Towards a Natural Cure for all Mental Health Disease, Schizophrenia, Bi-Polar, and PTSD

By Prof of Medicine Desire' Dubounet

I graduated from Girard, Ohio high school in 1969 where I was senior class president. A week after graduating I found myself working as an electrical engineering student on the Apollo 11 project and I was behind the console when we witnessed the first landing on the moon. I worked in Milwaukee for AC Electronics, the NASA subcontractor for the navigation system. I got Beryllium lung working on a beryllium de-burring system for the gyroscope. I was instrumental in helping the Apollo 13 astronauts return to earth.

Later in the 70’s I went to YSU and NEOCOM (medical school in RootsTown) studying Psychology and Medicine. Here is saw how the entire medical education revolved around the use of SYNTHETIC PATENTED medications. The ideas of Electrical medicine or Natural medicine were discouraged and rebuked. My pharmacology professors made an announcement “A synthetic anything is an INSULT to the body”, “your body knows it is unnatural and deals with it in unnatural ways”. Then the professor said “We will spend the rest of the semester learning to INSULT the body, for only synthetic drugs get the research investments needed”.

As I explored the science of synthetic medication, I found that the key element was first raising investment for development and research towards getting a patent on the drug to control sale to pay back the investors. To get a patent you must prove that your drug is NOT of Nature. You must prove that your drug has never existed before and that you made it. An Un-Natural synthetic will have No Life Force, No Neg-Entropy and none of the wonders and fractal complexity of nature.

My son was born autistic in 1979 and we were involved in a court case regarding a synthetic drug (bendectin) as the possible cause. The drug company Merrell Dow removed the drug from the market. And I studied the literature around synthetic drugs and I was Horrified. I found that all synthetic drugs were bastardizations and with any hint of Life Force they were somewhat incompatible with human consumption.

Therefore, I NOW call these patented drugs SINthetic. They are a SIN against nature and I found that all of these SINthetic drugs were designed to block,
inhibit, suppress or abnormally mimic nature. I started to look for natural medicines and the evidence behind them for all of humanity ailments.

Now as for schizophrenia, I looked for natural ways to help these poor unfortunates and other mental disease victims. These people are NOT Sick because they are drug deficient. The causes of schizophrenia include:

- Organic Brain changes from Trauma or Bad Lifestyle
- Chemical changes based in Bad Bowel Flora
- Pregnancy complications, low birth weight, premature + lack of O2 at delivery.
- Childhood trauma.
- Sexual identity guilt and conflict
- Drug use recreational or prescription

Schizophrenia is definitely not genetic but a predisposition to it can be inherited. Most likely bad family lifestyle and food choices are more often the familiar component. There is a strong connection between schizophrenia and addiction. An estimated 80% of people with schizophrenia smoke cigarettes or cannabis whereas in the general population smoking is down to about 20%.

Excess Glutamate or Dopamine will prompt Schizophrenia. The Dopamine theory of schizophrenia is that Cocaine, LSD, Amphetamines cause schizophrenia like symptoms.

Evidence for the Dopamine Hypothesis

- Drug induced psychosis risk is very high with drugs that increase synaptic dopamine availability:
  - Cocaine
  - Amphetamines
  - L-dopa

All of the drugs designed to treat schizophrenia are L-Dopamine Blockers.

The drug companies love to block or inhibit action. The word “allopatic” comes from the Greek “allos” — meaning “opposite” — and “pathos” — meaning “to suffer.”
This word Allopathy was coined by German physician Samuel Hahnemann in the 1800s. It roughly refers to treating a symptom with its opposite, as is often done in mainstream medicine. So Dopamine inhibitors were designed.

What we do know is that indeed the action of schizophrenia is chemical. Something upsets the chemical balance. The chemical balance originates largely in the bowel flora where most of these chemicals are made. B Vitamins also have a lot to do with preventing schizophrenia.

When I reviewed the research on schizophrenia, I found links to bowel bacteria and vitamin B absorption. So, I designed a program to deal with schizophrenia naturally back in the 70’s in Youngstown.

