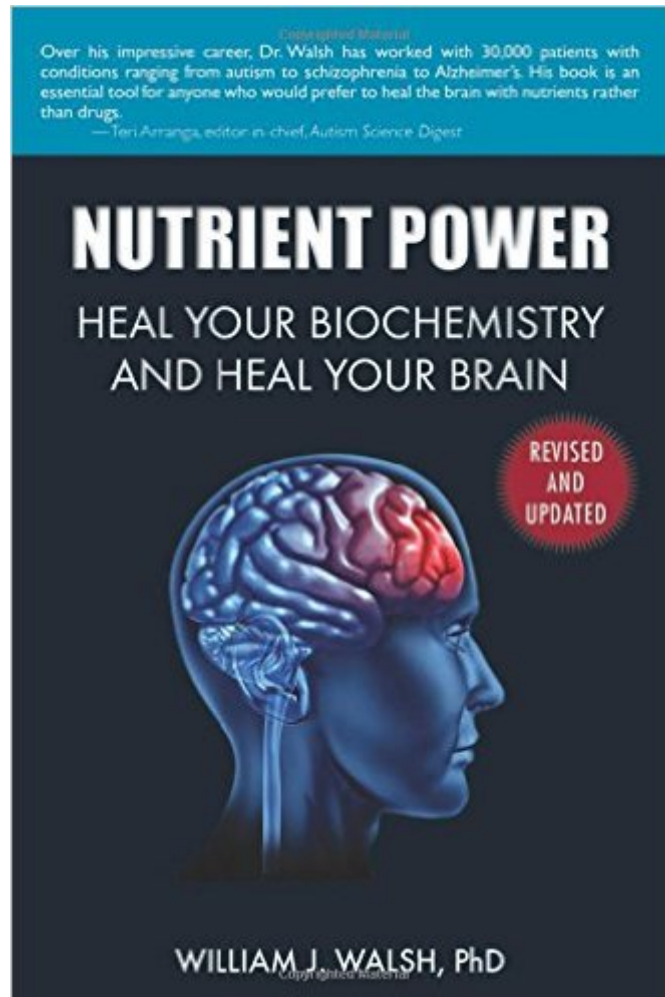


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# Nutrient Power: Heal Your Biochemistry And Heal Your Brain



## Synopsis

Updated to cover the latest scientific developments, a must-read for individuals, families, and medical practitioners that opens a new door in psychiatric health care. Psychiatry has made great advances in the past fifty years, but it needs a new direction. Today's emphasis on psychiatric drugs will not stand the test of time. Recent scientific advances, particularly in the molecular biology of the brain, have provided a road map for the development of effective, natural, drug-free therapies that do not produce serious side effects. Psychiatric medications have served society well over the last fifty years, but the need for drug therapies will fade away as science advances. Nutrient Power presents a science-based nutrient therapy system that can help millions of people diagnosed with mental disorders. The author's database containing millions of chemical factors in blood, urine, and tissues has identified brain-changing nutrient imbalances in patients diagnosed with attention-deficit/hyperactivity disorder (ADHD), autism, behavior disorders, depression, schizophrenia, and Alzheimer's disease. This book describes individualized nutrient therapy treatments that have produced thousands of reports of recovery. Walsh's approach is more scientific than the trial-and-error use of psychiatric drugs and is aimed at a true normalization of the brain. Depression, schizophrenia, and ADHD are umbrella terms that encompass disorders with widely differing brain chemistries and symptoms. Nutrient Power describes nutrient therapies tailored to specific types, not umbrella solutions to individual problems, and offers a groundbreaking approach to psychiatric health care. Updates to the paperback edition include sections on nutrient therapies for bipolar disorder, expanded chapters on depression and schizophrenia, and analysis of the latest scientific developments in brain research and advanced nutrient therapies.

## Book Information

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## Customer Reviews

The science pioneered by Dr Walsh has changed my life. 15 years of chronic depression gone from taking vitamins prescribed by a doctor who was trained by this wonderful man. This is an easy to read book packed with cutting edge info on how to effectively treat even the most severe mental illness.

