

## Functional Medicine in Mood and Anxiety Disorders

Miles Simmons, MD

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## The 1990's "Epidemic" Unstable Bipolars

- ? Antidep's causing instability
- Bipolar Disorder, Type II
- Creative polypharmacy

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### God Diagnosed With Bipolar Disorder

NEW HAVEN, CT—In a diagnosis that helps explain the confusing and contradictory aspects of the cosmos that have baffled philosophers, theologians, and other students of the human condition for millennia, God, creator of the universe and longtime deity to billions of followers, was

see GOD next page

The Lord (above) is the subject of a massive U.S. Justice Department investigation.

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## Functional Medicine Principles

- Complexity – the web, systems theory
- Biochemical Individuality – genetic, epigenetic, life experience/exposures
- Organ Reserve – used up over time under stresses to tipping point
- Total Load – of environmental stressors

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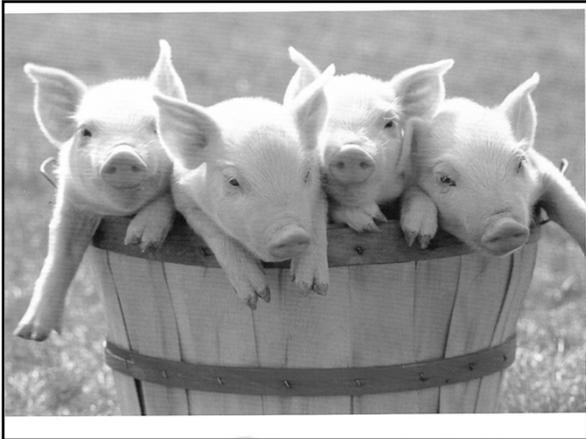
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## Kaplan, et al.: Open Label Trial

- 7 of 11 Bipolars with marked response seen on 3 standardized symptom scales
- 50% reduction in medication over all

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### Commentary

See also article beginning on page 936.

## Do Vitamins or Minerals (Apart From Lithium) Have Mood-Stabilizing Effects?

Charles W. Popper, M.D.

Nutritional scientists have been well funded by agribusiness to find ways to deal with factors that interfere with animal health, including aggressive and destructive behavior. When farm animals become "violent"—when pigs start biting each others' ears and tails, when chickens attack chickens—farmers have learned that the aggressive behavior can be reduced by adding certain minerals and vitamins to their diet, without the need for veterinary intervention.

In 1996, animal nutrition specialist David L. Hardy described this approach to Anthony F. Stephan, whose children had severe treatment-resistant bipolar disorder. Stephan then added similar nutrients to his children's diet. On the nutritional supplements, both children stabilized clinically and have not needed psychiatric medication for the last 5 years. Hardy and Stephan began advising family members and friends about this nutrient supplement and

a strong effect size (>.80) was observed for ratings of depression as well as mania. Most patients could reduce their doses of psychiatric medications, and some patients became stable without any psychiatric medication. Only 2 patients started on new medications that might conceivably have contributed to their stabilization. Even allowing for the usual overestimation of effects in open-label series, these preliminary findings raise interesting questions about nutrition-behavior interactions.

In view of the 50 years of experience with lithium, the notion that minerals can treat bipolar disorder is unsurprising. However, the nutrient supplement studied by Kaplan and colleagues contains no lithium. Might other dietary nutrients have mood-stabilizer properties?

Some may object that a clinical trial of a mixture of ingredients is inherently unscientific: How can one know which ingredient is the active one, whether a smaller

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## Popper - Clinical Case Series

- 22 Bipolars – children, teens, adults
- 76% had moderate to marked positive response
- 50% medication-free and stable 6-9 mos.

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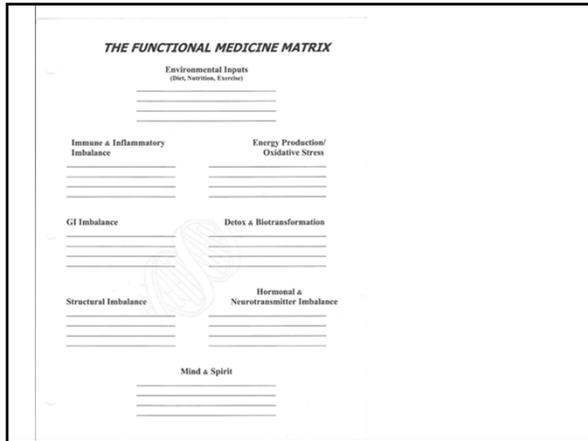
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**True North** a healthier model of healthcare  
MAINE'S CENTER FOR FUNCTIONAL MEDICINE AND THE HEALING ARTS