First clean out bad bacteria from the bowel. Use the onion, pepper, garlic, ginger and oregano soup, 2 or 3 bowls in one day – once a month only

Replenish good bacteria. Take probiotics with 12 oz of water on empty stomach first thing in the morning

Use a Probiotic enema if stubborn to readjust bowel flora

Avoid bad foods. All SINthetics, Cooked Oil, Processed anything, white sugars
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Avoid stimulants and Glutamine or Glutamate + all SINthetic Sweeteners
Take Vitamin B with water and a touch of baking soda 2 hr after a meal
Use natural vitamins + GABA to lower Psychosis and Mania
Take Uric acid fighters if Mania does not allow sleep
Switch Chamomile Tea for coffee to get some Lithium to calm the nerves
Now counselling will work on identity issues and processing trauma
This program had very good success, but staying on a good diet was difficult when all around you eat so poorly

Mental Health and the Gut Flora, the Research Evidence

When I was in my medical residence in psychotherapy in the 1970’s in Ohio, I found I could successfully treat severe mental disorders with natural means. I found a French study that said that psychotics had a higher rectal temperature when they have an episode. I found that this was due to an imbalance in their bowel flora. The therapy I used is on page 15 of the book, and the rest of this book is dedicated to showing the new research validating my work. Désiré Dubsaint
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Kill Bad Bacteria in the Bowel with This Spicy Soup

Make a Spicy Soup with Onions, Garlic, Peppers, Cloves, Golden Seal, Ginger, Oregano, and a Touch of Orange Peel
2 or 3 bowls in one day

Always Replenish the Good Bacteria After Using this Soup

The pyloric valve opens when the acid has done its job

We Must Learn the Rules of the Stomach

3 Steps to a Healthy Gut

Step 1: Eat More Vegetables

Step 2: Add Beans to Your Diet

Step 3: Avoid Meat, Dairy, Eggs and Fatty Foods
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Take your probiotics with a large glass of water (12 to 15 oz) on an empty stomach first thing in the morning.

2 MIN 40 MINUTES 1 HOUR 2 HOURS 5 HOURS

How Long Does Food Stay in the Stomach

Then the Good Bacteria can get by the Stomach Acid and swept into the Large Intestine.

The Stomach Needs Time to Work Excess Fluid, Coffee, Acid-Acids Will Destroy Stomach Acid and Disgestion.

Take your B Vitamins with a touch of Baking Soda + Water after your stomach is done with a meal.
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For Healthy Bowel Flora Avoid the Foods

- Artificial Sweeteners
- Trans Fats
- Vegetable Oils
- High Fructose Corn Syrup
- GMOs
- Monosodium Glutamate (MSG)
- Preservatives
- Artificial Flavors
- Processed Foods
- Processed Sugars

How to Reduce Uric Acid

Drug Companies’ SINthetics: Anti-inflammatory (Advil, Motrin IB, others) and naproxen sodium (Aleve), as well as some prescription NSAIDs such as ibuprofen (Indocin) or celecoxib (Celebrex), colchicine (Colcrys, Mitogate), Corticosteroids, Drugs called xanthine oxidase inhibitors (XOIs), including allopurinol (Allopurinol, Zyloric) and febuxostat (Uloric), Block the amount of uric acid your body makes. Drugs called uricosurics include probenecid (Probalan) and lesinurad (Zemaira). Uricosuric drugs improve your kidneiy’s ability to remove uric acid from your body. This may lower your uric acid levels and reduce your risk of gout, but the level of uric acid in your urine is increased. Side effects include a rash, stomach pain and kidney stones.

High Uric Acid causes, Gout and acts in the Brain of Schizophrenics and Manics as 10 cups of strong Coffee Making Going to Sleep Difficult

Natural Cures Include

- Celery
- Cherries
- Pineapple
- Ginger
- Strawberries
- Apple
- Changes in Diet
- Lemon Juice
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How to Treat Schizophrenia

Folic acid supplements may help ameliorate positive and negative symptoms in schizophrenia. Vitamin C, E, and B (including B12 + B6), were also found to be effective in managing schizophrenia symptoms.

GABA significantly reduces the activity of dopamine neurons.

