

Schizophrenia

Description

To Jesus:

Saving this to a “Health” email folder may make access easier.

You can use this as an aide to your own research and share with your doctor as appropriate.

You can use drugs.com or other trusted health websites to look up the latest information on prescription drugs, herbs, foods or other treatments possible side & interaction effects.

Schizophrenia

Causes

Influenza & schizophrenia

It is suspected that children develop the vulnerability to

schizophrenia that may manifest later in life from the pregnant mother's exposure to the flu. A child is seven times more likely to develop schizophrenia later in life if she comes down with the flu in the first trimester.

The safest preventative with the best outcomes is for the expectant mother to take 4000 IU of vitamin D3 with a meal or vegetable oil (fat soluble) daily to reduce her chances of getting a viral infection by 90%, and which will also reduce the chances of hospitalization of the infant after childbirth by 80%, and for the mother preeclampsia by 80%, Caesarean section by 75%, gestational diabetes by 67%, and bacterial vaginitis by 50% compared to ones with low levels.

Low vitamin D3 levels after the children are born make them at least 400% more likely to get a lower respiratory infection.

www.vitaminDcouncil.org

<http://www.thetp.org/article/view/462/532>

<http://www.vitamindcouncil.org/newsletter/newsletter-pregnancy-and-gestational-vitamin-d-deficiency/#>

The other explored causes are prenatal rubella, toxoplasma gondii (T-gondii) exposure usually by handling/being in the room with cat feces or unwashed produce/uncooked meat, herpes, Lyme disease, polio, chlamydia, measles.

T-gondii

T-gondii makes men more suspicious and can trigger paranoid schizophrenia as well as ADHD symptoms in men & women if they are genetically vulnerable. Even men without the genetic vulnerability to schizophrenia can develop an aversion to cats (of whom half carry T-gondii) from increasing paranoia & ADHD symptoms. T-gondii makes women more empathetic towards cats (the main carriers) and triggers schizophrenia as well. It is the science behind the (amusing but often true) stereotypes of “cat hating boyfriends” & “crazy cat ladies” where men sometimes refuse to live with cats without knowing why, and women sometimes come to hoard too many cats than they can take care of.

Toxoplasma gondii levels are three times higher on average with people with schizophrenia.

Washing all vegetables, fully cooking all meat, & avoiding being in the room or in a house with unventilated cat feces should help lower the amount of T-gondii levels in the body and the attendant schizophrenic symptoms.

Seroreactive marker for inflammatory bowel disease and associations with antibodies to dietary proteins in bipolar disorder Emily G. Severance et al.

Bipolar Disord. 2014 May; 16(3): 230–240. doi: 10.1111/bdi.12159
en.wikipedia.org/wiki/Toxoplasmosis#.22Crazy_cat_lady_syndrome.22

Kano SI, Hodgkinson CA, Jones-Brando L, Eastwood S, Ishizuka K, Niwa M, Choi EY, Chang DJ, Chen Y, Velivela SD, Leister F, Wood J, Chowdari K, Ducci F, Caycedo DA, Heinz E, Newman ER, Cascella N, Mortensen PB, Zandi PP, Dickerson F, Nimgaonkar V, Goldman D, Harrison PJ, Yolken RH, Sawa A. Host-parasite interaction associated with major mental illness. *Mol Psychiatry*. 2020 Jan;25(1):194-205. doi: 10.1038/s41380-018-0217-z. Epub 2018 Aug 20. PMID: 30127472; PMCID: PMC6382596.

Gary Smith. **Estimating the population attributable fraction for schizophrenia when Toxoplasma gondii is assumed absent in human populations.** *Preventive Veterinary Medicine*, 2014; DOI: [10.1016/j.prevetmed.2014.10.009](https://doi.org/10.1016/j.prevetmed.2014.10.009)

University of Pennsylvania. "Parasite-schizophrenia connection: One-fifth of schizophrenia cases may involve the parasite T. gondii." *ScienceDaily*. ScienceDaily, 29 October 2014.

<www.sciencedaily.com/releases/2014/10/141029133448.htm>.
Cytomegalovirus

Cytomegalovirus levels are four times higher in people with schizophrenia.

Taking 2g of elderberry every 8 hours with 50mg zinc daily may end symptoms within a day.

Taking 4000IU of vitamin D3 with a meal or vegetable oil (fat soluble) prevents 90% of viral infections.

Neriman, A., Hakan, Y. & Ozge, U. The psychotropic effect of vitamin D supplementation on schizophrenia symptoms. *BMC Psychiatry* **21**, 309 (2021). <https://doi.org/10.1186/s12888-021-03308-w>

G. Fond et al. Hypovitaminosis D is associated with depression and anxiety in schizophrenia: results from the national FACE-SZ cohort *Psychiatry Res.*(2018)

The amino acid lysine fools the cold sore family of viruses (cytomegalovirus, shingles/chicken pox, Epstein-Barr) into thinking it is arginine so lysine supplementation appears to prevent/treat cytomegalovirus infections & may lower schizophrenia episodes.

Taking 500mg-1g of lecithin liposomal vitamin C daily should help as a strong antiviral.

