



Nutrition and Mental Illness: An Orthomolecular Approach to Balancing Body Chemistry

By Carl C. Pfeiffer Ph.D. M.D.

Download now

Read Online 

Nutrition and Mental Illness: An Orthomolecular Approach to Balancing Body Chemistry By Carl C. Pfeiffer Ph.D. M.D.

Believing that drugs and psychoanalysis were not always the best course of treatment for a variety of mental illnesses, Dr. Carl Pfeiffer began an extensive program of research into the causes and treatment of mental illness, and in 1973 opened the Brain Bio Center in Princeton, New Jersey. Here, with a team of scientists, he found that many psychological problems can be traced to biochemical imbalances in the body. With these patients, he achieved unprecedeted success in treating a wide range of mental problems by adjusting diet and providing specific nutritional supplements for those conditions where deficiencies exist. This book documents his approach.

Each year, thousands of people are diagnosed as schizophrenic; many more suffer from depression, anxiety, and phobias.

Dr. Pfeiffer's methods of treatment presented in *Nutrition and Mental Illness* are a valuable adjunct to traditional therapies, and can bring hope of real wellness to many of those who suffer.

 [Download Nutrition and Mental Illness: An Orthomolecular Ap ...pdf](#)

 [Read Online Nutrition and Mental Illness: An Orthomolecular ...pdf](#)

Nutrition and Mental Illness: An Orthomolecular Approach to Balancing Body Chemistry

By Carl C. Pfeiffer Ph.D. M.D.

Nutrition and Mental Illness: An Orthomolecular Approach to Balancing Body Chemistry By Carl C. Pfeiffer Ph.D. M.D.

Believing that drugs and psychoanalysis were not always the best course of treatment for a variety of mental illnesses, Dr. Carl Pfeiffer began an extensive program of research into the causes and treatment of mental illness, and in 1973 opened the Brain Bio Center in Princeton, New Jersey. Here, with a team of scientists, he found that many psychological problems can be traced to biochemical imbalances in the body. With these patients, he achieved unprecedented success in treating a wide range of mental problems by adjusting diet and providing specific nutritional supplements for those conditions where deficiencies exist. This book documents his approach.

Each year, thousands of people are diagnosed as schizophrenic; many more suffer from depression, anxiety, and phobias.

Dr. Pfeiffer's methods of treatment presented in *Nutrition and Mental Illness* are a valuable adjunct to traditional therapies, and can bring hope of real wellness to many of those who suffer.

Nutrition and Mental Illness: An Orthomolecular Approach to Balancing Body Chemistry By Carl C. Pfeiffer Ph.D. M.D. **Bibliography**

- Sales Rank: #191557 in Books
- Published on: 1988-04-01
- Released on: 1988-04-01
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .30" w x 5.25" l, .41 pounds
- Binding: Paperback
- 136 pages

 [Download Nutrition and Mental Illness: An Orthomolecular Ap ...pdf](#)

 [Read Online Nutrition and Mental Illness: An Orthomolecular ...pdf](#)

Download and Read Free Online Nutrition and Mental Illness: An Orthomolecular Approach to Balancing Body Chemistry By Carl C. Pfeiffer Ph.D. M.D.

Editorial Review

Review

"A proper biochemical balance is necessary to mental as well as physical health. In *Nutrition and Mental Illness*, Pfeiffer details how deficiencies (and excesses) of various nutrients can lead to imbalances that result in mood swings, manic-depressive states, schizophrenia and antisocial behavior. Pfeiffer also explains how these conditions are treated with nutrients rather than drugs; he calls the latter 'a door that leads nowhere.' (Health Foods Business)

"Many of the chapters outline possible causes and nutritional treatment for different mental disorders-from depression to senility. His methods may be a valuable adjunct to traditional therapies, and may offer hope to those who have had no success with those therapies." (*Let's Live*)

"*Nutrition and Mental Illness* is very readable for physician and patient, presenting itself almost as a cookbook for approaching mental illness and most chronic physical illnesses." (Jonathan Collin, M.D., *Townsend Letter for Doctors*)

About the Author

Carl C. Pfeiffer Ph.D., M.D. was the Director of the Brain Bio Center in Princeton, New Jersey.

