

Book Reviews

Part One: Headache Control Without Drugs; Part Two: New Concepts in the Prevention and Treatment of Nervous System Symptoms and Illness

by Andrew Wm. Sere da, M.D., F. R. C. P. (*CJ Neurology*. Amaranthine Press, P.O. Box 8130, Station F, Edmonton, AB T6H 4N9, 1987. \$16.95 U.S., \$21.95 Can.

This may be the first Orthomolecular book written by a neurologist for neurologists and other physicians. Part One deals with headaches. Part Two deals with other nervous system disorders.

Part One on headaches will be very helpful. Patients suffering from headaches make up a substantial part of any general practitioner's practice and perhaps are seen even more commonly by neurologists and neurosurgeons. I doubt any migraine patient has failed to be examined once or more often by one or more neurologists.

Dr. Sereda is concerned mainly with headaches caused by metabolic or biochemical factors. These are also the most common ones. He suggests that one of the main biochemical causes of headache is a depletion of norepinephrine (nor-adrenalin). This may follow severe and prolonged stress, from abuse of stimulant xenobiotics such as caffeine or the amphetamines, or from a deficiency of nutrients needed to synthesize this amine. This is a good hypothesis, meaning it can be tested and will lead to valuable research into headache and, even more valuable, newer and more effective treatment.

Norepinephrine depletion headaches may result in five major sets of symptoms:

1. Lack of energy, fatigue, etc.;
2. Lack of concentration and in children hyperactivity;
3. Excessive irritability;
4. Muscle spasm pain which may last long after the spasm which set off the pain;
5. Hyperventilation symptoms.

Treatment is Orthomolecular. It includes avoiding stimulants (tea, coffee, cocoa, etc.), healthy diet, and vitamins and minerals. These

are described. No specific doses are recommended, but Dr. Sereda is fully familiar with the dosages used in Orthomolecular medicine and uses optimum doses whether large or small. He also recommends 1-phenylalanine (not the dl form), and 1-tyrosine. These are precursor amino acids from which dopamine and noradrenalin are formed in the body.

Part Two deals with the free radical hypothesis of illness and the use of Orthomolecular antioxidant treatment. Multiple sclerosis, vascular disease, cancer, dementia, aging and other diseases are described. This is followed by a brief description of the nutrients which are useful or which ought to be tried.

This is a very useful, 320-page paperback book. I do hope Dr. Sereda's book will inflame all neurologists with enthusiasm for Orthomolecular neurology. Unfortunately, very few will even read this book.

If you are a headache victim, get this book. Or tell your headachy friends about it.

Environmental Medicine — For Patients and Professionals — For AH Who Need to Know How to Diagnose and Manage Allergies by N. Golos, J. F. O'Shea and F. J. Waichman, with F. G. Golbitz. Keats Publishing, Inc., New Canaan, CT. 1987. Paperback, 184 pages, \$14.95 U.S.

The subtitle of this book recommends it to everyone concerned about allergies. However, it is especially valuable for teachers, lay or professional, who wish to teach the principles of clinical ecology. It is a course outline which covers the essentials in six, one- or two-hour sessions. The book provides teachers with an outline which is systematic and complete, and for students lists the material they will have to read and absorb from six reference books. The book is endorsed by the American Academy of Environmental Medicine and by Dr. Lawrence Dicker who has served for years as Continuing Medical Education Director of the Society for Clinical Ecology.

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