Hallucinogens (legal & otherwise)

Along with T-gondi, other triggers have been shown to be associated with schizophrenic symptoms. Taking ANY drug with a side or main effect of hallucinations can trigger schizophrenic episodes in people with the genetic vulnerability to schizophrenia- including marijuana, LSD, peyote, PCP, the prescription antianxiety drug hydroxyzine (Vistaril), the sleep supplement valerian, many of the Parkinson's drugs etc.

Prescription drugs' side effect lists need to be scrutinized with care for people not only with schizophrenia to avoid, but people with a genetic vulnerability/family history of schizophrenia to sidestep. It is very possible with the treatments listed below for people with a genetic susceptibility for schizophrenia to avoid ever having a first psychotic break if the triggers like hallucinogens are avoided in the first place, as well as to prevent subsequent schizophrenic episodes in people with already active schizophrenia.

Tobacco usage

People with schizophrenia are three times more likely to smoke tobacco.

<http://apt.rcpsych.org/content/6/5/327.full>

It's possible that smoking is a way to have nicotine make up for the lower levels of gamma-aminobutyric acid in the brains of people with schizophrenia.

Theanine, an amino acid which increases gamma-aminobutyric acid to help anxiety during the day/sleep at night & improves memory & learning, may help to stop the need for nicotine to fill the gap.

ncbi.nlm.nih.gov/pubmed/17182482

news.sciencemag.org/2008/10/why-schizophrenics-smoke

ncbi.nlm.nih.gov/pubmed/17182482

suite.io/laura-owens/w40266

overcomingyouranxiety.net/naturalanxietyremedies/theanine-for-anxiety/

hoffmancenter.com/page.cfm/417

The earlier the treatment comes after symptoms start to show, the better the function in the present & future.

ncbi.nlm.nih.gov/pubmed/23109356

europepmc.org/abstract/MED/9847047

psycnet.apa.org/psycinfo/1998-04528-013
psycontent.com/content/b48674u77783jg80/
ncbi.nlm.nih.gov/pmc/articles/PMC1118427/

Wheat & dairy

Going wheat (and all gluten) and milk free often lowers or halts schizophrenic episodes, especially over long periods. Corn & soy, chocolate & eggs can be tested as well. It appears to work faster for people newer to diagnosis. People with schizophrenia may have antibodies to gliadin like with celiac disease, but with a different immune response, possibly IgG.

This therapeutic effect is not unique to schizophrenia. Hundreds of books & tens of thousands of parents & doctors have documented that going milk/dairy & wheat free increases social understanding & reduces sensory processing disorder for many people who are autistic- autism.com.

psychologytoday.com/blog/evolutionary-psychiatry/201103/wheat-and-schizophrenia

bjp.rcpsych.org/content/115/522/595.short

orthomolecular.org/library/jom/1980/pdf/1980-v09n04-p284.pdf

psycnet.apa.org/journals/szb/14/4/489/

sciencemag.org/content/191/4225/401.short

ajp.psychiatryonline.org/article.aspx?articleID=153205

orthomolecular.org/library/jom/1990/pdf/1990-v05n04-p223.pdf

sciencedirect.com/science/article/pii/0006322394001764

ncbi.nlm.nih.gov/pmc/articles/PMC1604665/pdf/brmedj00126-

0055a.pdf
aut.sagepub.com/content/3/1/85.short
sciencedirect.com/science/article/pii/030698779190215K

Brain Allergies: The Psychonutrient and Magnetic Connections
by [Willam Philpott](#) (Author), [Dwight Kalita](#)

Age of the father

In a couple where the man is over 40 the child has a 2% chance of schizophrenia, six times greater chance of autism, nine times after 50yrs old.

mothers35plus.co.uk/older-fathers.htm

[standard.co.uk/news/article-23365716-
details/Older+dads+six+times+more+likely+to
+have+autistic+children/article.do](http://standard.co.uk/news/article-23365716-details/Older+dads+six+times+more+likely+to+have+autistic+children/article.do)

Health and schizophrenia

There's some evidence that people with schizophrenia are three times more likely to die of heart disease than average & 1.5X more likely to die of cancer, even though they may be half as likely

to get cancer.

Atypical antipsychotics, schizophrenia, and cardiovascular risk:
What family physicians need to
know

BCMJ, Vol. 50, No. 8, October 2008, page(s) 444-450

Nupura Krishnadev et al.

bcmj.org/article/atypical-antipsychotics-schizophrenia-and-cardiovascular-risk-what-family-physicians-need-know

ncbi.nlm.nih.gov/pmc/articles/PMC1277021/

People with schizophrenia also have three times the
hypothyroidism, eight times the hepatitis C
infections, two times the asthma & diabetes.

Better education about physical symptoms leads to better medical
compliance.

Wheat gluten and schizophrenia

The gluten in wheat and other grains may trigger or increase the
frequency of schizophrenic
episodes.

Schizophr Res. 2010 May;118(1-3):248-55. doi:

10.1016/j.schres.2009.08.009. Epub 2009 Sep

11.