Users Review

From reader reviews:

Frankie Graybill:

The book Nutrition and Mental Illness: An Orthomolecular Approach to Balancing Body Chemistry gives you the sense of being enjoy for your spare time. You can use to make your capable much more increase. Book can being your best friend when you getting stress or having big problem using your subject. If you can make examining a book Nutrition and Mental Illness: An Orthomolecular Approach to Balancing Body Chemistry to get your habit, you can get considerably more advantages, like add your personal capable, increase your knowledge about many or all subjects. It is possible to know everything if you like open up and read a book Nutrition and Mental Illness: An Orthomolecular Approach to Balancing Body Chemistry. Kinds of book are several. It means that, science guide or encyclopedia or others. So , how do you think about this guide?

Wanda Davis:

The book Nutrition and Mental Illness: An Orthomolecular Approach to Balancing Body Chemistry can give more knowledge and also the precise product information about everything you want. So just why must we leave the great thing like a book Nutrition and Mental Illness: An Orthomolecular Approach to Balancing Body Chemistry? A few of you have a different opinion about reserve. But one aim in which book can give many facts for us. It is absolutely suitable. Right now, try to closer along with your book. Knowledge or information that you take for that, you could give for each other; you are able to share all of these. Book Nutrition and Mental Illness: An Orthomolecular Approach to Balancing Body Chemistry has simple shape

nevertheless, you know: it has great and big function for you. You can seem the enormous world by open and read a e-book. So it is very wonderful.

Carolyn Hoar:

Information is provisions for individuals to get better life, information today can get by anyone at everywhere. The information can be a information or any news even an issue. What people must be consider if those information which is in the former life are difficult to be find than now is taking seriously which one is suitable to believe or which one often the resource are convinced. If you have the unstable resource then you understand it as your main information it will have huge disadvantage for you. All those possibilities will not happen within you if you take Nutrition and Mental Illness: An Orthomolecular Approach to Balancing Body Chemistry as the daily resource information.

Avis Marguez:

You will get this Nutrition and Mental Illness: An Orthomolecular Approach to Balancing Body Chemistry by check out the bookstore or Mall. Merely viewing or reviewing it could to be your solve trouble if you get difficulties on your knowledge. Kinds of this e-book are various. Not only through written or printed but can you enjoy this book by means of e-book. In the modern era including now, you just looking from your mobile phone and searching what your problem. Right now, choose your personal ways to get more information about your publication. It is most important to arrange yourself to make your knowledge are still update. Let's try to choose proper ways for you.

Download and Read Online Nutrition and Mental Illness: An Orthomolecular Approach to Balancing Body Chemistry By Carl C. Pfeiffer Ph.D. M.D. #1TBKOVCNISY

Read Nutrition and Mental Illness: An Orthomolecular Approach to Balancing Body Chemistry By Carl C. Pfeiffer Ph.D. M.D. for online ebook

Nutrition and Mental Illness: An Orthomolecular Approach to Balancing Body Chemistry By Carl C. Pfeiffer Ph.D. M.D. Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Nutrition and Mental Illness: An Orthomolecular Approach to Balancing Body Chemistry By Carl C. Pfeiffer Ph.D. M.D. books to read online.

Online Nutrition and Mental Illness: An Orthomolecular Approach to Balancing Body Chemistry By Carl C. Pfeiffer Ph.D. M.D. ebook PDF download

Nutrition and Mental Illness: An Orthomolecular Approach to Balancing Body Chemistry By Carl C. Pfeiffer Ph.D. M.D. Doc

Nutrition and Mental Illness: An Orthomolecular Approach to Balancing Body Chemistry By Carl C. Pfeiffer Ph.D. M.D. Mobipocket

Nutrition and Mental Illness: An Orthomolecular Approach to Balancing Body Chemistry By Carl C. Pfeiffer Ph.D. M.D. EPub

1TBKOVCNISY: Nutrition and Mental Illness: An Orthomolecular Approach to Balancing Body Chemistry By Carl C. Pfeiffer Ph.D. M.D.