

notes

## Description

Dr. Jake Johnston

xlear grapefruit seed xylitol nasal spray

photonic red light blue light

qrs russian

Dissolving illusion Susan Humphries

NT:

denar russian, american, rife microcurrent

Infopathy

leena

schiz epadha

Transl Psychiatry. 2015 Jan 13;5:e495. doi: 10.1038/tp.2014.134.

Predictors of treatment response in young people at ultra-high risk for psychosis who received long-chain omega-3 fatty acids.

Amminger GP et al.

BMC Psychiatry. 2010 May 26;10:38. doi: 10.1186/1471-244X-10-38.

Dietary intake of fish, omega-3, omega-6 polyunsaturated fatty acids and vitamin D and the prevalence of psychotic-like symptoms in a cohort of 33,000 women from the general population.

Hedelin M, Löff M, Olsson M, Lewander T, Nilsson B, Hultman CM, Weiderpass E.

Schizophr Res. 2003 Aug 1;62(3):195-204.

Supplementation with a combination of omega-3 fatty acids and antioxidants (vitamins E and C) improves the outcome of schizophrenia.

Arvindakshan M1, Ghate M, Ranjekar PK, Evans DR, Mahadik SP

Mol Psychiatry. 2014 Mar;19(3):317-24. doi: 10.1038/mp.2013.7. Epub 2013 Mar 12.

Omega-3 fatty acid supplementation changes intracellular phospholipase A2 activity and membrane fatty acid profiles in individuals at ultra-high risk for psychosis.

Smesny S et al.

Early Interv Psychiatry. 2014 Aug;8(3):199-208. doi: 10.1111/eip.12151. Epub 2014 May 27.

Polyunsaturated fatty acids in emerging psychosis: a safer alternative?

Schlögelhofer M1, Amminger GP, Schaefer MR, Fusar-Poli P, Smesny S, McGorry P, Berger G, Mossaheb N.

Long-chain omega-3 fatty acids for indicated prevention of psychotic disorders: a randomized, placebo-controlled trial.

Amminger GP, Schäfer MR, Papageorgiou K, Klier CM, Cotton SM, Harrigan SM, Mackinnon A, McGorry PD, Berger GE

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Decreased antioxidant enzymes and membrane essential polyunsaturated fatty acids in schizophrenic and bipolar mood disorder patients.

Ranjekar PK, Hinge A, Hegde MV, Ghate M, Kale A, Sitasawad S, Wagh UV, Debsikdar VB, Mahadik SP

Psychiatry Res. 2003 Dec 1; 121(2):109-22.

Hamazaki K, Hamazaki T, Inadera H. Abnormalities in the fatty acid composition of the postmortem entorhinal cortex of patients with schizophrenia, bipolar disorder, and major depressive disorder. Psychiatry Res. 2013;210:346–350. doi: 10.1016/j.psychres.2013.05.006

Prog Neuropsychopharmacol Biol Psychiatry. 2001 Apr;25(3):463-93.

Oxidative stress and role of antioxidant and omega-3 essential fatty acid supplementation in schizophrenia.

Mahadik SP, Evans D, Lal H.

Prog Neuropsychopharmacol Biol Psychiatry. 2007 Oct 1;31(7):1493-9. Epub 2007 Jul 13.

The impact of omega-3 fatty acids, vitamins E and C supplementation on treatment outcome and side effects in schizophrenia patients treated with haloperidol: an open-label pilot study.

Sivrioglu EY1, Kirli S, Sipahioglu D, Gursoy B, Sarandöl E.

gluten schiz

Dickerson F, Stallings C, Origoni A, et al. Markers of gluten sensitivity and celiac disease in recent-onset psychosis and multi-episode schizophrenia. Biol Psychiatry. 2010;68(1):100-104.

Dickerson F, Stallings C, Origoni A, et al. Markers of gluten sensitivity and celiac disease in bipolar disorder. Bipolar Disord. 2011;13(1):52-58.

