

From Mouth to Brain - Nutrition and Hypnosis

When seeing a client for any of the following issues, the appropriate vitamins or minerals may well help your client. We generally approach the Mind/Body connection from the mind and its influence, but where there are physical conditions that affect the mind, we will get better results when we share the research with our clients.

Depression

- Chromium Picolinate (hypoglycemia – “sugar blues”)
- Omega-3 oils (fish oil/flaxseed oil)
- Niacin (vitamin B-3)
- Inositol
- Tryptophan (5-HTP)
- Magnesium

Bipolar Disorder

- Niacin (vitamin B-3)
- Inositol

Post-Partum Depression

- Omega-3 oils (fish oil/flaxseed oil)
- Tryptophan (5-HTP)

Schizophrenia

- Niacin (vitamin B-3)
- Vitamin C
- Vitamin E
- Inositol
- Omega-3 oils (fish oil/flaxseed oil)
- Selenium
- Folic acid
- Zinc
- Manganese
- Vitamin B-6

Pyroluria

- Genetic anomaly causes a zinc and vitamin B-6 deficiency, leaving excess copper in the body. Supplementation overcomes symptoms.
- Results in anxiety and is a factor in Alcoholism, ADHD, Depression, Schizophrenia, Bipolar, Autism, and Down syndrome

Obsessive Compulsive Disorder

- Inositol

Panic Disorder

- Inositol

ADD/ADHD

- Omega-3 oils (fish oil/flaxseed oil)
- Magnesium
- Zinc
- Manganese
- Vitamin B-6

Bulimia and Bingeing

- Inositol
- Results in deficiencies of most vitamins and minerals
 - Additional information for all of the above can be found at:
MindIsKey.com/Nutrition.html

Diabetes

- Magnesium
- Chromium Picolinate
- Produces oxidative stress
 - Alpha Lipoic Acid
 - Vitamin A
 - Vitamin C
 - Vitamin E
 - Selenium
- Vitamin D
- Cinnamon
- Witch hazel
- B vitamins for Peripheral Arterial Disease (PAD)
 - Additional information can be found at: MindIsKey.com/Diabetes.html

Alzheimer's Disease

- Caused by oxidative damage
 - Vitamin A
 - Vitamin C
 - Vitamin E
 - Folic acid
 - Vitamin B-12
- Additional information can be found at: MindIsKey.com/Alzheimer.html

Fibromyalgia

- Some doctors say up to 40% of fibromyalgia may be misdiagnosed vitamin D deficiency
- Vitamin D (up to 1000 IU per day)
- B vitamins
 - Additional information can be found at: MindIsKey.com/Fibromyalgia.html

High Blood Pressure

- Magnesium
- Potassium
- Vitamin C
- Folic acid
- Vitamin D
 - Additional information can be found at: MindIsKey.com/BloodPressureRefs.html

For additional information on this subject Horace can be contacted at www.mindiskey.com