Novel immune response to gluten in individuals with schizophrenia. Samaroo D, Dickerson F, Kasarda DD, Green PH, Briani C, Yolken RH, Alaedini A.

Ketogenic diet

A ketogenic diet appears to significantly reduce schizophrenic symptoms, likely by avoiding the legumes (beans, lentils, peanuts) & grains than if not organic are heavy with glyphosate/ROundup.

Sarnyai Z, Kraeuter AK, Palmer CM. Ketogenic diet for schizophrenia: clinical implication. Curr Opin Psychiatry. 2019 Sep;32(5):394-401. doi: 10.1097/YCO.0000000000000535. PMID: 31192814.

Eye Movement Desensitization and Reprocessing (EMDR)

EMDR may help some of the symptoms of schizophrenia.

Adams R, Ohlsen S, Wood E. Eye Movement Desensitization and Reprocessing (EMDR) for the treatment of psychosis: a systematic review. Eur J Psychotraumatol. 2020 Mar 10;11(1):1711349. doi: 10.1080/20008198.2019.1711349. PMID: 32284817; PMCID: PMC7144286.

theepochtimes.com/health/schizophrenia-symptoms-causes-treatments-and-natural-approaches-5660614?src_src=Bright&src_cmp=bright-2024-06-25&est=AAAAAAAAAAAAAAAAAbOAichQfyNXo%2FKEBqmpXBrVzxw

Self awareness

For people with schizophrenia who don't believe they need medications/natural supplements to help their symptoms, videotaping schizophrenic episodes for playback (for their eyes only) increases medication taking significantly. Prescribing supplements & medications that don't have life shortening side effects like diabetes & obesity & life altering ones like tardive dyskinesia also help compliance significantly.

Prescription antipsychotics

The majority of antipsychotics cause weight gain & diabetes which may lead to increased chances of dying from both cancer or heart disease. Quetiapine (Seroquel) also causes the heart to sometimes skip a beat which made it the sixth most deadly

drug in 2009 behind
oxycodone. It probably would have been number one if the diabetes
it causes were factored in.

[haydeninstitute.com/additional-resources/additional-resources-
medication-and-side-effects](http://haydeninstitute.com/additional-resources/additional-resources-medication-and-side-effects)

[/astrazeneca-suppressed-information-about-seroquel-link-to-
diabetes-told-sales-reps-to-lie](http://astrazeneca-suppressed-information-about-seroquel-link-to-diabetes-told-sales-reps-to-lie)

[journals.lww.com/jonmd/Abstract/2004/01000/Serious_Cardiovascular_
sciencedirect.com/science/article/pii/S0163834309001418](http://journals.lww.com/jonmd/Abstract/2004/01000/Serious_Cardiovascular_sciencedirect.com/science/article/pii/S0163834309001418)

[corporatecrime.wordpress.com/2009/12/03/astrazeneca-ales-of-a-
deadly-drug-pusher/](http://corporatecrime.wordpress.com/2009/12/03/astrazeneca-ales-of-a-deadly-drug-pusher/)

Few if any of the prescription antipsychotics help overall physical &
mental health.

[consumerhealthchoices.org/wp-content/uploads/2012/08/BBD-
Antipsychotics-Full.pdf](http://consumerhealthchoices.org/wp-content/uploads/2012/08/BBD-Antipsychotics-Full.pdf)

Alternative therapies

InterVoiceonline.org is a website that helps people understand,
come to terms with, & even
explore hearing voices for its own value & not always as a negative
experience.

Continuous assertive community treatment, family treatment or
individual & group treatment,
social skills training all help. Learning medical management, coping

with symptoms, and decreasing stress are essential.

Spirulina- more than 2x as effective as prescription antipsychotics

Spirulina is an algae that fish eat that gives them their EPA & DHA omega 3 fatty acids so prized in fish oil. In the December 2009 issue of the Harvard Mental Health Letter, after a review of many years of research Harvard psychiatrists concluded that fish oil was at least twice as effective as any prescription antipsychotic in preventing and treating schizophrenic episodes. The reason Harvard psychiatrists came to this conclusion is because the omega3 fatty acids in fish oil, EPA & DHA, have shown repeatedly in the last 50 years to prevent & stop emerging schizophrenia far better than the newer or older antipsychotics and without their often extreme side effects. The main other effect of EPA & DHA fatty acids is an increase in mood and ability to concentrate, which improves the quality of life of the people taking it far beyond just the prevention of schizophrenic episodes. Some researchers have found low EPA/DHA in autopsies of people with schizophrenia. Perhaps it is an inability to retain enough EPA & DHA for many

people genetically predisposed to schizophrenia that contributes to the disease itself. People who enter studies & start taking EPA & DHA usually continue taking it after the study is done.

Spirulina, like the fish oil it is always in, needs to be taken with a vegetable for the enzymes to help break it down & for it to be fully effective.