Dickerson F, Stallings C, Origoni A, et al. Elevated serum levels of C-reactive protein are associated with mania symptoms in outpatients with bipolar disorder. Prog Neuropsychopharmacol Biol Psychiatry. 2007;31(4):952-955.

## A Study of Circulating Gliadin Antibodies in Schizophrenia Among a Chinese Population

Shun-Zi Jin et al.

Schizophr Bull. 2012 May; 38(3): 514–518.

Published online 2010 Sep 30. doi: 10.1093/schbul/sbq111

Psychiatr Q. 2012 Mar; 83(1): 91–102.

doi: 10.1007/s11126-011-9186-y

## Neurologic and Psychiatric Manifestations of Celiac Disease and Gluten Sensitivity

Jessica R. Jackson

vitamin schiz

CNS Drugs. 2014 Jul;28(7):611-22. doi: 10.1007/s40263-014-0172-4.

Vitamin supplementation in the treatment of schizophrenia.

Brown HE1, Roffman JL.

Author information

Abstract

This article reviews the current literature addressing the treatment of schizophrenia with vitamin supplementation. It describes the important roles that vitamins play in normal metabolism, and reviews the evidence pertaining to vitamin deficiency and supplementation in patients with schizophrenia. There is mounting evidence suggesting that vitamin supplementation, in particular with folic acid, vitamin B12 and vitamin D,

ala

bp

Eur J Clin Nutr. 2007 Oct;61(10):1201-6. Epub 2007 Jan 31.

Dietary supplementation with flaxseed oil lowers blood pressure in dyslipidaemic patients.

Paschos GK, Magkos F, Panagiotakos DB, Votteas V, Zampelas A.

arteries

Acute Effects of High-Fat Meals Enriched With Walnuts or Olive Oil on Postprandial Endothelial Function

Berenice Cortés, BS<sup>?,†</sup>; Isabel Núñez, MD<sup>‡</sup>; Montserrat Cofán, PhD<sup>†</sup>; Rosa Gilabert, MD, PhD<sup>‡</sup>; Ana Pérez-Heras, RD<sup>†</sup>; Elena Casals, MD, PhD<sup>§</sup>; Ramón Deulofeu, PhD<sup>§</sup>; Emilio Ros, MD, PhD<sup>†</sup>

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EPA & DHA prostate

Clin Cancer Res. 2009 Apr 1;15(7):2559-66. doi: 10.1158/1078-0432.CCR-08-2503. Epub 2009 Mar 24.

Dietary omega-3 fatty acids, cyclooxygenase-2 genetic variation, and aggressive prostate cancer risk.

Fradet V, Cheng I, Casey G, Witte JS.

JAMA. 2007 Sep 26;298(12):1420-8.

Omega-3 polyunsaturated fatty acid intake and islet autoimmunity in children at increased risk for type 1 diabetes.

Norris JM, Yin X, Lamb MM, Barriga K, Seifert J, Hoffman M, Orton HD, Barón AE, Clare-Salzler M, Chase HP, Szabo NJ, Erlich H, Eisenbarth GS, Rewers M.

kidneys in type I & EPA DHA

Dietary intake of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) and diabetic nephropathy – cohort analysis of the Diabetes Control and Complications Trial (DCCT)

Cheerin C Lee et al.

Diabetes Care. 2010 Jul; 33(7): 1454–1456.

Published online 2010 Mar 31. doi: 10.2337/dc09-2245

type2

Fish-oil supplement has neutral effects on vascular and metabolic function but improves renal function in patients with Type 2 diabetes mellitus

C.-Y. Wong et al.

DOI: 10.1111/j.1464-5491.2009.02869.x

Diabetic Medicine Volume 27, Issue 1, pages 54–60, January 2010

epadah homocysteine

Nutr Metab Cardiovasc Dis. 2010 Jun;20(5):326-31. doi: 10.1016/j.numecd.2009.04.002. Epub 2009 Jun 21.

The efficacy of omega-3 fatty acid supplementation on plasma homocysteine and malondialdehyde levels of type 2 diabetic patients.

