

Walsh Advanced Nutrient Therapy Protocol

Walsh's Advanced Nutrient Therapy Protocol is rooted in the works of pioneers of orthomolecular medicine such as Drs. Abraham Hoffer, Carl Pfeiffer, and Linus Pauling. It is based on deep scientific understanding that healthy brain function depends on the presence of balanced essential raw materials necessary for synthesis and delivery of neurotransmitters in the brain. Micro- and macro- nutrients obtained from food are the basis for healthy brain chemistry. Each individual has unique biochemical needs based on genetic, environmental, and epigenetic characterization that may not be met by a regular diet. As a consequence, nutritional imbalances can manifest as brain disorders.

The use of psychiatric drugs has had the goal of repairing such brain disorders. In the last few decades millions of people have benefitted from the use of such drugs, although these drugs are known for some serious side effects. Currently scientific advances can identify the cause and nature of nutrients deficiencies in patients, and target and correct such deficiencies with customized supplementation regimes.

Walsh's Advanced Nutrient Therapy is one such approach to mental health. It is based on accurate testing of one's global status of methylation, toxic metal, copper and zinc ratio, Pyrroluria, and oxidative stress. Nutrient recommendations are targeted based on individual needs of each patient. The protocol can safely be used in addition or in some cases instead of a patient's medication regimen to treat brain disorder and optimize brain function.

Dr. Walsh's work has revolutionized the treatment of mental illness through biochemical/nutrient therapy. My training with the Walsh Research Institute has given me a much wider understanding of how to treat patients with complex mental and physical problems.

In my own practice, I have found that combining the Walsh Advanced Nutrient Therapy with other treatment modalities that may have strong bearings on brain health, such as Gut-Brain Axis health via gut microbiome and food sensitivities, can have a profound positive effect on recovery from various brain disorders.

<http://www.walshinstitute.org/advanced-nutrient-therapy.html>

<http://www.mensahmedical.com/index.php>

<http://www.orthomolecular.org>