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**SUBMISSION TO
THE HOUSE OF REPRESENTATIVES COMMITTEE**

**REGARDING MENTAL HEALTH
AND WORKFORCE PARTICIPATION.**

Bio-Balance Health Association Inc. (BBHA) is a not-for-profit organization with fifty-five members. It is an organization created by parents of children with Schizophrenia, and later developed further by a family with autistic twins.

Since 2004 this organization has facilitated the training of 80 doctors in Australia to help people recover from a variety of mental illnesses. The doctors receive Royal Australian College of General Practitioner accreditation points for this training programme. The results have been very encouraging, with many patients returning to health sufficient to gain employment and lead a more normal life in society. This success has hinged on bringing Dr. William J. Walsh of the Walsh Research Institute in Chicago USA, to train Australian doctors in Advanced Nutrient Therapies first developed by Dr. Carl Pfeiffer in the 1960's and refined by Dr Walsh in the 1980's. Dr Walsh has developed a research database of more than 3 million chemical assays of blood, urine and tissues, which has been a valuable research tool.

Unlike many other organisations in this field, Bio-Balance Health Association has achieved this without any external funding. We are making this submission because we feel strongly that if this type of treatment were available more widely in clinics and hospitals many more mentally ill people would be able to return to work and experience a significantly improved quality of life. Independent audits of Dr. Walsh's programme have demonstrated significant improvements in about 65% of his patients with Schizophrenia, markedly higher than normal recovery rates.

Dr. Walsh has countless examples of people with schizophrenia who have been successfully treated, including a psychiatrist, air flight controller and an institutionalized young man who returned to medical school and excelled, two Oscar nominated movie star, an athlete who won a silver medal at the Olympics and many who returned to the world of business.

We maintain that one reason many people with mental illness have trouble finding work is that the amount of medication needed to control symptoms causes extreme drowsiness in the morning, and affects their general motivation. After 12-48 months on our Advanced Nutrient program, the body's biochemistry is more in balance, and therefore the level of medication required for most sufferers is significantly decreased. This biochemistry balance is a critical factor that enables sufferers to lead more normal lives and to pursue gainful employment.

It has been our experience that most people with mental illness would love to return to work, but despite their best efforts find the challenge of work too stressful. We believe that with better treatment involving less dependence on a heavy drug routine, many more sufferers of mental illness would have the capacity to find work.

*In October 2000 in Kings County, Seattle, Washington State USA, an Ordinance 13974 was passed directing psychiatrists working in the state mental health system to make their patients well and to report annually on how successful they had been.

Recovery meant the patient had to meet four criteria.

- They must have become well enough to engage in volunteer work
- Or be employed full or part-time
- Or be engaged in culturally appropriate activities
- Or be pursuing educational or vocational opportunities.

Secondly, a recovered patient had to be living independently or in supported housing. Thirdly, they must be able to score 81 or more on the Global Assessment of Function Scale. Fourthly, they must be discharged from the publically funded mental Health system.

Seattle spent \$90 million on Mental Health in 2001. In the first report covering the period 1 January 2001 to 31 December 2001 7,831 patients mainly schizophrenics and patients with major depression were treated during the year. Of these 6,949 (88.7%) showed no change. 597 (8%) displayed some improvement, 285 (4%) regressed and 4 (0.05%) recovered.

These patients were receiving the best treatment that modern psychiatry had to offer at that time.

Seattle residents were paying \$22 million for each mental health recovery.

** From "What Really Causes Schizophrenia" by Harold D Foster*

In 2005 A Senate Inquiry under Chair Lyn Allison was conducted and to which Bio-Balance Health made a submission Number 378 . In the final report a number of Recommendations were made which would have a bearing on this present Inquiry such as:

Recommendation 4:

- Develop a prioritised national framework for research and pilot programs
- Review evidence-based research on health needs and **cost effectiveness** of treatments

Recommendation 8, Recommendation 12. (2.18), Recommendation 36 and Recommendation 40 are also relevant.

http://www.aph.gov.au/Senate/committee/mentalhealth_ctte/index.htm

We have attached a submission from Dr. Richard Stuckey, the first doctor trained in Australia using the protocols of Advanced Nutrient Therapy.

We have also attached a submission from a patient's mother on her daughter's return to the work force after being treated by Dr. Richard Stuckey

RECOMMENDATIONS:

1. Bio-Balance Health Association would like the Committee to recognize that mental health sufferers are more likely to successfully integrate into the workforce if biochemical imbalances are identified and corrected.
2. Bio-Balance Health Association would like to see doctors in Australia, and their practice nurses have training in treating mental disorders using the Nutrient Therapy Treatment Protocols as part of their treatment programs.
3. That practitioners who are trained in this work and already treating patients using the bio-chemical therapy treatment protocols have the support of funding packages such as Medicare as the majority of mental health patients are usually unable to afford private health funds.
4. Those mental health patients who have Nutrient Therapy prescriptions from their medical practitioner to treat their biochemical imbalances and who have those prescriptions filled by a qualified pharmacist have access to funding packages such as the PBS scheme.
5. That an evidence based study be conducted using the Nutritional Therapy programs to support our findings.

Judy Nicol
President