Pooya Sh, Jalali MD, Jazayeri AD, Saedisomeolia A, Eshraghian MR, Toorang F.

epadha heart attacks

Leaf A. Prevention of sudden cardiac death by n-3 polyunsaturated fatty acids. J Cardiovasc Med. (Hagerstown). 2007; 8 Suppl 1:S27-29.

less heart attack, stroke, sudden cardiac death 50% less

Dietary supplementation with n-3 polyunsaturated fatty acids and vitamin E after myocardial infarction: results of the GISSI-Prevenzione trial. Gruppo Italiano per lo Studio della Sopravvivenza nell'Infarto miocardico. Lancet. 1999; 354:447-55.

Yokoyama M, Origasa H, Matsuzaki M, et al. Effects of eicosapentaenoic acid on major coronary events in hypercholesterolaemic patients (JELIS): a randomised open-label, blinded endpoint analysis. Lancet. 2007; 369:1090-98.

Curr Drug Discov Technol. 2013 Sep;10(3):233-44.

Long-chain omega-3 fatty acid deficiency in mood disorders: rationale for treatment and prevention.

McNamara RK

dha parkinsons

The FASEB Journal • Research Communication

Beneficial effects of dietary omega-3 polyunsaturated fatty acid on toxin-induced neuronal degeneration in an animal model of Parkinson's disease

1. Bousquet et al.

The FASEB Journal Vol. 22 April 2008 pp. 1213-1225

vit d3 type I diabetes

Arch Dis Child. 2008 Jun;93(6):512-7. doi: 10.1136/adc.2007.128579. Epub 2008 Mar 13.

Vitamin D supplementation in early childhood and risk of type 1 diabetes: a systematic review and meta-analysis.

Zipitis CS, Akobeng AK.

zinc increased in depression

Acta Psychiatr Scand. 1990 Dec;82(6):451-3.

Zinc in depressive disorder.

McLoughlin IJ, Hodge JS.

Author information

Abstract

Plasma zinc levels were measured in 14 patients with primary affective disorder on admission to hospital; they were compared with plasma zinc levels in group of 14 age- and sex-matched controls. A significant difference in zinc levels was found between the 2 groups. Plasma zinc levels of 9 of the depressed patients on admission to hospital and at the point of discharge were compared; a significant increase in zinc levels was detected.

zinc suppl reduced depression

J Affect Disord. 2012 Jan;136(1-2):e31-9. doi: 10.1016/j.jad.2011.06.022. Epub 2011 Jul 27.

The efficacy of zinc supplementation in depression: systematic review of randomised controlled trials.

Lai J, Moxey A, Nowak G, Vashum K, Bailey K, McEvoy M

“These nutrients include ?3 fatty acids, antioxidants (vitamin C and zinc), members of the vitamin B family (Vitamin B12 and folic acid) and magnesium. Accumulating data have shown that these nutrients can enhance neurocognitive function, and may have therapeutic benefits for depression and suicidal behaviors. A growing body of studies suggests the intriguing possibility that regular consumption of these nutrients may help prevent the onset of mood disorders and suicidal behaviors in vulnerable individuals, or significantly augment the therapeutic effect of available antidepressants”

The Role of Nutrients in Protecting Mitochondrial Function and Neurotransmitter Signaling: Implications for the Treatment of Depression, PTSD, and Suicidal Behaviors.

Du J, Zhu M, Bao H, Li B, Dong Y, Xiao C, Zhang GY, Henter I, Rudorfer M, Vitiello B.

## Autism talk

I have autism. I grew up with a small amount of social understanding & after a brain injury at 18 I had almost no social understanding with strangers & in groups. Through the years I found how to increase my social understanding to the normal amount & normalize my sensory processing.

## What works best?

Autism appears to be an autoimmune disorder for most. Comparing autopsies of people who died that were diagnosed with autism vs multiple sclerosis (MS) found that at least 2/3rds of people with autism had the same autoimmune attack markers in the brain as people with MS (who often die of motor shutdown). Perhaps instead of the motor centers with MS, the sensory processing & social understanding centers of the brain are attacked.