## Conventional Lab Testing

- CBC, Chemistries, thyroid, lipids, celiac
- 25 hydroxy vit D
- Homocysteine - methylation
- hs-CRP - inflammation
- Ferritin – availability of iron as mineral cofactor
- DHEA-Sulfate – adrenal function

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**True North** a healthier model of healthcare  
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## Functional Lab Testing

- Adrenal
- Stool
- Nutritional
- Food Sensitivities
- Heavy Metals

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## Fight - Flight Response

- Competition culture, denial of interdependence, loss of loving community
- All stresses, derange entire physiology to prepare to run or fight for life
- Gut, sugar, immune, brain, thyroid, sex h's, use up vits and mins

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## Gut Imbalances

- Dysbiosis – Imbalanced Microbiology
- Lack of digestive enzymes
- Heartburn
- Inflammation, eg. From food sensitivities
- Dietary effects
- Liver effects

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## Hormone Imbalances

- Stress Hormones
- Sugar Metabolism
- Thyroid
- Sex Hormones

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## Case 2 – Woman early 30's

- Chaotic, alcoholic family; sober since 23
- 4 marriages; 2 children; responsible job
- Chronic Constip'n; severe HA's
- Recurrent Major Depression
- Responded to antidepressants initially

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## Case 2 – cont'd

- Aft 2 yrs, more depressed, then severe bipolar
- On Disability
- Mood stabilizing cocktails, then flax in '98
- Lethal overdose – recovered, more meds
- EMP trial in '01 – much more stable, 32 pills triggered OD trauma – EFT helped

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## Case 2 – cont'd

- Occas brief bursts: Paxil, Risp, sleepers
- Fn'l Med- Gut: 4R program empirically
- Malnourished- worked on healthy diet
- Fatigue prominent, mood mild depressed
- Any liver support- sick quickly
- Adrenal support added

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### Case 2 – cont'd

- Able to stop tobacco in '03
- '05 – urine provoked toxic metals: Hg & Pb
- Eventually started chelation therapy
- Fatigue improving steadily, work part time

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### Case 3

- Mid-40's male, starting his 3<sup>rd</sup> Major Dep'n
- Mult meds in past, helped some, but awful
- Sought me desperate for an alternative to meds
- Terrible diet, 3 plus gallons cola daily
- Balanced diet and tapered off cola – mood improving in one week, fully recovered in 4 wks

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### Case 4

- Early 50's woman, h/o severe child abuse
- Therapy and healing work most of life with tremendous progress – enjoy much in life
- Meds for dep'n, anx, panic sx's at times
- Still strong sx's at times
- Adrenal – adrenal and brain support - recovering

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## Case 5

- Early 40's mother, life long dep'n, OC sx's
- Progressive worsening; brain fog, fatigue
- Constip'n, sugar, stress, early traumas
- Gut; adrenal; EFT for traumas, marital
- Slow 4 yrs, an unusual diet- final recovery

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## Take Home

- Foundations for whole life healing:  
Healthy Eating, Sleep, Movement, Stress  
Reduction, Relaxation Practice, Heal the  
Past, Cultivate Love over Fear in every  
moment, Cultivate Loving Community

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## Healthy Eating

- Don't skip breakfast – keeps adrenalin up
- 3 or more meals, balanced protein, healthy fats,  
complex carbs, fruits and veggies
- Organic, whole foods as much as possible
- Sit down, relax, recall gratitudes, chew well,  
don't rush
- Eliminate any suspicious foods, eg. Gluten,  
dairy, eggs, soy, corn, others

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## Specific Supports

- Omega-3 oils – 1 to 6 grams per day
- High quality multi vitamin/mineral 2 or 3 x/day
- Probiotics and prebiotics for GI
- Explore natural strategies for cholesterol
- Explore natural anti-inflammatories

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## Resources in Print

- The UltraMind Solution-Mark Hyman, MD
- Digestive Wellness – Eliz Lipski, MA
- Adrenal Fatigue – James Wilson, ND
- Functional Clinical Nutrition
- Textbook of Functional Medicine

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## Take Home

- Any symptom that becomes chronic is a wake up call to heal/balance your whole life
- All your organs are affecting all your other organs/systems, including your brain/emotion

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## Take Home

- Anxiety, Depression, and Bipolar mood disorders can be improved, and in some cases resolved, with the “Foundations” and with functional supports to the brain and other organs where needed

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## About Miles Simmons, MD

- Board-Certified Psychiatrist
- BS, Chemistry, University of Denver, Denver, CO
- MD, University of Texas, Houston, TX
- Psychiatric Residency, University of Texas, Houston, TX
- Chairperson, Psychiatry Department at Mid Coast Hospital in Brunswick, ME
- A True North practitioner since 2002

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