

FINDING CARE FOR DEPRESSION

SEAR Series of Layman's Guides

by Robert Sealey, BSc, CA, SEAR Publications, Toronto • 416-221-1300

It took me decades to find quality care for the depressive phases of my bipolar II mood disorder. After 28 years of problems due to misdiagnosis and under treatment, another depressed person suggested orthomolecular medicine. I had never heard the word, *orthomolecular* even though I have a BSc degree from the University of Toronto in biological and medical sciences and psychology. *Finding Care For Depression* shares the positive results of my five-year Independent Depression Project.

My psychiatrist told me not to read, but I decided to search for restorative mental healthcare. Episodes of dysthymia and major depression did not stop me from learning; reading distracted me from the dark pain, the helplessness, and the hopelessness of depression. I read book after book. Between the pages, I met other people who live with the same problems and their doctors. I learned how depression is diagnosed and treated and how mental status exams are done. More than 50 medical problems can cause or contribute to depression. Medical testing can check for underlying biological conditions. Mood disorders can run in families, suggesting genetic factors as well as other vulnerabilities. Psychologists use talk-talk therapies to help depressed patients. Conventional psychiatrists often prescribe single antidepressants or combinations of >20 powerful psychiatric medications when depressed patients do not respond to the first treatment. Combinations of therapy and pills help many people cope with depression and anxiety.

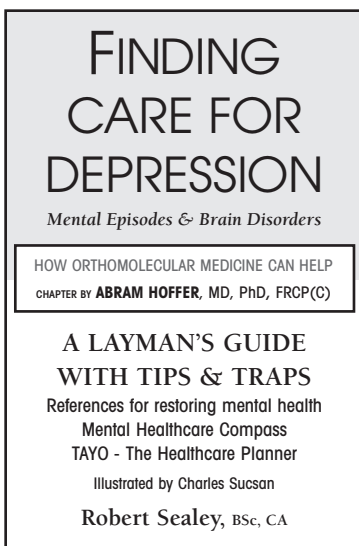
That information didn't help me so I kept reading. I wanted to learn how to restore normal mood without the negative effects of synthetic antidepressants. I learned that orthomolecular medicine combines the life science of biochemistry with the art of medicine to offer restorative care. I read books by doctors whose depressions finally resolved when they used orthomolecular medicine. Some learned to eliminate food allergies, reduce their intake of sugar and trigger foods, and clear up their brain fogs which were caused by

food sensitivities. Others took phytopharmaceuticals and supplements of vital amines, trace minerals, amino acids, antioxidants, energy and enzyme co-factors, and essential fatty acids. I read that some depressed people respond well to simple regimens of natural supplements; while others benefit from more complex regimens. The best books explained how orthomolecular psychiatrists and naturopaths are trained to identify trigger factors, diagnose carefully and care for mental patients until they get well.

After orthomolecular medicine helped me recover, I wrote an article called *Orthomolecular Medicine For Depression: One Person's Story*. It was published by Open Minds Quarterly. After struggling through the darkness of depression, I wrote a poem called *Twists and Turns Around and Through the Mental Healthcare Maze*. It was published in Wordscape 7, the 2000 mystery and suspense anthology of the CAA (Canadian Author's Association).

At the 30th ISOM medical conference, Royal York Hotel, May 2001, I presented FOROM, a network of Friends of

Restorative Orthomolecular Medicine. This evening session raised money for orthomolecular medical research. Three hundred people heard success stories told by laymen who use orthomolecular medicine. Margot Kidder came to share her progress using orthomolecular medicine for her bipolar mood disorder. She previewed the tv show *Masks of Madness: Science of Healing*. The 1998 documentary features 8 mental patients, including Margot and myself and 6 doctors, including Dr. Abram Hoffer, who regularly use orthomolecular methods to help patients restore mental health. For information about the FOROM evening, the TV show or their mail order book list, call the *Journal of Orthomolecular Medicine* at 416-733-2117. On the web, you can learn more from: www.orthomed.org



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As a self-employed consultant in North York, Canada, I share information with my local accounting, tax and consulting clients when they have episodes of mental disorders like depression. The Sept. 27, 1999 *Toronto Star* printed Ellen Roseman's article about my unique mental accounting and consulting practice. In January, 1998, the *CA Magazine* ran a story about my work.

Finding Care For Depression has over 250 annotated references for depressed readers and caregivers to learn about depression, mental episodes and brain disorders. The book includes tips and traps for finding effective care, a mental healthcare compass, a unique healthcare planner, information about restorative mental healthcare, success stories, resources and references. People who suffer with chronic conditions can use this book to find restorative mental healthcare and cooperate with competent health professionals. It can help caregivers, family, friends, employers and acquaintances. It can benefit people who suffer with disorders of mood, thought, attention or other mental episodes including depression, bipolar disorder, anxiety, schizophrenia, autism, ADD, dyslexia, OCD, epilepsy, and migraines.

Living with my bipolar II mood disorder (alternating 'normal' times with long episodes of depression and rare high energy hypomanias) taught me that mood disorders are painfully difficult. For more than 28 years when I wanted to feel well, I was rejected and excluded, given the silent treatment, laughed at, misdiagnosed and

under treated – even by health professionals! I started an Independent Depression Project to research and develop tips for laymen. I learned from four types of reference books: 1. Books by psychiatrists and psychologists describe symptoms, label disorders and recommend therapy, synthetic medications or combinations. When I tried those methods, I didn't get well. 2. Books by survivors, people who live with disorders of mood, thought, attention and other conditions, validate our experiences. 3. Books by health professionals who have mental disorders themselves share insider insights into the reality of the mental healthcare maze. 4. Books by scientific and medical professionals explain how they combine the life science of biochemistry with the art of medicine. They practice orthomolecular medicine and help mental patients restore brain function and maintain good health. Hope for living well - Eureka!

Finding Care For Depression introduces reference books from all four categories. It has quick picks to jump start the search for information as well as tips and traps for laymen. Readers can learn how other people experience brain disorders, how mental illnesses are diagnosed and treated, how to navigate through the mental healthcare maze, and how to find restorative healthcare for mood, thought, attention and other mental disorders. Patients, caregivers and professionals can use this book to find peace of mind about mental illness and learn from the success stories of practitioners of restorative mental healthcare.

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Finding Care For Depression

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