

SENATE SELECT COMMITTEE ON MENTAL HEALTH INQUIRY SUBMISSION of Douglas L. McIver

ATTACHMENT E

Orthomolecular Pioneers & Resources

I think it reasonable to claim that during the time of my personal ill-health, the medical fraternity was becoming more aware of interactions between environmental factors and dysfunctional health, helped by the excellent pioneering work in the USA by Dr Theron Randolph, and his disciples.

There are those in the Australian and New Zealand medical and health fraternity who are now more familiar with the benefits of orthomolecular medicine, assisted by the work and literature during the 1980s of Richard Mackarness, Abram Hoffer, Marshall Mandell, Carl Pfeiffer, Robert Forman and Alexander Schauss.

During the 1980s and since, Dr Sherry Rogers, Robert Buist, Ian Brighthope, Avni Sali, Colin Little et al have done terrific work on chemical sensitivity and food intolerances in relation to health dysfunction. And the growth in interest in this field of medical endeavour can be seen in the establishment in our geographical region of the medical and health professional body known as the Australasian College of Nutrition and Environmental Medicine, and in Queensland, the Australian Centre for Complementary Medicine Education and Research (ACCMER).

I refer the Senate Select Committee to the following for a selected list of literature, articles, websites and contacts.

Literary References and Contacts

Robert Buist PhD: *Food Intolerance* (Harper & Row Sydney 1984 ISBN 006 3120550) and *Food Chemical Sensitivity* (Harper & Row Sydney ISBN 0 06 312083 6). The *International Clinical Nutrition Review*, a quarterly publication is published in Sydney by Integrated Therapies Pty Ltd (Dr Robert Buist and Wendy Buist) ISSN 0813-9008. Looks at preventive health issues, some of which are due to environmental health risks.

Dr Colin Little: *A guide to allergy & related disorders*. VABA Publishing North Carlton Victoria 1985. ISBN 0 949498 09 2

Dr Richard Mackarness: *Chemical Victims*. Pan Books London 1980. ISBN 0 330 25937 7. Also *Not all in the Mind* and *Cravings*.

Dr Marshall Mandell: *5-day allergy relief system*. Arrow Books London 1983. ISBN 0 09 930630 1

Ross Meillon and Chris Reading: *Relatively Speaking: The Family Tree Way to Better Health* Fontana Australia 1984 ISBN 0 00 636726 7

Dr Theron Randolph & Ralph Moss PhD : *Allergies. Your hidden enemy*. Thorsons Publishers Great Britain 1984. ISBN 0-07225-0981-2 A must read, a pioneer.

Rights of Passage: The Rights of Mental Health Consumers. Includes Doug McIver: *Our Right of Choose from a Range of Therapies: Conventional or Alternative*. Ginninderra Press, Charnwood ACT 1999.

Dr Sherry Rogers: *Depression: Cured at Last!* SK Publishing Sarasota Florida 1997. ISBN 1 887202 00 5

Alexander Schauss: *Diet, Crime and Delinquency*. Parker House California 1980 (ISBN 0 0939764 00 8). As Director of the American Institute for BioSocial Research, Schauss was in the forefront of research in biochemical and environmental effects on deviant behaviour. Note a couple of the case

studies quoted by Schauss e.g. Tony and lead poisoning p33). Importance of this is to reveal more case studies of the impacts of foods, drinks and chemicals on mental health!

Associate Professor Melvyn Werbach : *Nutritional Influences on Mental Illness*. Third Line Press, Tarzana, California USA 1988.

Australian mental health research bodies

Australasian College of Nutrition & Environmental Medicine (ACNEM) <www.acnem.org>

Australian Centre of Complementary Medicine, Education & Research (ACCMER)
<www.accmer.edu.au>

ANU Centre for Mental Health Research (ANUCMHR)<www.anu.edu.au/cmhr>

Mental Health Research Institute of Victoria Inc (MHRI) <www.mhri.edu.au>

NeuroInstitute of Schizophrenia & Allied Disorders (NISAD) <www.nisad.org.au>

Queensland Centre for Mental Health Research (QCMHR)<www.qcsr.uq.edu.au>

Overseas mental health research bodies

Carl Pfeiffer Treatment Center, Chicago, USA <www.hripte.org/introducing_HRI.html>.

