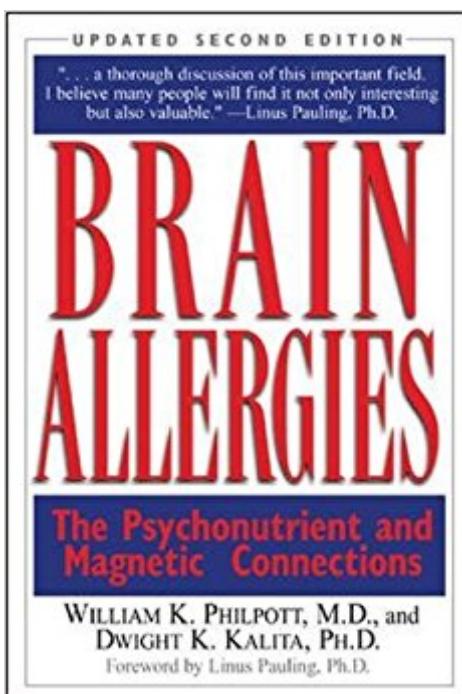


The book was found

Brain Allergies: The Psychonutrient And Magnetic Connections



Synopsis

This text contains a complete overview of the concept of brain allergies - the theory that exposure to certain foods and other substances triggers mental disorders in people so predisposed, and that such disorders can be cured by eliminating exposure to these substances.

Book Information

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Customer Reviews

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As a clinical nutritionist and Othomolectular Psychiatrist the past 33 years and a devout follower of Doctor William Philpott all of those years I can assure the reader this is 100% factual.. You will find nothing but factual medicine in this book probably ignored by mainstream psychiatrists and doctors of medicine. The book pays overdue attention to the "Gut-Brain Connection!"

This was a life changing book for me I was going through so much medically. never feeling good , my body was becoming weaker and weaker as days went by. This book really helped me understand what a horrible effect certain foods can have on our bodies , I followed the advice on detoxing my body to find the source ...two months later I found out I was gluten and lactose intolerant . 100 % better now that I understand my body and the foods that were poisoning it, I really owe it all to this book for getting my health back.

Very interesting ideas, a lot of information on specific research. I am a strong believer in nutrition/diet effecting mental health and can really get behind a lot of the concepts in this book. I'm very open minded, but some of the claims still seem a bit extreme for me. So I'm having a hard time getting totally on board with everything discussed, but overall it is a great buy and a fantastically interesting read. It's written well, I'd recommend anyone working in mental health to add this to your personal library (or if you suffer from your own mental illness), it's good to have an understanding of multiple different ideas and concepts. And most importantly, it reinforces Hippocrates' statements regarding looking to nutrition/food as a treatment before turning to pharmaceuticals that could be harmful (first do no harm, it's at least worth a try).

This book was very helpful in explaining what was going on with my daughter's dairy allergy. Now I finally have some confirmation of what I have been observing and know what to do to help her. The bit about any food, not just carbohydrates causing diabetic reactions was very interesting and I'd recommend reading it to anyone suffering diabetes. Also, I've worked with the homeless mentally ill and wish the psychiatrists in the programs they are in would read this. These poor people are not responding to conventional medicine, and what these men wrote could be of invaluable help to them. The book also talks about a cure for tardive diskinesia in two days using nutrients. More people should know about that. It was the first to really explain vitamin C therapy and how it works. I was glad to see Linus Pauling redeemed. After reading it I looked it up online and found a wealth of information, including a charity trying to give free vitamin C to people with HIV in South Africa. I guess a lot of other people believe in vitamin C, also! I almost put it down when I got to the part about using magnets to calm agitated people with mental illness, but was really glad I persevered, the rest of the book was well written and incredibly informative.

Is your child autistic? Are you ill and don't know why? I came across this book after reading Parallel Universe. This book brought on more questions on my road to finding out what was making me so sick. Coming back to this review I never had any idea on cell phone towers around my home, how many there are, how much EMF's they put out, (especially compared to other countries), who owns them, why they are not registered.....what they can do to you. Sound bizarre? Check out cell phone tower radiation. Who regulates them is even more interesting.

I have not finished reading this book yet, but I have learned so much and am so much more hopeful

that there is help for my family member. It is a toxic world these days and those toxins can have severe consequences! Even simple virus infections in childhood can have profound consequences in older persons. An eye opener and a useful guide to helping heal psychoses

While the book is well written I gave it a four only because for the lay person it does not start with a clear understand of the contents. It's a scholarly book. Still haven't finished the last two chapters

Very helpful in understanding the impact of foods and its impact to our physical and emotional health.

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