

Book Reviews

Depression: The Crucial Role of Nutrition by
Chuck Bates

Ptarmigan Press, 1372 Island Highway,
Campbell River, B.C. Also available from
Biosocial Publications, P.O. Box 1174, Tacoma,
WA 98401, U.S. Price \$5.95.

This intriguing book should be read by anyone suffering from depression or alcohol problems. Clinicians who treat these problems will find it provocative since it approaches depression from an original viewpoint.

Chuck Bates is a private practice psychologist in Campbell River British Columbia who also does research in nutrition, metabolism, and pharmacology relating to mental health. His research has been funded for several years by Efamol, a pharmaceutical firm headed by David Horrobin with the famous Sir James Black, inventor of cimetidine and propranolol, as a director. Bates's papers have appeared in international medical journals.

Bates asserts that biochemical predispositions to alcoholism and depression can be identified by racial and medical markers, and that these metabolic abnormalities can be corrected by nutritional treatments including essential fatty acid supplementation and elimination diets.

Bates cites numerous cases of major depression, often complicated by alcoholism, which improved remarkably after treatment with these methods.

People possessing the markers won't be able to put the book down. These markers include ancestry which is 25% or more Celtic, Scandinavian, or Coastal Indian, anxiety or depression during hangover, depression or alcoholism in the family tree, allergies, indigestion such as gas, heartburn, cramps, or diarrhea, weight problems, binge eating and food cravings, migraine or other headaches, nightmares, and spells of irritability or hair trigger temper.

He says that family trees possessing these genetic predispositions to depression and alcoholism often have a mix of the following

diseases: diabetes, essential hypertension, ulcers, colitis, Crohn's disease, irritable bowel syndrome, celiac disease, arthritis, lupus, schizophrenia, premenstrual syndrome, non-cancerous breast disease, hepatic cirrhosis, and several others.

Bates believes that parents of teenagers in these families should be especially wary of the danger of alcoholism or problems relating to depression in their children.

This is not just another fad diet book for several reasons. Many of the astonishing clinical successes were obtained during double blind placebo controlled trials. Essential fatty acid deficiencies were measured in plasma total phospholipids using Hewlett Packard fully automated gas chromatographs.

It is too soon to be certain, because these research findings and clinical results will have to be replicated by others, but there is the possibility that Bates' book is an early announcement of a new technology in the treatment of depression and alcoholism which will prove to be as important as the invention of the tricyclic antidepressant drugs many years ago.

Conquering Senility by **Arthur C. Walsh, M.D.**, J. Pohl Associates, 461 Spring Run Road, Coraopolis, PA 15108. 1985. \$5.95.

Senility is as destructive as cancer if not more so. Because it comes later in life it is accepted as a natural result of aging, and society feels it is less urgent than other health problems. For families it is devastating. For society it is very costly in terms of lost productivity and economic waste required to warehouse so many patients. This terrible state of affairs should force the medical profession to try every possible treatment, no matter how illogical it appears, as long as it does not harm. If there is some logic or scientific justification, all the more reason to try. And if there is already clinical evidence it works, how can it be avoided? I consider it highly irresponsible for physicians to not use

these kinds of treatments.

Orthomolecular physicians are more open to trying new ideas than are orthodox physicians. But they have to hear and read about the treatment. The possible treatments have been outlined in this journal in the past.

Recently, my friend, Dr. W.D. Panton, sent me a book, *Conquering Senility*, written by a colleague, Dr. Arthur C. Walsh. Dr. Walsh is a psychiatrist practicing in Pittsburgh. He is Clinical Assistant Professor of Psychiatry at University of Pittsburgh and psychiatric consultant to the VA Medical Center. In 1963 he had to treat a patient who was senile but had never had strokes. In order to prevent strokes she was started on anticoagulant medication. To his surprise, she became well enough to leave her daughter's care and return to her own home. She remained well for two years before dying from a coronary.

Dr. Walsh must be a very good clinician for he concluded this was an important observation. He did not conclude this was due to chance, was an error in diagnosing, or was a placebo response. A year later he became aware of the sludging factor. Sludged red blood cells do not circulate freely. I had first become familiar with sludging during discussions with Dr. Ed Boyle who had discovered niacin also prevented sludging.

Since then, Dr. Walsh has treated 213 patients. He uses Warfarin and increases prothrombin time 2 to 2 1/2 times. The treatment is safe. Of the 213 patients treated, 11.7 percent were markedly improved, 13.6 percent had good improvement, 17.4 percent had moderate improvement and 33.8 percent some improvement. Only 6.1 percent were worse. Other investigators have noted improvement. Even Alzheimer's might respond. Warfarin is one of the coumarins, as are the bioflavonoids, but the latter have no effect on clotting times. Coumarin acts by causing a deficiency of Vitamin K. One will need to determine whether Walsh's therapeutic response can be nullified by Vitamin K. If coumarin remains effective with Vitamin K, this would provide another possible mechanism of action.