[sciencedirect.com/science/article/pii/S0920996400000839](https://www.sciencedirect.com/science/article/pii/S0920996400000839)

link.springer.com/article/10.1007/BF02637070

onlinelibrary.wiley.com/doi/10.1002/%28SICI%291099-1077%28199601%2911:1%3C39::

AID-HUP742%3E3.0.CO;2-%23/abstract

journals.psychiatryonline.org/article.aspx?articleid=175765

raysahelian.com/schizophrenia.html

[sciencedirect.com/science/article/pii/S0920996400000839](https://www.sciencedirect.com/science/article/pii/S0920996400000839)

J Clin Med. 2016 Aug; 5(8): 67.

Published online 2016 Jul 27. doi: 10.3390/jcm5080067

Supplementation with Omega-3 Fatty Acids in Psychiatric Disorders:
A Review of Literature
Data

Paola Bozzatello, Elena Brignolo, Elisa De Grandi, and Silvio Bellino

Hsu M.-C., Huang Y.-S., Ouyang W.-C. Beneficial effects of omega-3 fatty acid supplementation in schizophrenia: Possible mechanisms. Lipids Health Dis. 2020;19:159. doi: 10.1186/s12944-020-01337-0. – [DOI](#) – [PMC](#) – [PubMed](#)

Marano G, Traversi G, Nannarelli C, Mazza S, Mazza M. Omega-3 fatty acids and schizophrenia: evidences and recommendations. Clin Ter. 2013;164(6):e529-37. doi: 10.7417/CT.2013.1651. PMID: 24424237.

Spirulina- more than 4x as effective as placebo

At seven year followup to earlier research comparing EPA & DHA fatty acids to placebo found that those who had briefly taken EPA & DHA fatty acids seven years ago when they were experiencing early symptoms of schizophrenia had progressed to schizophrenia at 300% lower rate of those who had gotten a placebo. The EPA & DHA fatty acids were more than 400% better at preventing emerging schizophrenia, even after taking them for only a brief duration.
Nature Communications, DOI:10.1038/ncomms8934

If you want to get the EPA & DHA omega3 fatty acids that are great for the brain that are in some kinds of fish oil without the off taste or worry about pesticides, mercury or radiation (in the Pacific), you can get EPA & DHA from where fish get them- from taking the algae called spirulina. At ovega.com is a good explanation of how EPA & DHA omega 3 fatty acids in fish come from eating the algae spirulina. Ovega.com is the company inspected by the FDA that supplies 99% of the baby formulas with EPA & DHA for

supplementation. I use and trust NOW Foods and Source Naturals. For spirulina Ovega.com is also reputable and they grow it in stainless steel vats for purity.

Spirulina and vegetables

When I took spirulina I only got the full concentration & mood boosting effects when I ate it with a meal with a vegetable (of any color). I got no benefit from eating it with a legume & grain. It might have something to do with the enzymes needed to break it down. Only 1/4 teaspoon two to three times a day with a meal with a vegetable is needed to significantly improve mood and concentration, but as people with schizophrenia may need more and as there are little or no negative side effects people can experiment on their own.

Here's a great study showing EPA & DHA omega3 fatty acids improves mood:

lef.org/magazine/mag2007/oct2007_report_depression_01.htm

nutraingredients-usa.com/Research/EPA-stands-alone-as-a-depression-fighter

improves concentration & reduces ADHD:

ncbi.nlm.nih.gov/pmc/articles/PMC1971271/

articles.mercola.com/sites/articles/archive/2013/08/19/omega-3-fat-dha.aspx

lowered violence in prisoners:

psychologytoday.com/blog/evolutionary-psychiatry/201105/diet-and-violence

reduced bipolar symptoms of depression and mania and increased mood:

psycheducation.org/depression/meds/Omega-3.htm

mclean.harvard.edu/pdf/news/mitn/satevnpost.stoll0605.pdf

ncbi.nlm.nih.gov/pubmed/18072818

Flaxseed oil as a spirulina substitute

For people who can't take spirulina, flaxseed oil has the most ALA, the third omega3 fatty acid.

Because of the sensitivity of the polyunsaturated fats it needs to be uncooked, expeller pressed,

unrefined and organic may be best. The body can make some DHA

& EPA from ALA, especially if vitamin B100s, zinc, magnesium, and vitamin C are taken as well. Spirulina worked for me, & when I discovered my food sensitivities I started taking ALA & vitB100s, zinc, magnesium & natural or lecithin liposomal vitamin C together.
whfoods.com/genpage.php?tname=george&dbid=76
tackleacne.com/omega-3-fatty-acids.html

Cannabidiol (CBD)

Perhaps the most surprising treatment of schizophrenic hallucinations is cannabidiol (CBD), which comes from hemp (marijuana with no/trace THC). The marijuana plant evolved to cause hallucinations so animals would eat it & distribute its seeds far & wide. The compound, THC, that it evolved to cause hallucinations is often not pleasant by itself, as people who take marinol (synthesized THC) by prescription often report. So the marijuana plant evolved another cannabinoid, cannabidiol, to take the edge off the hallucinations. Turns out, when people take cannabidiol by itself, it is a powerful anti-hallucinogen.

Marijuana can have low CBD because THC competes with it for the plant's resources, and people who smoke marijuana often want higher THC than the CBD.

