



## Smart Life Forum

Dr. Michael Lesser

*Nutrition and the Mind: Using L-Tryptophan,  
L-Tyrosine & GABA for well-being*

Cubberly Community Center  
4000 Middlefield Road, Room H1, Palo Alto, California

April 15th 2004 at 7:00 pm

***Notice to Members***

Smart Life Forum members are invited to attend the Fourth World Conference on Nutritional Medicine, May 28-30, 2004 at Hotel Nikko, San Francisco. This conference is sponsored by our speaker Dr. Lesser. We will get a reduced rate of \$150 for the three days. The conference schedule and list of speakers will be available during this meeting. The website is [www.nutritionconference.com](http://www.nutritionconference.com)

***Future Speakers: (on the 3rd Thursday of the month)***

\*\*\* **May 20**, William Wong, ND, PhD, on Enzymes and Vitalzym's Amazing Stories.

\*\*\* **June 17**, Gary Gordon, MD, on New Treatments for Chronic Diseases.

\*\*\* **July 15**, Dwight Jennings, DDS on Correcting Airway Interference Fields to Cure Diseases.

\*\*\* **September 16**, Frank Shallenberger, MD, on Energy Medicine.

## Meet our April Speaker

Michael Lesser, M.D. is a pioneering orthomolecular psychiatrist trained at Cornell University Medical College, NYC and the Albert Einstein Medical Center, Bronx, N.Y.

Dr. Lesser, along with the late Linus Pauling, Ph.D., was one of the founders of the Orthomolecular Psychiatry Movement, which focused on nutritional and vitamin therapy to regulate brain function. In 1975, Dr. Lesser founded the Orthomolecular Medical Society and later Nutritional Medicine, a communications company that sponsors major world conferences on Nutrition and Vitamin Therapy. In 1977, he testified before the U.S. Senate on Nutrition and Mental Health.

He has published more than 50 peer-reviewed journal articles on the subject of Orthomolecular Psychiatry. In his groundbreaking book, "The Brain Chemistry Diet," Dr. Lesser shows how identifying your brain chemistry type can help you conquer depression, reduce stress and maximize your mind without prescription drugs. Instead the Diet plan relies on a natural, safe and effective nutritional approach to regulating mood and boosting brainpower.

Currently, Dr. Lesser practices in Berkeley, CA and can be contacted at 510-8450700, or [www.nutritionandvitamintherapy.com](http://www.nutritionandvitamintherapy.com). He provides consultations both in his office and by telephone for clients all over the world.

Dr. Lesser presents a rational system of diagnosis and treatment. He provides a blueprint diet for mental health and healing. He will draw from case histories to explain how emotions are affected by diet and will show how individualized diet and supplement plans can help us maintain balance. We will learn how to improve mood and maximize brainpower and discover our brain chemistry type.

He will show how:

1. Brain chemistry and the neurotransmitter, our chemical messengers, determine the quality of our thoughts and feelings.
2. Food and food supplements provide the vitamins, minerals, amino acids, essential fats, and other factors needed to promote mental health and wellness.
3. To use nutrition and nutritional supplements to help treat anxiety, depression, even psychosis and bipolar disorder.
4. Food and food supplements are also a useful treatment for mental health recovery, and work synergistically with psychotherapy and drugs.

A brief history of nutrition and nutrient therapy in psychiatry will be presented. The micronutrients, the water-soluble and fat-soluble vitamins, the bulk and trace minerals and their relationship to the mind will be traced. The toxic metal poisonings of the brain, including their diagnosis and treatment will be covered.

The macronutrients, protein (and its individual amino acids), fat, the essential fatty acids, and carbohydrates and their effects on the mind will be discussed. In particular, the omega 3 fatty acids, DHA and EPA and four amino acids, L-tryptophan, L-tyrosine, GABA, L and DL Phenylalanine are featured. The major categories of psychiatric illness, depression, anxiety, psychosis, impulse disorders and obsessive-compulsive disease and how nutrition and vitamin therapy can help will be covered.

Some laboratory tests will be discussed. These include serum serotonin in depression or bipolar disorders and blood histamine in the psychoses and depression. Also routinely obtained are serum zinc, copper and magnesium. Zinc and copper must be measured simultaneously as it is the balance between them that is meaningful. Too much copper gives you the racing mind and insomnia of agitated depression. Magnesium depletion is a common cause of depression and insomnia.