I believe physicians treating seniles should get this book, then try out the treatment. I would be pleased to publish the first two clinical studies.

A. Hoffer, M.D., Ph.D.

The Yeast Syndrome by John Parks

Trowbridge, M.D. and Morton Walker, D.P.M. Bantam Books, New York. 1986. 419 pages. U.S. \$3.95; CAN. \$4.95.

Systemic candidiasis may do to modern systemic affluent malnutrition what typhoid infected wells did in England to dirty, contaminated water; it may force modern medicine to re-examine seriously its view about modern nutrition and thereby help improve it, much as dirty infected water forced purification and sterilization of our drinking water. If there is a twentieth century disease, or *the* twentieth century disease, it is the massive deterioration and chemicalization of our total environment: our waters, soils, air and foods. From this arise the diseases of malnutrition, diseases which help destroy our immune defense system and the current epidemic of candidiasis, AIDS, and other diseases which will surely come.

Candida is a yeast which normally lives closely with other living organisms and is kept in check by the defenses these larger organisms mobilize. Improving the conditions which stimulate growth, and depressing defenses will cause yeast overgrowth. It is then very like any infection by bacteria or parasites. Physicians are very familiar with infections and appreciate the need to use antibiotics with skill. They therefore will be familiar with the principles of using antibiotics for Candida infections. Generally they are not as familiar with candidiasis because medical schools seem reluctant to deal with it. But they will not be as fearful of Candida as they are of allergic reactions to foods when the body's responses are behavioural or emotional.

I expect that general medicine will accept candidiasis as a major disease with much less resistance. The recent release of excellent books about Candida will help. They will then learn that adequate control of Candida requires: (1) that we make the body less desirable for yeast, (2) that we use compounds which destroy or retard yeast growth, (3) that we use nutrients to enhance the immune defense system. They will learn that to be a good anti Candida doctor they must also become good nutritionists, good allergists, good immunologists, and experts in anti candida

substances. They will then find they will treat even non Candida problems much more effectively.

For these reasons, I welcome these books and have reviewed them in this journal. *THE YEAST SYNDROME*, by John Parks Trowbridge and Morton Walker is such a book. Section 1 presents the problem from an unique view — the yeast's view — and is done very well. Perhaps Clarissa Candida, the name of the heroine or villain as described in this book, also is concerned about the Candida problem, for too massive an assault on us will cause a more massive therapeutic assault to the detriment of Clarissa's billions of relatives, much as the exorbitant price of oil has created the expected reaction — converting a scarcity to a surplus. A well-behaved yeast should live in harmony with its hosts. Perhaps Clarissa has a legitimate complaint, which is that we (humans) have converted this harmless saprophyte into a vicious parasite. Clarissa describes what these factors are.

Section 2 outlines the diagnosis and treatment in general. Section 3 discusses the yeast control diet with recipes, and Section 4 enlarges on details of specific local disorders such as vaginitis, thrush, allergies, psoriasis and mental illnesses.

The last forty pages list useful medical literature, a bibliography for professionals and a comprehensive directory of physicians interested in treating candidiasis.

A. Hoffer, M.D., Ph.D.

Keep Your Pet Healthy The Natural Way, by **Pat Lazarus**, Keats Publishing, Inc., New Canaan, Conn. 1986. Paperback, 197 pages. U.S. \$4.50.

To people who are interested in becoming

well and/or keeping well through the use of good nutrition and supplements, it only makes sense that they would also wish to give their pets the same kind of benefit. Many pets today do suffer the same kinds of chronic degenerative disorders as does a large proportion of our human population, and undoubtedly for the same reasons: the perversion of our natural food supply and the overabundance and overconsumption of food artifact.

Pat Lazarus' book is a well-written and researched, interesting account of the common health problems faced by pets, especially dogs and cats, including a very good section on the quality of commercial pet food and its long-term effects on animals. It details the kind of food animals should be given — following good Orthomolecular nutritional principles of consuming food which is whole, alive, varied and non toxic — foods animals had adapted to over millenia in the wild, and how to provide our animals with these kinds of food today.

There is also an extensive section dealing with the treatment of many common veterinary disorders, which should be very helpful to people who were perhaps unaware of the importance of Orthomolecular nutrition for animals until their pet was already afflicted.

This book is also an excellent starting point for veterinarians who are becoming interested in nutrition and would like to help prevent animals from becoming ill, and who also wish to treat illnesses already established with less toxic methods. This book contains many references, and also many notes addressed specifically to veterinarians, and should be very helpful in their practice.

For any person who already has a pet, healthy or otherwise, or who is contemplating getting one, or for veterinarians, this is a very good and very readable addition to their library.

Frances L. Fuller