This is the book that will revolutionize psychiatry. Here we learn that the blood chemistry of patients can be tested to see if they have too much or too little of a particular vitamin, mineral, amino acid or an essential fatty acid or oil and that this imbalance is affecting their neurotransmitters and causing them to be schizophrenic, depressed, bipolar, anxious, ADHD, etc. If that's the problem, they can get the compensatory supplements they need to get rid of their symptoms, while the 'worried well' will depend on talk therapy to get rid of the pain they carry in their hearts. If I could ad a sixth star to this review, I would.

We went to Mensah Medical physicians personally trained by Dr. Walsh about 6 months ago, my son (age 2 1/2) was diagnosed moderate to severe Autistic with PDD 1 year ago and the nutrient treatments have changed our lives. Improved speech, social skills, physical function, eye contact, sleeping patterns, sensory feedback have all improved and we have hope that he will make a full recovery with mainstream education by age 6. My son's teachers are astounded at his progress! Thank you Dr. Walsh for your research and your heart for autistic kids. Zeeland, MI

Nutrient Power by Dr. William J Walsh grants us a privileged look at the results of 35 years of research by a scientist who never stops pushing the envelope. Research, bolstered by a scientific database of 25,000 patients and a million assays of chemical factors in blood, urine, and tissue. This breakthrough book is a bridge from epigenetics and molecular biology to a biochemical psychiatry based on nutrients. It guides us through the brain's rich biochemical tapestry and healing capacity. We learn about nutrients in terms of: (1) Treatments for behavior and conduct disorders in youth, promising both a more humane and more effective approach. (2) The role of metal metabolism, methylation and oxidative stress in autism. (3) A review of approaches for Alzheimer's, plus a new nutrient-based therapy. (4) New theoretical underpinnings for niacin/ folic acid treatment of schizophrenia. (5) Biotypes underlying ADHD, depression, schizophrenia. And more. We move, from

the methylation and acetylation of DNA histones to neurotransmitter transporters and regulators and synaptic reuptake. From metallothioneins and pyrrole disorders to the repercussions of oxidative stress...And through it all, we see how nutrients, being intrinsic to how the brain operates and thrives, directly target errant brain chemistry, while supporting natural brain processes. How nutrients fit intricately with the subtleties and plasticity of brain/body chemistry, as the most accurate biochemical key to neurotransmitter balance, synaptic activity, neuron viability, and genetic manifestation. Nutrients, the natural match for our internal chemistry and structure, created to sustain, build, activate, moderate, repair, and support healthy brain and body function. The lesson is truly nutrient power! All packed into one concise gem of a book. A must-read for anyone who ponders the power of nutrients in mental function.

I purchased this book mostly to see the chapter about Autism, since I have personal interest in that subject. However, I found myself reading the other chapters with equal fervor. Dr Walsh writes in a style that is easy to understand but I didn't feel the book was 'dumbed down' in order to get there. My only complaint was that it wasn't long enough. If the only complaint is 'more, please,' I would say it's a pretty good book.

I have had the good fortune to witness Dr Walsh's treatment of patients with unbalanced biochemistry disorders and their remarkable recovery. In my experience, natural nutrients, rather than drugs, are by far the most effective method. When you read this book, this will become understandable.

I am a primary care physician (GP) in Dublin with a special interest in nutrient therapy in mental health since 1999. I read about Dr Walsh more than 10 years ago and started to use his treatment in some of my patients. In 2006 I attended a course given by Dr Walsh and his colleagues from USA in Sydney, Australia. It was a very worthwhile experience and gradually the number of patients I see has increased to several hundred per year. Results are generally good for anxiety and depression but I have also seen patients with schizophrenia recovering well enough to attend college and graduate from there. I prescribe medication too but minimise it as much as possible to avoid side effects. Many of those with depression can be freed from medication in due course and remain well on nutrients alone- specific individualised doses of vitamins, minerals, essential fatty acids and amino acids. Nutrient therapy is the most satisfying of all the wide range of work that I do as a doctor. I bought Nutrient Power just after it was published and have read it 5 times so far. It is full of useful

information but it is particularly useful for anybody working in psychiatry or those with a mental health problem. Dr Walsh trains doctors all over the world including USA. His website is at [...]

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