

8. Get enough good quality sleep.
9. Enjoy a healthy sex life, as it dramatically increases the blood flow to the brain.
10. Consume the herb turmeric on a regular basis, as it seems to keep the brain free from Alzheimer's disease

That's it. Eat a Paleolithic non-inflammatory diet and follow the recommendations above and your mind will be your best friend for the rest of your life. How to deal with emotional issues is the subject of Part III: Emotional Wellbeing.

Mental Illness.

Those of you who have friends or loved ones who are suffering from some mental illness (psychosis, schizophrenia, bipolar, etc) there is hope.

Let me tell you a story. One summer a few years ago my stepson, Jonathan, then aged 19, started to exhibit psychotic behavior. He was delusional, was acting crazy, over the top, and he had difficulty relating to anyone. He insisted that nothing was wrong and he did not want to come back and live at home. He had suffered from ADHD as a younger child but had never been formally diagnosed or medicated. The ADHD was in spite of excellent nutrition, a rhythmic home environment with no TV or computer, and a Steiner school education. During the winter he felt very depressed and went to Thailand for three months. When he came back in the spring, he started working.

During the summer he was taken by a friend to the local emergency ward because he was exhibiting delusional behavior. The hospital sent him to the psychiatric ward where he was diagnosed with recreational drug-induced psychosis, which turned out later to be incorrect. He was discharged three days later and re-admitted again shortly afterwards. This time the diagnosis was that he had psychological problems and was just a "difficult character". Soon thereafter he got into a fight, ending up in the emergency ward of the local hospital where he needed stitches to his face. Then, because he was acting aggressively towards the nurses, he was taken to the local psychiatric ward again. This time he was diagnosed with youth psychosis and medicated.

It was a relatively mild attack and within a month he was released on condition that he come and live with us at home. We created a stable loving environment for him with excellent nutrition and vitamins. Within

six months he was quite well and had reduced his medication to a small maintenance dose.

The local health worker, responsible for young people who have psychotic episodes, was really pleased with the outcome, and did not expect him to have another episode. It is quite common for young people in late teens and early twenties to have psychotic episodes. I looked at the statistics recently and was surprised that 1 in 5 young people in the 18-24 age group have some form of psychotic episode. The vast majority of these have only a single episode.

As soon as Jonathan felt well enough, which was some six months after getting out of hospital, he opted to live on his own again. Within three months he stopped taking his anti-psychotic medicine and started acting out again. We thought it was just young adult rebellion, or at most, numerous psychological problems.

He refused to take his anti-psychotic medication saying that it made him feel worse. He refused any of our help at that stage and his living condition became very unacceptable. We then informed the social worker who visited him at his home. He was forced to take his medication again with us having to administer it. He was made to go and see the social worker regularly and on one of the visits he became aggressive towards the social worker. He was taken back to hospital.

By this time he was very, very ill. He was hearing voices and he was delusional. For long periods he did not speak at all for many days. He was, in essence, a zombie. The psychiatrist changed his medication and increased the dose considerably.

After two months there was no improvement, in spite of different drugs and dosages, and the psychiatrist told us that it was likely that he would spend the rest of his life, fully or partially, in an institution. The diagnosis was not schizophrenia.

Just at about that time, we heard of a psychiatrist in Victoria, BC, Canada, by the name of Dr. Abram Hoffer, who had an amazing track record of healing people with severe psychotic illness. He had worked with Nobel Laureate Linus Pauling on mega doses of Vitamin C in the 1960s before turning to the treatment of mental illness. The treatment is called Orthomolecular Therapy. Dr Hoffer discovered that high doses of certain vitamins can heal the symptoms of psychosis. As long as the person continues to take the vitamins, then they can live normal lives without anti-psychotic drugs. We were amazed that such a treatment existed without it being relatively common knowledge. It was truly serendipitous that a

friend had mentioned his work to us at a party we were attending. Dr Hoffer is still practicing medicine even though he is in his nineties. We met a woman who was severely ill for eleven years and taking a litany of prescription drugs. She was obese and very dysfunctional. Within six months after consulting with Dr Hoffer, and following his regime, she was a totally different person with a rosy future ahead of her. When we met her some time later, it was hard to believe that she was the same person whose photographs we had seen.

