

Orthomolecular Medicine

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Orthomolecular medicine is the connection between nutrition and the mind. Extensive research points to the fact that food can alter brain chemistry. For example, many children become hyper when they've eaten too much sugar; people often become "low in spirit" when their diet consists of refined carbohydrates; or aggressive if they eat too much meat. Eating refined foods and drinking sugary drinks can also lead to *Candida albicans*, which is toxicity from an overgrowth of yeast in the intestines, which can contribute to depression. Alcohol interferes with CNS (central nervous system) operation in a powerful way, and caffeine acts as a CNS stimulant destroying CNS balance.



A non-profit Canadian company called Truehope distributes EMPowerplus, a broad-based nutritional supplement of dietary nutrients designed for the treatment of disorders of the CNS. It consists primarily of trace minerals and vitamins, administered in high doses. The supplement has 36 ingredients, 33 of which are natural dietary minerals and vitamins including calcium, iron, magnesium, zinc, copper potassium, and various vitamins such as A, C, D, E, and several varieties of B. They have impressively positive results in the treatment of depression with this supplement. They offer a free help line of nutritional support staff for any problems or questions that arise, which is important because this product needs to be as carefully monitored for its personal effects as any kind of medication.

The Truehope company has put together some interesting research on nutrition and the effect it has on the central nervous system. For example "intoxication with brain depressants, especially alcohol, can cause clinically relevant changes in mood, with prolonged intoxication likely to induce depressive symptoms that resemble those seen in major depressive disorder". (*Schuckit MA., Alcohol and depression: a clinical perspective. Acta Psychiatr Scand Suppl 377:28-32, 1994.*) "Alcohol use may increase brain serotonin levels, creating a vicious cycle of self medicating. (*Goodwin FK. Alcohol research: delivering on the promise. Public Health Rep 103 (6): 569-74, 1988.*) "Caffeine acts as a CNS stimulant destroying CNS balance. Beck depression inventories were higher with a group of healthy college students who were moderate to high caffeine consumers, academic scores were also lower. Low caffeine consumers scored better (lower) on the depression scale". (*Gilliland K, Bullick W. Caffeine: A potential drug of abuse. Adv Alcohol Subst Abuse 3 (1-2): 53-73, 1984.*) "Caffeine has been shown to increase serum concentrations of adrenaline and nor-adrenaline, having the effect of increased depression and anxiety". (*Levi L. The effect of coffee on the function of the sympathoadrenomedullary system in man. Acta Med Scand 181: 431-8, 1976.*) (*Robertson D. et al., Effects of caffeine on plasma activity, catecholamines and blood pressure. N Engl J Med: 298: 181-6, 1978.*)

For further information, go to the Truehope website (www.truehope.com) or call them at 1-888-878-3467.

Vitality magazine, October 2008