Centre for Addiction & Mental Health, Toronto, Canada <<http://www.camh.net/>>

Institute of Functional Medicine (IFA), USA <www.functionalmedicine.org>

A not-for-profit educational organization to improve patient outcomes through prevention, early assessment, and comprehensive management of complex, chronic disease. The Institute provides medical education for healthcare professionals. It is a publisher of books and educational materials. Offers clinicians a forum for shared exploration of emerging research and clinical applications to improve patient care and outcomes.

International Society of Orthomolecular Medicine, Canada

www.healthy.net/library/journals/ortho/>.

A Canadian organization, using orthomolecular medicine, assisting people with a mental illness (e.g. support of the Canadian Schizophrenia Foundation to the use of the orthomolecular medicine approach in treating psychiatric illness in Canada). Late Dr Abram Hoffer associated with this initiative: clinician, researcher, author. Well known and regarded. Wise to get across Hoffer's literary contribution.

Articles, letters & papers

Junius Adams: "*Orthomolecular Psychiatry*" The Huxley Institute for BioSocial Research (reprint from *Cosmopolitan* June 1977) <www.schizophrenia.org.html>.

AM Denman: *The relevance of immunopathology to research into schizophrenia*. J.Hemmings Ed "Biochemistry of Schizophrenia and Addiction". Lancaster, MTP Press 1980.

Duncan Double: "*The limits of psychiatry*" (April 2002)

<<http://bmj.com/cgi/content/full/324/7342/900?lookupType=volpage&vol=324&fp=90>>.

Abram Hoffer: "*Orthomolecular Psychiatry in Theory and Practice*" (Aug 1977)

<www.lightparty.com/Health/ORTHO.html>.

IOCCC, CAOBISCO: "*Diet & behaviour*" (Dec 1995); eM: <ioccc@caobisco.be>.

Dwight K. Kalita: *"Orthomolecular Medicine"*. Journal of the International Academy of Metabology Vol 5#1 pp54-57

D.L. McIver : *A personal approach to managing schizophrenia*. Papers presented to World Federation for Mental Health/Australian National Association for Mental Health Oceania Congress (1998) & the NSW Rural Mental Health Conference (1999).

Jan & Doug McIver: *Food we eat likely to affect behaviour: Clinical ecologists link allergies as major factors in good or poor mental health*. The Canberra Times, January 27, 1988 (p18 Weekend magazine)

Linus Pauling: *"Orthomolecular Psychiatry: Varying the concentrations of substances normally present in the human body may control mental disease"* <www.orthomed.org/pauling2.htm>.

Dr Chris Reading: *Letters to the Editor, Orthomolecular Psychiatry*. The Medical Journal of Australia, July 14, 1979

Dr Chris Reading: *The struggle for the acceptance of biological and molecular psychiatry*. Review Article: Journal of the Australian College of Nutrition and Environmental Medicine (October 1990)

Dr Chris Reading: *Advances in orthomolecular psychiatry*. The Hypoglycemic Health Newsletter. March 1997 Vol. 13, No.1

Dr Chris Reading: *Letters to the Editor*, Journal of Orthomolecular Psychiatry, Canada Vol 10, No.1, 1981 pp29-34

Margaret Wertheim: *"What you are eating could make you sad"*. The Sunday Age October 13, 2002 (p17 News Features, Science & Society).

TV program

ABC TV program *Four Corners* (March 31, 2003) : cow's milk & dairy research.

NOTE: I eliminated cow's milk and dairy products from my diet. There was a double-blind case report where a 14 yo female, with a history of gastrointestinal intolerance to milk in childhood, was challenged with milk and placebo. Milk, not placebo, produced overt psychotic symptoms. This was reported upon by **AM Denman:** *The relevance of immunopathology to research into schizophrenia*, in J.Hemmings Ed *"Biochemistry of Schizophrenia and Addiction"* (Lancaster, MTP press 1980).

In the preparation of this submission I have been assisted by my wife **Jan McIver** BSc, Grad Dip Clinical Nutrition (et al). Jan is an accredited member of the Complementary Medicine Association . She is familiar with the medical techniques involving diet, sensitivity and adverse reactions to foods, drinks and chemicals, and use of supplementary nutrients. Jan is also is a qualified life coach, and trainer in NLP & Neuro-Semantics, which are modalities used for personal development, health and wellbeing.

Douglas L McIver
PO Box 1053
KYNETON Vic 3444