

The Effectiveness of Targeted Nutrient Therapy in Treatment of Mental Illness: A Pilot Study

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ABSTRACT

In a pilot study aimed at investigating the effectiveness of targeted nutrient therapy, the clinical progress of 567 patients with a range of mental illnesses receiving established medical treatment in conjunction with a targeted nutrient program were assessed by clinical outcome after 12 months. 492 of the 567 patients interviewed commenced treatment and of these 382 complied for one year. The verified diagnoses included Autism Spectrum, ADHD, Asperger's Syndrome, Anxiety, Bipolar Disorder, Depression, Schizophrenia and Obsessive Compulsive Disorder (OCD). Of the total treatment group, 110 (23.6%) failed to complete one year of treatment, 221 (44.9%) noted major improvement, 91(18.5%) noted partial improvement, and 70 (14.2%) noted nil improvement in three nominated quality of life outcomes. These outcomes were compared to a comparison group (26) not receiving the equivalent nutrient treatment of which 5 (19%) noted major improvement, 5 (19%) noted partial improvement, and 16 (62%) noted nil improvement. Hospital admission was substantially lower in the treatment group.