

Tequesta Family Practice

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Bipolar Disease Complementary & Alternative Medicine

To be diagnosed as a bipolar depressive, an individual would be expected to have at least three of the following symptoms:

Excessive self-esteem or grandiosity Reduced need for sleep

Extreme talkativeness, excessive telephoning

Extremely rapid flight of thoughts, along with the feeling that the mind is racing Inability to concentrate, easily distracted

Increase in social or work-oriented activities, often with

a sixty- to eighty-hour work week Poor judgment, as

indicated by sprees of uncontrolled spending, increased sexual indiscretions, and misguided financial decisions

QUICK REVIEW

- Patients experiencing a manic syndrome usually require hospitalization to prevent impulsive and aggressive behavior from ruining their careers or injuring themselves or others.

- There is a link between high vanadium levels and mania. Vitamin C (3 grams per day) has been shown in a double-blind crossover study to result in significant clinical improvement.

The use of phosphatidylcholine to increase brain acetylcholine activity has been shown to produce significant improvement in symptoms in some patients.

In general, the same dietary and lifestyle guidelines given in the DEPRESSION are appropriate here.

Diet

A low-vanadium diet is recommended. This involves eliminating all refined and processed foods and promoting the consumption of fresh fruits and vegetables.

Nutritional Supplements

- High-potency multiple-vitamin-and mineral formula
- Phosphatidylcholine: 10-25 g/day

NOTE: Phosphatidylcholine may induce depression in some patients. if this occurs, discontinue immediately.

