



Nutrient Power: Heal Your Biochemistry and Heal Your Brain

Dr. William J. Walsh

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Psychiatry has made great advances in the past fifty years but needs a new direction. Today's emphasis on psychiatric drugs will not stand the test of time. Recent advances in epigenetics and the molecular biology of the brain have provided a roadmap 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. This approach recognizes that nutrient imbalances can alter brain levels of key neurotransmitters, disrupt gene expression of proteins and enzymes, and cripple the body's protection against environmental toxins. 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. Other book highlights include the Walsh Theory of Schizophrenia, a new way to look at autism, a promising new treatment for Alzheimer's, and recommendations for reducing crime and violence.

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