Getting vitamin D3 levels above 150ng/ml has been shown to reduce autoimmune symptoms even in people with MS by 95%. Most people can raise vitamin D3 levels to 150ng/ml with 1.25mg/50K IU of vitamin D3 taken daily with a meal or even better under the tongue/gums along with 500mcg of vitamin K2 or eating natto or organic dark leafy greens. Vitamin D3 increases calcium absorption & vitamin K2 moves calcium away from the arteries & to the bones to reverse osteoporosis & prevent hardening of the arteries.

Next most effective is going on a beef & salt & water only diet. People with autism that is autoimmune are sensitive to a wide variety of foods that trigger lowered social understanding & higher sensory processing problems. Beef is not one & this diet gets people off all of the trigger foods. People appear to be able to get or make all the nutrients they need from eating beef, salt, water.

After a few days if all of the gut & other issues heal up then people can introduce one food at a time three times a day for a couple days. This will tell the person if they have any sensitivity to the food that can be overt with the first eating or covert after eating it up to six times. Then no foods will be permanently reentered unless they are completely nonreactive for a couple days-they don't cause gut

problems or behaviors alone or in combination with other foods.

Then adding organic kale &/or organic baby greens with organic freshly ground or frozen flaxseed & apple cider vinegar or red wine vinegar, organic cauliflower, organic jewel sweet potatoes, organic stevia if want sweet, nondextrose or Himalayan/Celtic salt, organic black/navy/pinto beans, organic brown rice may not trigger the autism. After eating rice or anything that can raise blood sugar exercise like walking is essential as high blood sugar can be a temporary autism trigger.

Any organic foods can be added as long as they don't have mercury added refined oils, high fructose corn syrup, processed grains like white rice & white wheat, & mercury & lead added FD&C food colorings- red#, blue#, yellow#.

Next best is avoiding the biggest trigger foods- dairy, wheat, corn, soy, eggs, chocolate as identified successfully with a couple surveys on autism.com & Arizona State University Autism Center nutritional study. Getting any of these foods out of the diet can make a big difference, especially dairy & wheat. Organic versions of these foods can be very healthy for others, just not people with autoimmune autism.

Next is low dose naltrexone 3-5mg. It can start working in the first few days for people with autism to increase social understanding & reduce sensory issues by around 20-25%, autoimmune diseases, chronic pain, cancer & other health problems.

Next best is interleukin 4, IL4, taking in drops under the tongue through the day. It appears to work as well as Respen-A, a patch form of reserpine (comes from rauwolfia) that are about 20-25% effective in increasing social understanding & reducing sensory problems.

Next & fastest in effect is transcranial direct current stimulation (TDCS) or transcranial magnetic stimulation (TMS). TDCS is cheaper & one with a five year warranty can be bought for less than \$100. It works by placing the positive sponge/tens pad at the left hairline starting halfway in the middle of the eyebrow going out to the ear & the negative larger sponge on the right shoulder, sponges wet with baking soda water. Easier to use & more expensive is TMS. It has just a coil in the same left side placement & makes clicks. Cheapest is ICES-PEMF for \$600 used 2x a day or \$1400 used 1 or 2x a day, 2x stronger. That also has the benefit of PEMF for injuries & pain & healing bone breaks 2x faster.

Next is binaural &/or isochronic beats starting at 40hz for a month, then 60hz, then 90 Hz. At 40hz binaural beats people with Alzheimer's appear to get their memories back & the tangles in their brain shrink. From 20-90 Hz people increasingly get the benefits of having meditated- happier, calmer, greater focus, greater creativity, & emotional insight into self & others. The strongest benefit is to get up to 90Hz & play all the time binaural & isochronic at the same time. It helps sensory processing in

people with autism as well as social understanding, and the benefits are cumulative.

### Category

1. Uncategorized

### Date Created

July 2023

### Author

biggs

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