



# Too Good to be True? Nutrients Quiet the Unquiet Brain--A Four Generation Bipolar Odyssey

*David Moyer*

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This true medical detective story describes the author's four generation family odyssey that leads him to paths less traveled. He discusses multiple biological triggers and effective nutritional interventions for those suffering from bipolar disorder and other central nervous system (CNS) disorders. Exploring the role of infections, foods and additives in mental illness he challenges conventional wisdom, arguing for a closer look at a variety of contributing factors. Examples include Lyme disease, viruses, gluten, casein, MSG, and aspartame. He examines assumptions and practices in the justice and mental health systems that impact those with CNS disorders. Too Good to be True? describes some totally different ways — for patients, parents, teachers, therapists, police, prison guards, nurses, doctors and judges — to understand and respond to these crippling disorders.

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you the relaxing pattern here is your body and mind will be pleased when you are finished examining it, like winning a game. Do you want to try this extraordinary wasting spare time activity?

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