Hemp has the most CBD as it doesn't have to compete with THC. Hemp oil with CBD is completely legal to buy & possess in all of the USA, because of its negligible THC content. People often get confused between the legality in buying hemp products and the illegality of buying marijuana.

The other benefits of cannabidiol are:

Antiepileptic/anticonvulsant-it can work in people unresponsive to other drugs for uncontrolled seizures

Low dose it's alerting & high dose it's sleep increasing

Anti-inflammatory

Anxiolytic (antianxiety)

Anti-emetic (antinausea)

Analgesic

Anticancer

Immunomodulator-improves immune action against threats & reduces auto-immune disorders

Helps against IBD and Crohn's Disease

Neuroprotectant

Antioxidant

It may help Alzheimer's, Parkinsons, cerebral ischemia, brain and nerve damage from strokes.

unitedpatientsgroup.com/blog/2013/01/06/cannabidiol-facts/

examine.com/supplements/Hemp+Protein/

scielo.br/scielo.php?script=sci_arttext&pid=S0100-

879X2006000400001&lng=en&nrm=iso&tlng=en
en.wikipedia.org/wiki/Cannabidiol#cite_note-Leweke_2012-13
nature.com/tp/journal/v2/n3/full/tp201215a.html
greenbridgemed.com/2013/03/08/cannabidiol-and-schizophrenia/
europeanneuropsychopharmacology.com/article/S0924-
977X%2813%2900332-5/ab
stract

Lithium (schizoaffective)

For people who have schizoaffective disorder (both schizophrenia and depression or bipolar illness) lithium reduces suicides & self harm better than all anticonvulsants in people with schizoaffective disorder who also have mania.

psycnet.apa.org/psycinfo/1982-04097-001

onlinelibrary.wiley.com/doi/10.1111/j.1600-
0447.1984.tb01202.x/abstract?deniedAccessCustomisedMessage=&u
link.springer.com/article/10.1007/BF02916252

L-theanine

L-theanine has been tested to help anxiety during the day and sleep at night as well as the “positive” symptoms of schizophrenia with no negative side effects.

med.nyu.edu/content?ChunkIID=653856

researchgate.net/publication/49731066_L-theanine_relieves_positive_activation_and_anxiety_symptoms_in_patients_with_schizophrenia_a_12-week_randomized_double-blind_placebo-controlled_2-center_study

aminoacidinformation.com/theanine-helps-treat-anxiety-in-schizophrenia/

psychweekly.com/aspx/article/articledetail.aspx?articleid=1248

[wellnessresources.com/studies/l-](https://wellnessresources.com/studies/l-theanine_bdnf_cortisol_and_schizophrenia/)

[theanine_bdnf_cortisol_and_schizophrenia/](https://wellnessresources.com/studies/l-theanine_bdnf_cortisol_and_schizophrenia/)

ncbi.nlm.nih.gov/pubmed/21208586

journals.lww.com/clinicalneuropharm/Abstract/2011/07000/Serum_Level_of_L-Glycine_in_Patients_with_Schizophrenia

Magnesium glycinate at night

L-glycine appears to help anxiety during the day & sleep at night as well as helping the “negative” symptoms of schizophrenia.

schizophrenia.com/glycinetreat.htm

livestrong.com/article/489535-niacin-glycine-for-schizophrenia/

[webmd.com/vitamins-supplements/ingredientmono-1072-](https://webmd.com/vitamins-supplements/ingredientmono-1072-GLYCINE.aspx?activeIngredientId=1072&activeIngredientName=GLYCINE)

[GLYCINE.aspx?activeIngredientId=1072&activeIngredientName=GLYCINE](https://webmd.com/vitamins-supplements/ingredientmono-1072-GLYCINE.aspx?activeIngredientId=1072&activeIngredientName=GLYCINE)

med.nyu.edu/content?ChunkIID=21751

ncbi.nlm.nih.gov/pmc/articles/PMC1760744/

ebmh.bmj.com/content/8/3/82.full

L-GABA

While there is little research on the amino acid L-GABA for schizophrenia, it also relieves anxiety during the day and helps sleep at night.

[webmd.com/vitamins-supplements/ingredientmono-464-](https://www.webmd.com/vitamins-supplements/ingredientmono-464-GABA%20%28GAMMA-AMINO-BUTYRIC%20ACID%29.aspx?activeIngredientId=464&activeIngredientName=GAMMA-AMINO-BUTYRIC%20ACID%29)

[GABA%20%28GAMMA-AMI](https://www.webmd.com/vitamins-supplements/ingredientmono-464-GABA%20%28GAMMA-AMINO-BUTYRIC%20ACID%29.aspx?activeIngredientId=464&activeIngredientName=GAMMA-AMINO-BUTYRIC%20ACID%29)

[NOBUTYRIC%20ACID%29.aspx?activeIngredientId=464&activeIngred](https://www.webmd.com/vitamins-supplements/ingredientmono-464-GABA%20%28GAMMA-AMINO-BUTYRIC%20ACID%29.aspx?activeIngredientId=464&activeIngredientName=GAMMA-AMINO-BUTYRIC%20ACID%29)

