

Dr. Bradford S. Weeks, M.D. on Optimizing Psychiatric Care

Today in America, the standard of care for Psychiatry is inhumane. As a psychiatrist for more than 25 years I can say it is perhaps the darkest area of medicine today in America.

While neuroleptic and anti-depressant medications can save lives in the short term, they must not be used chronically. Their side-effects are far more dangerous than their benefits - especially since there are far more safe and effective remedies including corrective psychiatry which uses “[CorThot](#)” as well as various targeted orthomolecular strategies endorsed by [Dr. Abram Hoffer](#), Ph.D., M.D. and also by 2 time Nobel laureate [Professor Linus Pauling](#), know as “the Einstein of chemistry”.

Practically speaking, you need to remember this life-saving information:

All psychiatric illnesses are made worse by inflammation.

To summarize: All neuro-cognitive disorders from nervous breakdowns (psychosis) to anxiety to depression to PTSD - even autism and sleep disruption are made worse by one thing: inflammation.

What does that inflammation feel like? Well, imagine driving your car at night in a rainstorm with no headlights and no windshield wipers working. Wow! That would be tough going. Well, that is what an autistic child experiences - living his or her life in a storm of neuro-inflammatory cytokines which make it terribly difficult to pay attention to people and events around him or her.

It is the same neuro-inflammatory cytokine storm in the brains of people with any psychiatric illness. Another way to appreciate their challenge is for you to imagine their experience as similar driving your car and trying to listen to the radio. It is coming in with too much static. You can't find a good station despite punching all the buttons until finally you find a radio station that comes in clearly - high fidelity - and you can relax, breathe deeply and enjoy the radio. That is what safe and effective anti-inflammatory foods feel like in the brain of people with psychiatric illnesses.

They eliminate the static and people who had labored under excessive neuroleptic dehumanizing medication FINALLY enjoy thinking with clear reception.

The following information can change your life so read carefully. Study this.

Here is a great testimonial about how SOUL helped an autistic girl (almost makes me cry every time I read it)

MONTH 1

“When my 15 year old autistic daughter drank SOUL she became clear, her eyes were brighter and she appeared more involved with her environment. Then she started to act differently. She no longer stems repetitively. She used to run her fingers through her hair over and over again and made noise as she did this, and she would become louder and louder to the point that we could no longer hear ourselves think. This action of hers is dwindling down to almost nothing. Also during her PMS time, she would scream and scream, no eating, no sleeping, no matter how much I did or gave her medications nothing ever worked. Then she started taking SOUL and she never did any of that behavior, NOT ONE SCREAM. Her period came and passed and we were shocked that she had no discomfort. I love this stuff!!! Also I want to add that I drink the SOUL myself and the left over in the packet I rub on my face. LOL I do! I let it soak in and you should see my face - amazing!”

MONTH 2

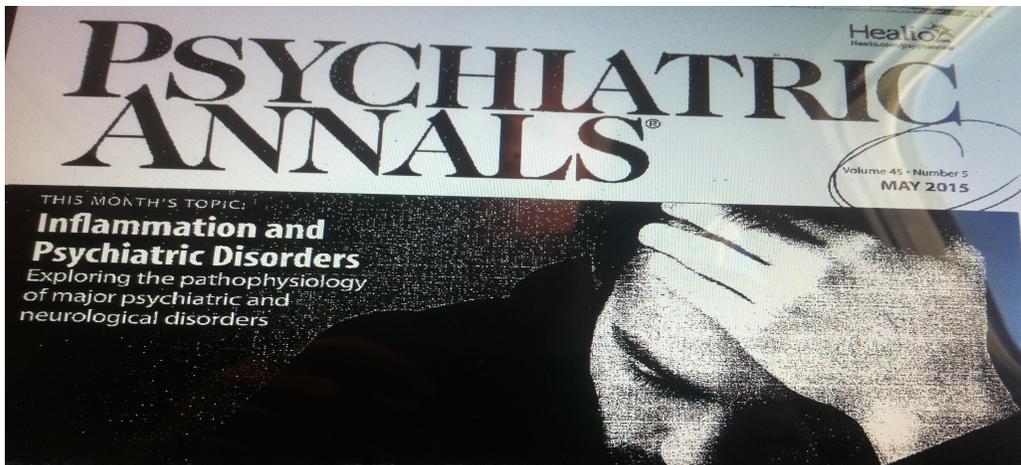
“You should rub this stuff on your face. Amazing. I swear I look in my early 20s, or at least in my 20s. I just wanted you to know this the second month of my daughter not screaming ☺ We are happy for her that she is a happier person on SOUL.”

MONTH 3

“Oh and by the way, my autistic daughter is still not screaming! For 15 years this kid has screamed and now because of SOUL it stops???”

