

Resource Guide to Natural, Nutritional, & Alternative Approaches for Healing Brain/Behavioral Disorders (Books, Websites, Videos)

recommended by Chris Foulke, B.S.
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BOOKS

- ❖ [Natural Healing for Schizophrenia and Other Common Mental Disorders](#) by Eva Edelman, Nutritionist, Herbalist, Researcher, Author (**very good**, neatly-put, extensive, fascinating, **classic**)
- ❖ [Your Drug May Be Your Problem: How and Why to Stop Taking Psychiatric Medications](#) by Peter Breggin, MD; (**outstanding**—ins/outs of medications, withdrawal, coping—**good buy**³)
- ❖ [Naturopathic Nutrition: A Guide to Nutrient-Rich Food & Nutritional Supplements for Optimum Health](#) by Abram Hoffer, PhD, MD, FRCP; Jonathan Prousky, BPHE, BSc, ND (**master guide to nutrient therapy** from an orthomolecular pioneer of over 50 years, invaluable)
- ❖ [Healing Schizophrenia: Complementary Vitamin & Drug Treatments](#) by A. Hoffer (**excellent**, ground-breaking analysis on the nature, origin, and sound treatments for this disabling illness)
- ❖ [New Vitamin Bible](#) by Earl Mindell, RPh, PhD, (**very good** guide to vitamins' roles, use, dosages)
- ❖ [The Green Pharmacy: the Ultimate Compendium of Natural Remedies from the World's Foremost Authority on Healing Herbs](#) by James A. Duke, PhD (neat, pleasing, authoritative→)
- ❖ [Prescription for Natural Healing: The A-to-Z Guide to Supplements](#) by Phyllis A. Balch, CNC
- ❖ [Hungry Gene: The Inside Story of the Obesity Industry](#) by Ellen R. Shell (definite inside scoop)
- ❖ [Coming Off Psychiatric Drugs: Successful Withdrawal from Neuroleptics, Antidepressants, Lithium, Carbamazepine, and Tranquilizers](#) by Peter Lehmann (ed.) (diverse essays by people worldwide who have experienced wrenching 'mental illnesses'; their stories, struggles, & successes +/-)
- ❖ [Too Good To Be True? Nutrients Quiet the Unquiet Brain: A Four Generational Bipolar Odyssey](#) by David Moyer, LCSW, B.C.D. (**great story, practical info, new paradigm, & studies**)
- ❖ [The Natural Medicine Guide to Schizophrenia](#) by Stephanie Marohn (great synthetic works from real pioneers in natural medicine, inc. 6 Healthy Mind Guides: Bipolar, Depression, Anxiety, Autism, Schizophrenia)
- ❖ [Dangerous Grains](#), by James Braly, M.D. (great all-around res. on gluten sensitivity/Celiac issues)
- ❖ [Cleanse and Purify Thyself, Book One: The Cleanse](#) by Richard Anderson, ND, NMD (superlative unveiling of how good/bad digestion works, nutrient processes, acid/alkaline foods, a cleansing program, positive thoughts affect body/mind/health, spiritual aspects of eating)
- ❖ [Nutrition and Mental Illness](#) by Carl C. Pfeiffer, M.D. (good basic information on this subject)
- ❖ [You Thought You Were Nuts !! ? Wait 'til You Meet Me & My Friends...](#) by chris foulke, B.S., B.A. (unwritten guide on how to recover from {and not return to} the American diet & its gruesome consequences— some pictures of people with fat, juicy foods, not for the squeamish, possibly good, rock bottom guide to head health, humor, appropriate absurdity: informative, don't miss—2011 release, God Willing—then again, things **could** change)
- ❖ [Brain Allergies: the Psychonutrient and Magnetic Connection](#) by William H. Philpott, M.D. (**SUPER BOOK**: important seminal work on food allergies and their connection to

diverse illnesses, chapters on Human Ecology & Mental Health; SuperNutrition; Preventive Self-Help: Autism; magnetic therapy)

- ❖ **Blaming the Brain: the Truth About Drugs and Mental Health** by Elliot S. Valenstein, Ph.D. (well-researched history of psychiatric drugs, pharmaceuticals, & biochemical theory of drug use)
- ❖ **Healing Foods for Dummies** by Molly Siple, M.S. (one of those great practical guides: food for health, healing, and happiness—well-put, attractive format, easy reading on pertinent topics)
- ❖ **Alternative Cures: The Most Effective Natural Home Remedies for 160 Health Problems**, by Bill Gottlieb (well-written, practical, easy-to-use guide to many alternative ‘cures’/dietary intervention)

Websites

- (**Mercola.com**) Food/disease/nutrients—colorful, timely, clear-headed, good info (MD)
- (**orthomed.org; orthomolecular.org**) Orthomolecular Nutrition, Medicine, and Psychiatry
- (**lpi.oregonstate.edu**) OSU’s vitamin, mineral, and phytonutrient research & info. center
- (**westonaprice.org**) Good dietary info on fats, wheat & disease, primitive diets & health

Video

—‘**Masks of Madness: Science of Healing**’—Margot Kidder (ex-Superwoman/peer) w/ Abram Hoffer, M.D. (revealing dialogue among peers & prominent orthomolecular doctors who explain physical basis for ‘metabolic brain disorders’ and straightforward nutritional/integrated treatment for depression, Schizophrenia, bipolar—excellent—at www.orthomed.org)