

P-781 - NUTRIENT THERAPY AS COMPLEMENTARY TREATMENT IN PSYCHIATRY

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Biochemical analysis of patients with mental health problems shows that there is a significant difference compared to that of the general population. These include high copper, low zinc, overmethylation (common), undermethylation (uncommon), pyrrole disorder, toxic metal overdose and severe oxidative stress.

These problems can be greatly improved by using the appropriate dose of vitamins, minerals, essential fatty acids and amino acids. Coeliac disease is treated by avoiding gluten.

I take a detailed history, do a whole range of tests including FBC, U and E, TSH, fasting glucose, coeliac antibodies, zinc, copper, selenium, chromium, homocysteine, caeruloplasmin, histamine, pyrrole and a few others if indicated.

I then advise them on the proper nutrients. They are to remain on their medications but many of them have their medications reduced by their doctors in due course. Severe OCD does not respond well but worthwhile improvements are expected in the majority of other patients. The savings to the health service are potentially enormous as my admission rate is way down.

The work is quite successful and even enjoyable. One woman wrote to me recently that her suicidal thoughts which she had for 20 years were gone, her pains and aches had improved and her sex drive had increased. Increased libido is in fact common with nutrient therapy.

This type of treatment is largely unknown in Europe but is developing nicely in Australia, where I went in 2006 to study the idea. It is mostly used by GPs but some psychiatrists have done the course too.

Further details can be found at www.alternativementalhealth.com