



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

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

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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.

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