MONOSODIUM GLUTAMATE ENTER INTO OUR BODY

MSG is added in many commercially packaged food products, such as:

Avoid these foods:

1. Chips (crisps, snack, etc.)
2. Snack foods (nuts, crackers, etc.)
3. Soups (Clam and cream soups)
4. Instant noodles
5. Cheese
6. Pasta (Ibuprofen)
7. Seasoning salt
8. Salad dressings
9. Gravy mixes
10. Fast-food (Pizza, Burgers, Fried, Taco, etc.)
11. Any Chinese food
12. Sauces (Ketchup, Mayo, barbecue sauce)
13. Mayonnaise
14. Condiments
15. Frozen meals
16. Seasoning blends
17. Processed Meat (hot dogs, sausages, pepperoni, etc.)

If you have Schizophrenia or Mania then Avoid these foods.

Low Glutamate/Aspartate Diet

Avoid:
- wheat, dairy, white/yellow corn, soy
- Tree nuts: such as walnuts and pecans are acceptable in low amounts. For example, 7 almonds a day are all an individual needs.
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There is NO Life Force or Life Energy in these SINthetic Un-Natural Poisons for Profit

All FDA approved

Sucralose (brand name: Splenda), Acesulfame K (brand names Sunett and Sweet One), High Fructose Corn Syrup, Advantame, Aspartame (two brand names: EqOual and Nutrasweet), Neotame (brand name: Newtame), Saccharin (two brand names: Sweet ’N Low and Sweet Twin)

All Destroy the Bowel Flora and Cause or Aggravate Mental Disease

Lithium Explained

Psychiatrist John Cade used Lithium to treat mania in 1949, and Lithium stabilizes mood and depression

Side Effects of Lithium

- L = Leucopenia
- I = Insulinopenia (Diabetes)
- T = Tremor, Nervousness, especially in the first trimester
- H = Hypothyroidism
- I = Increased Weight Gain
- U = Urination (substitutes V for U), Nausea, GI disturbances
- M = Miscellaneous

Pistachios have Lithium

Schizophrenics and Manics need this

7UP used to be a Lithium Drink

The SWEET Truth About Better Moods

It Has Lithium
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**FOODS TO EAT AND AVOID WITH GOUT or MANIA**

- Eat: Currants, Cherries, Apples, Whole Grain Bread, Celery, Dark Berries, Vegetables
- Avoid: Red Meat, Seafood, Alcohol, Tuna, Salmon, Poultry, Scallops are the Worst offender

Excess Uric Acid Drives Both Gout + Mania

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**Social Strategies to Cope With Schizophrenia and Maybe Cure**

- Reality Exploration: Join a peer support group
- Non-Judgmental FAMILY: Help Me Learn to Control My Mind, Ask for feedback
- Consider community housing
- YOGA Group or Alone
- Dating- and friend-matching services
- Gentle Social Feedback
- Participate in social skills training
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Conventional Remedies
No Life Force, Insult to Biology
Lithium
Antipsychotics
Anticonvulsants
Hormone replacement therapy (HRT)

Best MOOD STABILIZERS: Natural and Conventional

Natural Remedies
Life Force, Safe, Effective, Time Tested
Hormone regulators
Stress and anxiety reducers
Antidepressants
Nutritional supplements

THERE IS A FINE LINE BETWEEN GENIUS AND INSANITY
Linear Intellectual Evolution

To See the World Differently than Others can be a Blessing or a Curse
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We Can Inherit a Predisposition to Bad Bowel Schizophrenia But-

NEW RESEARCH FINDS THE CAUSE OF SCHIZOPHRENIA AND IT'S IN ALL OF US

It's in Bad Bowel Flora

It is Bad Diet + Lifestyle That make Bad Bowel Chemistry

BEHAVIOUR GENETICS

Evidence for a genius-madness link comes from fact that close relatives of creative people have higher rates of schizophrenia, and vice versa (psychotics have more creative relatives).
(Simonton, 2005)

I have been surprised at finding how often insanity or idiocy has appeared among the near relatives of exceptionally able people (Francis Galton, Hereditary Genius, 1892)