The main vitamins are B3 and C. Vitamin B3 (niacin in the form of nicotinic acid) that, as you may know, causes a person to “flush”. Their body becomes red and the skin tingles as the blood vessels are dilated. Dr Hoffer recommends at least 3 gm. Vitamin C per day and up to 20gm. per day of niacin. He says, in spite of what you might read elsewhere, that the only side effect of niacin is that you will live longer. Luckily there is another form of B3 (inositol hexaniacinate) that helps the psychotic illness in the same way but does not cause the flushing. If you are taking B3 for cholesterol and heart issues then take the flush kind as the flushing is very beneficial for your circulation. Do not take the timed-release form, as this also does not benefit your circulation. (Note: I have recently learned that the body absorbs and excretes the B3 within 90 minutes of ingestion and can only absorb 250mg at a time. I would now recommend that B3 be taken in a number of smaller doses over the course of the day – perhaps 12 doses of 250mg each – rather than 3 doses of 1gm each.)

Inge (my wife) and I went to the hospital and talked to our son’s psychiatrist. He refused to allow us to give our son vitamins saying it was against hospital policy and it could affect the anti-psychotic drugs he was taking. As he was there as a ward of the state, we had no way of taking him out of hospital otherwise we would have done so. So we gave him the vitamins on our visit to the hospital and told him to take them later when he went to bed. At that time I knew that niacin caused a flush but did not realize how big a flush 1 gm would make. Being very ill and almost a zombie at that time he took them before his dinner. The nurse saw the flush and investigated. The next day when we visited him, the head nurse took us aside and read us the riot act telling us that if we ever did this again we would be barred from seeing him. We realized that if we were to get him to take the vitamins safely then someone would have to administer them to him while visiting.

So we set up a roster of people who would visit him daily making the 100km round trip to administer the vitamins. There were some close calls and very funny incidents. A friend dropped one of the vitamin pills and the nurse saw it drop and came to investigate. Luckily the friend had brought

her dog that ate the pill before the nurse could see what it was. Luckily it is hard to see the flush on a dog!

By this time he had been in hospital for ten weeks with little if any progress. It had been arranged, because of the severity of his illness, that he be transferred to a larger psychiatric hospital a twelve-hour drive away from our home. Thank God the head psychiatrist was open to him taking the vitamins as long as the hospital did not have to provide them, and Jonathan could administer them to himself. We were more than happy with this, as we had never expected the hospital to carry the cost of the vitamins in the first place. The head psychiatrist at the hospital believed that anything that is effective in helping people should be used.

The results were staggering. Within two weeks of starting the process he was a changed person. Within three weeks he was sent for rehabilitation to a psychiatric rehabilitation center. This was someone who three weeks earlier, was unable to speak more than a few words. Today, two years later he is living a normal life, off anti-psychotics, working, living alone and taking care of himself. He still takes the vitamins daily which he will have to do for the rest of his life. The health workers in our community, not the psychiatrists, were truly surprised at the recovery he made.

There are some issues that I discovered during this period:

1. Niacin and the vitamin C work best if supported by a full spectrum of vitamins and minerals and other supplements. I realized after the fact that, following the first hospitalization, having him live with us at home, meant that he had a very healthy diet together with daily doses of supplements that I made him take. I assumed that they would help him get better quickly not quite realizing that that was exactly what he needed. There is a wonderful book called "Natural Healing for Schizophrenia and other common mental disorders" by Eva Edelman where she describes the problems and specifies the vitamin regime necessary for recovery.

The list of vitamins I put together for Jonathan (when he was allowed to take them) was:

AM (with breakfast)

Multi

Vitamin/Mineral - 1 caplet

Niacin (no flush) 2 x 500mg

Vitamin C (Ester C) 2 x 600mg