Our knowledge of the micronutrients, the vitamins and minerals and their effects on mental health has remained largely unchanged since the mid-twentieth century. What is new are the macronutrients, protein, carbohydrate and fat, and their relationship to mental health.

While animal fat dietary intake correlates negatively with mental health, the omega 3 essential fats are reported to benefit depression and perhaps also chronic schizophrenia. The amino acid, L-Tryptophan has found use in treating insomnia, depression and as a mood stabilizer. GABA is beneficial in anxiety, insomnia and also as a mood stabilizer. L-Tyrosine may help in depression and catecholamine deficient states in general.

Dr. Lesser will show how identifying our brain chemistry type and following with correct nutrition and supplements can improve our concentration, reduce stress and enhance our mind. His diet deals specifically with the six brain chemistry types: Lover, Guardian, Stoic, Dreamer, Warrior and Star. His book, *The Brain Chemistry Diet*, provides the unique nutritional prescription you need to overcome conditions such as depression, anxiety, anger, obsessive-compulsive disorder, and chronic fatigue – all without the use of prescription drugs.

He offers self-assessment tips and diagnostic techniques to discover our type and follows with dietary, supplement and lifestyle programs. The six types are:

**(1) Stoics** – the majority of people – are the steady, reliable ones who hold everything together without complaining..

**(2) Guardians** are other-directed people who are constantly concerned with their own well-being and that of others..

**(3) Warriors** are strong-willed individuals ready to risk anything to fight for a cause..

**(4) Stars** are active and intensely energizing, with the drive to get things done.

**(5) Dreamers** are highly intelligent visionaries who often dance to the beat of their own drummer..

**(6) Lovers** are outgoing, warm, and friendly people who are emotionally expressive and flirtatious.

Dr. Lesser has spent decades working with people struggling with everything from grief, to work stress, to minor neuroses, to schizophrenia, to psychosis, to major antisocial behavior. He has learned gentle, natural, and effective ways to rebalance the brain's

chemistry, stabilizing moods while reducing and often eliminating the need for synthetic drugs. Prescription drugs have their place and purpose. But they are harsh, sometimes toxic, and often addictive, and must be used with great care, despite the current tendency to almost casually recommend and use these chemicals. Furthermore, drugs treat symptoms, but not the root of the problem.

Nutritional treatments can provide all the benefits of prescription drugs with none of the risks for anyone willing to work a little harder than taking a supposed “magic bullet” requires. They also complement and sometimes replace talk therapies. Talk certainly has its place, too, but it can be expensive and time-consuming, and some people just aren’t emotionally wired to make use of it. But we all eat, and we all make choices about what we eat. His preference is always for the natural, safe, and effective nutritional approach rather than the riskier use of prescription drugs. Dr. Lesser uses prescriptions when necessary, but also recommends supplements to fill a patient’s specific needs.

In his Brain Chemistry Diet book Dr. Lesser presents a case study of one his patients named Sarah. She had the combined problem of depression and being unable to complete a healthy pregnancy suffering through six miscarriages. Sarah had been through talk therapy and drug treatment, which was an improvement over no treatment. But she was missing the even greater benefits that natural substances can bring while suffering from some of the common side effects from drugs. Still she feared what she would face if she were to simply stop taking her medication--and rightly so. Fortunately, a complete physical revealed that a few diet and supplement solutions were possible.

A five-hour glucose tolerance test revealed that Sarah had severe hypoglycemia, low blood sugar, which often manifests as depression. Her copper levels were also below normal, which can often result in fatigue and may be linked to infertility. Her zinc levels were actually higher than normal. That alone wouldn't usually be a problem, but the balance between copper and zinc is crucial, and delicate. Therefore, a high zinc level combined with a low copper level would exacerbate the problems of not having enough copper.

All the other vitamins and nutrients were within normal ranges; normal doesn't necessarily mean optimal however, or even fully functional, so Dr. Lesser recommended that she take vitamin E, bioflavonoids, and folic acid, as they all are crucial for healthy pregnancies and for helping to prevent miscarriages. He also recommended that she take a B-complex vitamin, particularly for the niacin and thiamine, which he has found to be particularly helpful for weepy depressions. And of course, he recommended copper to correct her low

levels of that mineral. She subsequently had a successful pregnancy and recovered from depression.

