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**“Bill Walsh is not a renaissance man:
he’s a renaissance scientist.
This book could change medical history.”**
—Marguerite Kelly, syndicated columnist,
The Washington Post

NUTRIENT POWER

Heal Your Biochemistry and Heal Your Brain

By Dr. William J. Walsh

Psychiatry has made great advances in the past 50 years but it needs a new direction. In his book, *Nutrient Power: Heal Your Biochemistry and Heal Your Brain* (Skyhorse Publishing, September 2012), the author and scientist **William J. Walsh**, PhD, presents a science-based nutrient therapy system that can help millions of people diagnosed with mental disorders.

Recent discoveries in epigenetics and the molecular biology of the brain have provided a roadmap for the development of effective, natural, drug-free therapies that do not produce serious side effects. The author explains that the need for prescription drugs will fade away as science advances. The evidence-based nutrient therapy system presented in *Nutrient Power* recognizes that nutrient imbalances can alter brain levels of key neurotransmitters, disrupt gene expression of proteins and enzymes, and cripple the body's protection against environmental toxins. **Dr. Walsh's** database containing millions of chemical factors in blood, urine, and tissue has identified brain-changing nutrient imbalances in patients diagnosed with attention-

deficit/hyperactivity disorder (ADHD), autism, behavior disorders, depression, schizophrenia, and Alzheimer's disease. *Nutrient Power* describes individualized nutrient therapy treatments that have produced thousands of reports of recovery. **Walsh's** approach is more scientific than the trial-and-error use of psychiatric drugs and is aimed at a true normalization of the brain.

Depression, schizophrenia, and ADHD are umbrella terms that encompass disorders describing the widely differing brain chemistries and symptoms. *Nutrient Power* describes individualized nutrient therapies tailored to those specific biotypes. The book includes case studies and in-depth chapters describing how the brain can be healed by identifying nutrient deficiencies and overloads, and how natural, drug-free therapies can effectively correct the imbalances. Other book highlights include the Walsh Theory of Schizophrenia, a new way to look at autism, a promising new treatment for Alzheimer's, and recommendations for reducing crime and violence.

About the Author

William J. Walsh, PhD, is a scientist with more than 40 years of research experience. He received his doctorate in chemical engineering from Iowa State University. Dr. Walsh has devoted the last **30** years to develop biochemical-treatment protocols for patients with behavior disorders, ADHD, autism, depression, anxiety disorders, schizophrenia, and Alzheimer's disease. He is the author of more than 200 scientific articles and reports. Dr. Walsh lives and works outside of Chicago, Illinois.

Advance Praise for *Nutrient Power*

“With *Nutrient Power*, Bill Walsh joins Linus Pauling, Carl Pfeiffer, and Abe Hoffer on the Mount Rushmore of behavioral nutrition. Bill Walsh opened my eyes to unsuspected nutritional needs, which saved my son.

That could happen in your family, too.

—**Dr. Woody McGinnis, autism researcher**

“A necessary must for practicing physicians, patients, and families! This book opens a new door in psychiatric healthcare. When all else has failed, read this book.”

—**Albert Mensah, MD, Mensah Medical**

“*Nutrient Power* brings a unique new perspective to mental, behavioral, and autistic disorders, including the crucial role of epigenetics. Anyone seeking advanced treatments for mental illness will benefit greatly from reading Dr. Walsh's new book.”

—**John Skelton, former assistant director, Australian Army Psychology Corps**

To request a copy of *Nutrient Power* or to learn more from the author, please contact:

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Available in print and as an e-book wherever books are sold in stores and online.

Nutrient Power

Heal Your Biochemistry and Heal Your Brain

By *Dr. William J. Walsh*

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William J. Walsh, PhD, is an internationally recognized expert in the field of nutritional medicine. He is president of the non-profit Walsh Research Institute in Illinois and conducts physician training programs in advanced biochemical/nutrient therapies in Australia, Norway, and other countries. Dr. Walsh has authored numerous peer-reviewed journal articles and scientific reports and has been granted five patents. He has presented his experimental research at the American Psychiatric Association, the U.S. Senate, and the National Institute of Mental Health.

After earning degrees from Notre Dame and the University of Michigan, Dr. Walsh received a PhD in chemical engineering from Iowa State University. While working at Argonne National Laboratory in the 1970s, Dr. Walsh organized a prison volunteer program that led to studies of prisoners and ex-offenders researching the causes of their violent behavior. A collaboration with Carl C. Pfeiffer, MD, PhD, a pioneer in the field of nutritional research therapy, led Dr. Walsh to the development of individualized nutrient protocols to normalize body chemistry and brain chemistry. Over the next 30 years, Dr. Walsh developed biochemical treatments for patients with behavioral disorders, attention deficit hyperactivity disorder, autism, depression, anxiety disorders, schizophrenia, and Alzheimer's disease that are used by doctors throughout the world.

Dr. Walsh has studied more than 25,000 patients with mental disorders. His accomplishments include (a) groundbreaking studies reporting reduced violent behavior following nutrient therapy, (b) the 1999 discovery of undermethylation and copper/zinc imbalances in autism, (c) the 2000 finding of metallothionein protein depletion in autism, (d) the 2007 published study linking copper overload and post-partum depression, (e) the identification of five biochemical subtypes of clinical depression, (f) the 2011 development of the Walsh Theory of Schizophrenia, and (g) the direction of the Beethoven Research Project that revealed that the composer suffered from severe lead poisoning.

Dr. Walsh has conducted chemical analysis of more than twenty five serial killers and mass murderers, including Charles Manson, Richard Speck, James Oliver Huberty, Patrick Sherrill, and Arthur Shawcross. He has assisted medical examiners, coroners, Scotland Yard, and the FBI in these forensics studies. He has designed nutritional programs for Olympic athletes, NBA players, major league baseball players, a heavyweight boxing champion, PGA and LPGA golfers, and others.

Walsh Research Institute's current research includes studies of autism brain tissues, the role of epigenetics in mental health, oxidative stress in disease conditions, and underlying causes of bipolar disorder.