[AMINOBTYRIC%20ACID%29](https://www.webmd.com/vitamins-supplements/ingredientmono-464-GABA%20%28GAMMA-AMINO-BUTYRIC%20ACID%29.aspx?activeIngredientId=464&activeIngredientName=GAMMA-AMINO-BUTYRIC%20ACID%29)

[livestrong.com/article/337555-do-gaba-supplements-improve-sleep-panic-anxiety/Vitamins C, Bs, & zinc](https://www.livestrong.com/article/337555-do-gaba-supplements-improve-sleep-panic-anxiety/Vitamins-C-Bs-&zinc)

default watermark

Vitamins C & B3

Some people's symptoms respond strongly to taking high doses of vitamin C and vitamin B3. Liposomal vitamin C is between 5-10 times more effective than powdered vitamin C.

Lecithin liposomal vitamin C appears effective against candida infection, which may be a trigger for schizophrenia.

doctoryourself.com

orthomolecular.org/library/jom/2008/pdf/2008-v23n04-p191.pdf

link.springer.com/article/10.2165/00003495-198530010-00006#page-1

Dakhale GN, Khanzode SD, Khanzode SS, Saoji A.

Supplementation of vitamin C with atypical antipsychotics reduces oxidative stress and improves the outcome of schizophrenia.

Psychopharmacology (Berl). 2005 Nov;182(4):494-8. doi:

10.1007/s00213-005-0117-1. Epub 2005 Oct 19. PMID: 16133138.

Myken AN, Ebdrup BH, Sørensen ME, Broberg BV, Skjerbæk MW,

Glenthøj BY, Lykkesfeldt J, Nielsen MØ. Lower Vitamin C Levels

Are Associated With Less Improvement in Negative Symptoms in Initially Antipsychotic-Naïve Patients With First-Episode Psychosis.

Int J Neuropsychopharmacol. 2022 Aug 16;25(8):613-618. doi:

10.1093/ijnp/pyac029. PMID: 35532335; PMCID: PMC9380709.

People with paranoid schizophrenia may respond well to folate

(vitB9) supplementation, zinc

plasma testing & supplementation (as needed) as well as eating a

diet low in copper, and by

avoiding SAM-e, SSRIs and methionine.

People with schizophrenia may respond to methylcobalamin, vitamin B12.

Roffman JL, Lamberti JS, Achtyes E, Macklin EA, Galendez GC, Raeke LH, Silverstein NJ, Smoller JW, Hill M, Goff DC. Randomized multicenter investigation of folate plus vitamin B12 supplementation in schizophrenia. JAMA Psychiatry. 2013 May;70(5):481-9. doi: 10.1001/jamapsychiatry.2013.900. PMID: 23467813; PMCID: PMC4394629.

People with schizophrenia may respond well to high dose vitamin B6 supplementation (both PH & PLP together) if levels are low to bring them up to normal, as well as vitamin B3 (niacin or niacinamide) and lecithin liposomal vitamin C.

William J. Walsh, Nutrient Power, 2012

Taking a daily dose of 100mg of all the B vitamins (sold as vitamin B100s) can increase concentration, especially as we get older.

psychsocgerontology.oxfordjournals.org/content/56/6/P327.short
ajcn.nutrition.org/content/82/3/627.short

Itokawa, M., Miyashita, M., Arai, M., Dan, T., Takahashi, K., Tokunaga, T., Ishimoto, K., Toriumi, K., Ichikawa, T., Horiuchi, Y., Kobori, A., Usami, S., Yoshikawa, T., Amano, N., Washizuka, S., Okazaki, Y. and Miyata, T. (2018), Pyridoxamine: A novel treatment for schizophrenia with enhanced carbonyl stress. Psychiatry Clin. Neurosci., 72: 35-44. <https://doi.org/10.1111/pcn.12613>

Vitamin B9 (folate)

High homocysteine levels (perhaps above 8 μ mol/L) appear to increase schizophrenia. Many people (60% of the population, and 90% of people with depression) can't use regular folate well which may contribute to high homocysteine levels. Taking methylfolate (methyl version of vitamin B9) may increase folate blood levels 700% higher than synthetic folate and may reduce homocysteine levels much lower. Lowering homocysteine may also reduce depression, dementia, bipolar disorder, anxiety, cardiovascular disease, congestive heart failure, stroke, migraines, age-related macular degeneration, and hearing loss.

Sustained release vitamin B complex

Since people with schizophrenia can respond effectively to vitamin B3, B6, B9 & B12, taking a sustained release B complex after breakfast may help symptoms.

Roffman JL, Lamberti JS, Achtyes E, Macklin EA, Galendez GC, Raeke LH, Silverstein NJ, Smoller JW, Hill M, Goff DC. Randomized multicenter investigation of folate plus vitamin B12 supplementation in schizophrenia. *JAMA Psychiatry*. 2013 May;70(5):481-9. doi: [10.1001/jamapsychiatry.2013.900](https://doi.org/10.1001/jamapsychiatry.2013.900). PMID: 23467813; PMCID:

PMC4394629.

