



Psychiatry the Natural Way, Part 2

By Judith Pentz, M.D.

We all are seeking balance in our lives—in how we connect with our families, our colleagues and the community we live in. This is possible when we feel balanced within ourselves. Emotional well-being is a life long challenge for us all.

There are several steps needed for the balance to be present. Our nutrition is a significant factor often ignored in the hustle and bustle of every day life. Limiting our intake of processed foods can aid in the balance that our brains and bodies need. Drinking good quality water and limiting soda intake to 1can/week are simple but effective interventions. And limiting caffeine intake aids in reducing anxiety.

When all these changes still are not sufficient, adding certain nutritional supplements can be quite beneficial. Amino acids plus vitamins and minerals can offer relief for many mental health conditions including depression, anxiety, and other mood challenges.

There is also an opportunity to aid those individuals on medications with these supplements as the effectiveness of the medications can be boosted—just adding vitamin B complex is one such example. On occasion, the medications can be reduced or stopped *gradually*.

One case involved a 13-year-old male with a history of bipolar disorder and attention deficit disorder. His medication included Zoloft and Tegretol with a limited response to these medicines as well as others. Starting him on a protocol to calm him with amino acid choices (L-theanine, 5-HTP, Taurine), I was able to reduce his medications over time. Other interventions included individual and family therapy as well as other modalities. The combined effort led to eventual removal of the medications over one year of careful monitoring. He remains on the amino acid protocol and has not required the medications to be restarted.

The options and choices are varied. This is an approach tailored to the needs of those I have the opportunity to consult with. This more balanced approach to mental well being is oftentimes requires only limited intervention!

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