Here is a video from the President of Maui Autism in Hawaii about his son doing so well on SOUL. [WATCH HERE](#)

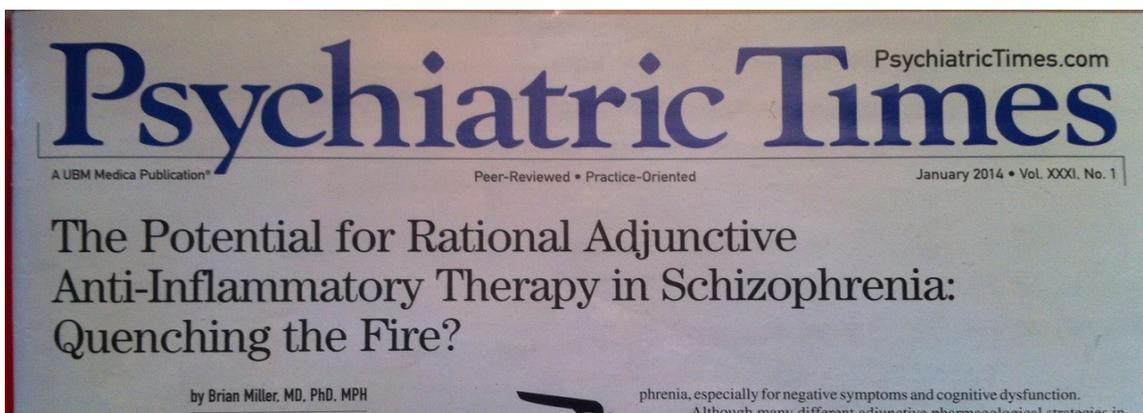
Here are some scientific articles describing how autism as well as seizures and **all psychiatric diagnoses are neuro-inflammatory**. The challenge is to find safe and effective anti-inflammatory foods since the side-effects of all psychiatric medications are more problematic than the benefits.



All psychiatric neurocognitive illnesses are worsened by inflammation.



Alternative Health Advocates © 2015 - www.eattheseeds.com



“Taking an anti-inflammatory agent is like using the windshield when driving in a rain storm.”

- BSW



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And read more science to help you appreciate this important treatment.

[Depression is inflammatory - WeeksMD | WeeksMD](http://www.weeksmd.com)

[weeksmd.com/2014/07/depression-inflammatory/](http://www.weeksmd.com/2014/07/depression-inflammatory/)

[Autism and **Inflammation**: Rx SOUL - WeeksMD | WeeksMD
weeksmd.com/2013/11/autism-**inflammation**-rx-soul/](http://weeksmd.com/2013/11/autism-inflammation-rx-soul/)

[Anti-**inflammation** and Schizophrenia - WeeksMD | WeeksMD
weeksmd.com/2014/02/**anti-inflammation**-schizophrenia/](http://weeksmd.com/2014/02/anti-inflammation-schizophrenia/)

Note that [Corrective Psychiatry](#) is in the ascendency per this 2015 article in the LANCET which bemoans the standard of care and advises nutritional supplementation.

Summary

Psychiatry is at an important juncture, with the current pharmacologically focused model having achieved modest benefits in addressing the burden of poor mental health worldwide. Although the determinants of mental health are complex, the emerging and compelling evidence for nutrition as a crucial factor in the high prevalence and incidence of mental disorders suggests that diet is as important to psychiatry as it is to cardiology, endocrinology, and gastroenterology. Evidence is steadily growing for the relation between dietary quality (and potential nutritional deficiencies) and mental health, and for the select use of nutrient-based supplements to address deficiencies, or as mono-therapies or augmentation therapies. We present a viewpoint from an international collaboration of academics (members of the International Society for Nutritional Psychiatry Research), in which we provide a context and overview of the current evidence in this emerging field of research, and discuss the future direction. We advocate recognition of diet and nutrition as central determinants of both physical and mental health.

Read the entire article [HERE](#)

So what are psychiatrists not recommending anti-inflammatory agents to their patients who suffer tremendously? The reason is that all anti-inflammatory drugs (i.e. Tylenol, Motrin, Acetaminophen, Aspirin, Celebrex and steroids like prednisone) have a narrow therapeutic window meaning too low a dose doesn't work but too high a dose is lethal. These drugs are toxic to the liver and kidney and can cause life-threatening gastric bleeding so psychiatrists are fearful of giving these to psychiatric patients who may, in their despair, overdose with them.

In contrast, [the anti-inflammatory diet](#) is a centsible option ("centsible" is defined as safe, effective and cost-effective). Many people transition safely off psychiatric medications using dietary and lifestyle strategies under the guidance of a Corrective Psychiatrist and

the most convenient anti-inflammatory food option is a delicious and nutrient dense [2 oz juice packet made from organic non-GMO, glyphosate-free anti-inflammatory seeds](#).

Anti-inflammatory products support cognitive function and your loved one will look and act as if someone just turned on the head lights and turned on the windshield wipers! Finally! Much easier driving now and clearer reception.

Join the Revolution in Nutrition and Eat the Seed.

Bradford S. Weeks, M.D.
Whidbey Island,
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PS:

If you are critical of your psychiatrist offering you the standard of care, review some of these websites of people who agree with you.

- about SSRI anti-depressants [HERE](#)
- about neuroleptic medications [HERE](#)
- about addiction medications [HERE](#)
- about stopping fish and krill oil capsules [HERE](#)