What else lowers homocysteine-
vitamin B6, vitamin B12 (methylcobalamin may be best), betaine
(TMG), vitamin B2, and

magnesium

n-acetyl L-cysteine (NAC)

S-adenosylmethionine (SAME)

taurine

green vegetables, especially dark green leafy vegetables

oranges

beans

exercise

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What to avoid

the prescription drugs cholestyramine, colestipol, fenofibrate,
levodopa, metformin,

methotrexate, niacin, nitrous oxide, pemetrexed, phenytoin,
sulfasalazine

red meat and dairy products

smoking

coffee

alcohol consumption

advancing age

obesity

Reduced B Vitamin Therapy in MTHFR C677T/A1298C Patients

with Major Depressive Disorder

– Clinical Response Correlates with Homocysteine Reduction: A Double-Blind, Placebo-Controlled Study Arnie Mech and Andrew Farah

enlyterx.com/wp-content/uploads/2015/11/EnLyte-Clinical-Study-Reprint.pdf

[globenewswire.com/news-](http://globenewswire.com/news-release/2015/07/29/756168/10143796/en/Breakthrough-Depression-Study-Shows-42-Remission-Rate-With-EnLyte.html)

release/2015/07/29/756168/10143796/en/Breakthrough-Depression-Study-Shows-42-Remission-Rate-With-EnLyte.html

drweil.com/health-wellness/body-mind-spirit/heart/elevated-homocysteine/

Cognitive remediation therapy CRT

CRT helps people with schizophrenia, & in one study physically changed brain activity in people with schizophrenia.

bjp.rcpsych.org/content/181/2/144.short

journals.psychiatryonline.org/article.aspx?articleid=106958

psychiatrictimes.com/schizophrenia/cognitive-rehabilitation-schizophrenia

schizophreniabulletin.oxfordjournals.org/content/37/suppl_2/S80.full

bjp.rcpsych.org/content/190/5/421.long

journals.psychiatryonline.org/article.aspx?articleid=99253

D-serine

D-serine is an amino acid which is often at low levels in people with schizophrenia & may help lower symptoms significantly when

supplemented. As amino acids are found in our foods & usually have little or no negative side effects.

ncbi.nlm.nih.gov/pubmed/9836012

archpsyc.jamanetwork.com/article.aspx?articleid=207549

ncbi.nlm.nih.gov/pubmed/22853788

plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0062438

ncbi.nlm.nih.gov/pmc/articles/PMC3111070/

raysahelian.com/schizophrenia.html

ebmh.bmj.com/content/8/3/82.full

news-medical.net/news/20121018/Plasma-D-serine-levels-reduced-in-schizophrenia.aspx

researchgate.net/publication/230594420_D-serine_and_schizophrenia_an_update

Huperzine

Huperzine is an herb that increases concentration by increasing choline in the brain and calming overactive glutamate activity in the brain. Huperzine helps most people's concentration but especially people with autism, ADHD, Alzheimers, and/or schizophrenia, as they also have overactive glutamate. 200mg every four hours was what I eventually built up to that worked well. Note that if you take huperzine it is good to take supplemental choline or get it in foods it is common in, like cauliflower. You can look up what foods have the most choline. I used source naturals brand but always recommend buying in bulk (often powder)

once you know it works for
you if powder form is available.

webmd.com/vitamins-supplements/ingredientmono-764-HUPERZINE%20A.aspx?activeIngredientId=764&activeIngredientName=
webmd.com/vitamins-supplements/ingredientmono-764-HUPERZINE%20A.aspx?activeIngredientId=764&activeIngredientName=
forum.bodybuilding.com/showthread.php?t=6779761
synmr.com/index.php?ac=article&at=read&did=156

Indian snakeroot (Rauwolfia)

Indian snakeroot is the source of reserpine, the first medication used for high blood pressure. It also appears to help schizophrenia symptoms. Reserpine as Respen-A has been used to help people with autism for decades.

homoeopathicjournal.com/articles/1099/8-1-69-153.pdf

sciencedirect.com/topics/pharmacology-toxicology-and-pharmaceutical-science/rauvolfia-serpentina

Ashwaganda

Ashwaganda, also possibly in a mix with other adaptogens, may lower stress enough to reduce schizophrenic symptoms significantly.

psychiatrist.com/jcp/withania-somnifera-extract-for-schizophrenia-symptoms/

Gingko

Gingko is traditionally used to prevent dementia, but also appears to significantly reduce symptoms of schizophrenia.

Brondino, Natascia, De Silvestri, Annalisa, Re, Simona, Lanati, Niccolò, Thiemann, Pia, Verna, Anna, Emanuele, Enzo, Politi, Pierluigi, A Systematic Review and Meta-Analysis of *Ginkgo biloba* in Neuropsychiatric Disorders: From Ancient Tradition to Modern-Day Medicine, *Evidence-Based Complementary and Alternative Medicine*, 2013, 915691, 11 pages, 2013.

