The science of epigenetics may help us understand mental illness and behavioural disorders, according to Dr Bill Walsh. "Epigenetics allows us to control the enzymes that cause changes in the DNA sequence. Epigenetics is the study of inheritance and the influence of environment. It's a new field that allows us to understand why some people develop mental disorders and others do not. It's a powerful tool for understanding why some people respond to certain treatments and others don't.

Dr Walsh is a pioneer in the field of epigenetics and has developed a unique approach to treating mental illness. He believes that methylation has a role in the development of mental disorders and that it can be reversed with the use of certain nutrients. He has developed a programme called the "Walsh Protocol" which involves the use of specific nutrients and lifestyle changes to reverse methylation and improve mental health.

People with these conditions often have low serotonin levels, calcium, magnesium, methionine and vitamin B6. If they don't receive the right nutrients, they can experience a wide range of symptoms, including depression, anxiety, ADHD, and other behavioural disorders.

Dr Walsh's research has shown that by correcting methylation, it is possible to reverse the symptoms of these conditions and improve overall health. The Walsh Protocol has been used successfully with a range of patients and has been shown to be effective in reversing symptoms and improving quality of life.

In conclusion, epigenetics is a rapidly growing field of study that has the potential to transform our understanding of mental illness and behavioural disorders. Dr Walsh's work is leading the way in this area and his research has the potential to change the way we approach these conditions.