

Winter Newsletter

Woodside Clinic

A Late, Great Mind...

The battle against Mental Health has lost one of its great pioneers this past year, Abram Hoffer. He focused his studies on Bi-polar disorder and Schizophrenia, specifically on how they are related, misdiagnosis between the two and treatment plans. Hoffer proposed that there were three forms of the diseases (bi-polar, schizo-affective [an in between disorder] & schizophrenia). Bi-polar being characterized by repeated mood swings which jump from mania to depression with periods of normal behavior in between. There are no perceptual symptoms or thought process disruptions in these patients and mood swings can happen from once a month to once every few years. However, some Bi-polar patients who are taking mood-stabilizing drugs often go from depression to mania or visa-versa. When manic, these patients may see visions or hear voices but they only last as long as the manic phase. Therefore, Hoffer concluded that patients who exhibit schizophrenic symptoms when manic are schizo-affective and those who don't are Bi-polar. He suggested that the difference between Bi-polar patients who never experience perceptual changes and Schizophrenic patients is the amount of oxidation of adrenalin to adrenochrome. There is little or no conversion in Bi-polar patients, more in schizo-affective patients, and a lot in Schizophrenics. Bi-

polar patients that did not experience schizophrenic symptoms needed mood-stabilizing treatment whereas schizo-affective patients need mood-stabilizing treatment and treatment for their schizophrenic symptoms as well. He also stated that diagnosis could be difficult depending more on the physician than the patient. He found that a lot of doctors do not like to use the diagnosis schizophrenia and so if their patient exhibits any mood swings at all they will often diagnosis them Bi-polar. A lot of patients he received were originally diagnosed Bi-polar but only because their perceptual changes had either been ignored or not mentioned.

Hoffer uses Orthomolecular treatment based on the Adrenochrome Hypothesis. This hypothesis states that schizophrenia is caused by the production of adrenochrome in the body. This happens during the oxidation process of adrenalin. Hoffer's research team discovered how to recognize adrenochrome in blood and tissue and eventually how to measure it. They also showed that it is a hallucinogen. However, your body can only produce a certain



Abram Hoffer 1917-2009

amount of adrenochrome based on how much adrenalin your body produces. When you are stressed you produce more adrenalin and therefore there is more to convert. Adrenochrome is toxic to dividing cells (good to fight diseases like cancer, destroying bacteria), the heart muscle and to neurons because it is a hallucinogen. Hoffer suggests to use larger doses of niacin (vitamin B3) to control both diseases.

Niacin is one of the best known non-pharmaceutical antagonists to adrenalin.

Scripted By: Katelyn Seitz



Did you know....

Dr. Liz will be going away from Feb 23/10-Mar 8/10 but the clinic will still be open to those needing supplements. We will be having a special guest in the clinic during this time. Her name is Farah Mirzaagha and she is a practicing ND from Kitchener. She will be available **Feb 25 and Mar 4** for appointments. You may also book appointments with Marg for hydrotherapy and foot cleanses.

Chronic Disease Including Weight Gain

Small intestines that are unhealthy are the reason for chronic disease and weight gain. You might not have a problem with digestion but if you have any problems with weight, joints, allergies or other organ systems then you have a primary problem with your small intestine. If the intestines are ill and you do not show any problems in the intestines, then you will have consequential problems in the next weaker organ or part of the body. The Weight gain is from the accumulation of inappropriate digestion and deposition into the tissues and thus fluid retention and weight gain.

Over and over we emphasize the importance of “clean” eating habits and by eating foods that are high in nutrition, unprocessed and fresh. Fresh meaning foods that you need to peel, steam or bake to consume, not foods that you microwave from a pre packaged meal in a box from the freezer section in the store. During the cold winter months

north of the 43rd parallel we need to be eating foods that support us during the cold, low exposure to sunshine months. These foods include root vegetables, foods that store well in cellars (apples, pears, squash, leeks, carrots, potatoes, coleslaw/cabbage, beets, turnips etc) and a little red meat. Foods and drinks must support warmth in our bodies and so using warming herbs such as ginger, garlic, mild curry, etc and warming all food before putting it into your mouth including hot water as opposed to cold water is a must during the winter months.

During the winter we must eat according to our climate and not according to our southern neighbours. This is Root vegetable soups and meals that include a little red meat and warming spices and warming drinks, not salads and bottled water. If you eat cooling foods (salads, oranges, melons etc), processed foods, or foods that don't agree with you then the small intestine

will suffer and sooner than later you will have a chronic condition or weight gain.

Cheers and Good Luck to the folks who take the time to make their own food.

(Elizabeth Storjohann BSc ND scripted from concepts that Dr. Konrad Werthmann MD teaches and writes books on from years of experience on chronic disease).



Struggling with weight gain? Try eating according to the seasons!

“The Weight gain is from the accumulation of inappropriate digestion and deposition into the tissues...”

Talk About A Magic Touch!

Osteopathy or manual practice requires practitioners to use their sense of touch and knowledge of human anatomy to uncover any regions of the body that are not moving properly or that may be strained or seized up. They can explore the following body systems to help relieve these symptoms: musculoskeletal, respiratory, cardiovascular, digestive, reproductive and nervous. The technique they use is called “refined palpation”. It provides a soothing, hands-on strategy to uncover any unwanted or negative changes in the body and can be used to relieve pain, decrease inflammation and increase the flexibility of tissue to get your body moving as one. This practice is based on 4 principles. First, each and every part of our body plays a specific role in its overall functioning and if even one part is not working properly or is out of place then the functioning of the whole is off. Secondly, our

body's fluids flow involuntary and at their own pace (vascular, lymphatic, & neurological) and this flow should be maintained properly. Thirdly, not only do all of our organs, tissues, etc work together but also our physical, emotional, spiritual, psychological and cognitive states. Lastly, when there is nothing to hold your body back (no sickness, inflammation, etc) then it has the ability to heal itself. When developing a diagnosis manual practitioners assess the whole body versus just the area of complaint because it may not be the area that is struggling. Therefore, just because you have pain in your legs does not mean that the problem area is always in your legs or it may not be the only problem area. The following is a list of some examples of conditions that can be treated through osteopathy (but it is not limited to these): birth trauma, delayed development, problem sucking in children and general pain, neurological disorders, digestive problems, circulatory issues, glaucoma and

many more (for a more thorough list check out www.osteopathyontario.com).

Scripted By: Katelyn Seitz