<https://doi.org/10.1155/2013/915691>

ATMACA, M., TEZCAN, E., KULOGLU, M., USTUNDAG, B. and KIRTAS, O. (2005), The effect of extract of ginkgo biloba addition to olanzapine on therapeutic effect and antioxidant enzyme levels in patients with schizophrenia. *Psychiatry and Clinical Neurosciences*, 59: 652-656. <https://doi.org/10.1111/j.1440-1819.2005.01432.x>

Yokukansan

Yokukansan is a mix of Angelica, Atractylodes, Bupleurum, Poria, Glycyrrhiza, Cnidium, and Uncaria that appears to reduce

schizophrenia symptoms greatly.

Miyaoka T, Furuya M, Yasuda H, Hayashida M, Nishida A, Inagaki T, Horiguchi J. Yi-gan san as adjunctive therapy for treatment-resistant schizophrenia: an open-label study. Clin Neuropharmacol. 2009 Jan-Feb;32(1):6-9. doi: 10.1097/WNF.0b013e31817e08c3. PMID: 19471183.

Sarcosine

Sarcosine is in a lot of foods and is concentrated for it helps reduce schizophrenic symptoms, especially depression.

archpsyc.jamanetwork.com/article.aspx?articleid=209027

ncbi.nlm.nih.gov/pubmed/23562005

ncbi.nlm.nih.gov/pubmed/16275807

schizophreniaoptions.com/sarcosine/

ncbi.nlm.nih.gov/pubmed/17659263

europepmc.org/abstract/MED/19562643

N-acetylcysteine NAC

NAC appears to help reduce the symptoms of schizophrenia better than many other interventions.

ncbi.nlm.nih.gov/pmc/articles/PMC3044191/

ncbi.nlm.nih.gov/pmc/articles/PMC3036554/
nature.com/npp/journal/v33/n9/abs/1301624a.html
sciencedirect.com/science/article/pii/S0006322308002709
sciencedirect.com/science/article/pii/S0959438809000440

Xu X, Shao G, Zhang X, Hu Y, Huang J, Su Y, *et al.*

The efficacy of nutritional supplements for the adjunctive treatment of schizophrenia in adults: a systematic review and network meta-analysis

Psychiatry Res, 311 (2022), p. 114500

<https://doi.org/10.1016/j.psychres.2022.114500>

D-Alanine

D-Alanine also shows promise in relieving the negative and positive symptoms of schizophrenia.

sciencedirect.com/science/article/pii/S0006322305008462

Transcranial Magnetic Stimulation TMS

TMS may help reduce schizophrenic symptoms.

europemc.org/abstract/MED/17388712

tmsct.com/uploads/documents/TMS_Meta_Analysis.pdf

sciencedirect.com/science/article/pii/S1935861X08000375

sciencedirect.com/science/article/pii/S0304394004014600

brainstimjrnl.com/article/S1935-861X%2811%2900129-X/abstract

sciencedirect.com/science/article/pii/S0920996403003475

ncbi.nlm.nih.gov/pmc/articles/PMC4558786/

Cognitive Enhancement Therapy (CET) can help people with schizophrenia or autism with cognitive ability & social skills.
cognitiveenhancementtherapy.com/
cetcleveland.org/

BP 157

BP 157 appears to reduce the symptoms of schizophrenia & depression

Sikiric, P., et al. (2013). Stable gastric pentadecapeptide BPC 157 heals cysteamine-colitis and colon-colon-anastomosis and counteracts cuprizone brain injuries and motor disability. *Journal of Physiology and Pharmacology*, 64(1), 123-134.

Torkildsen, O., et al. (2008). The cuprizone model for demyelination. *Acta Neurologica Scandinavica*, 118(3), 141-148.

Herring, N. R., & Konradi, C. (2011). Myelin, copper, and the cuprizone model of schizophrenia. *Frontiers in Bioscience*, 16, 1231-1243.

Vukojevic, J., et al. (2022). Pentadecapeptide BPC 157 attenuates disturbances induced by neuroleptics: the effect on catalepsy and gastric ulcers in mice and rats. *Neural Regeneration Research*, 17(3), 482-487.

Klicek, R., et al. (2013). Stable gastric pentadecapeptide BPC 157 heals cysteamine-colitis and colon-colon-anastomosis and counteracts cuprizone brain injuries and motor disability. *Journal of Physiology and Pharmacology*, 64(1), 123-134.

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Zonisamide

Zonisamide is a seizure reducing medication that also appears to help Parkinson's & Lewy Body disease symptoms as well as tardive dyskinesia & migraines & may help schizophrenia.

Prodromal-attention probs, soc withd, phys clumsiness

Biomarkers for schizophrenia

In this cohort, 22 proteins predicted subsequent schizophrenia with sensitivity of 89% and specificity of 66%. Adding positive-symptom subscores from

CARMMS yielded 89% sensitivity and increased specificity to 79%, far better values than achieved with CARMMS scores alone.

Chan MK et al. Development of a blood-based molecular biomarker test for identification of schizophrenia before disease onset. *Transl Psychiatry* 2015 Jul 14; 5:e601.

(<http://dx.doi.org/10.1038/tp.2015.91>)

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Category

1. Uncategorized

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