

# Correspondence

## Serotonin and Health

The article by Robert A. Nash, M.D. on the Serotonin Connection (JOM Vol. 11, No. 1) has a useful focus on the role of serotonin in health and disease. The medical practitioner is challenged to integrate new knowledge into his practice. It will require an open mind, a re-evaluation of certain knowledge and the willingness to learn. The necessary role of serotonin and indigenous opiate peptides (endorphins and enkephalins) in synaptic junction transmission is emphasized. Stress of various types raise endogenous opiates and serotonin and also stage four sleep. I am also interested in the rest of the story, not highlighted in this article which permits a different conclusion than the author uses for application of synthetic medications.

Consider the following factors,

### 1) *The Role of pH*

The body's function, including synaptic junction function, requires an alkaline medium for optimum function. All narcotics, including self-made opiate peptides are alkaloids and thus alkalizing. If the area causing pain is acidic, it would require more opiates since the area has to become alkaline for the opiate and or, serotonin or other synaptic junction transmitters to function optimally. It seems logical to me that an acid medium is what makes it necessary to raise the opiates and serotonin in order to obtain optimal function. In my work with pain and other symptoms caused by maladaptive reactions to foods, it has been observed that a 1/2 teaspoon of soda bicarbonate usually relieves the pain or other symptoms. Breathing 100% oxygen further enhances the percentage chance of relief. Thus, acidhypoxia is characteristic of acute and chronic pain. The most predictable, observable symptom reliever (including pain) is the exposure of the symptom area to a negative magnetic field. A negative magnetic field acts directly on the bicarbonate buffer system producing a normal alkaline

pH plus the negative magnetic field being an energy activator of the oxidoreductase enzymes which catalyze free radicals, peroxides, aldehydes, and acids to relieve bound oxygen back to oxidative functional molecular oxygen which through oxidative phosphorylation produces anatriphosphates and oxidative remnant magnetism (negative field magnetism). Thus a negative magnetic field reverses the symptom producing acid-hyperoxia and replaces it with symptom relieving alkaline-hyperoxia. In 40 years of medical practice, I have never found any people for whom symptom relief and healing did not respond to that of a negative magnetic field.

### 2) *The Role of the Pineal Gland*

The pineal gland produces serotonin during sleep in the dark and, in the absence of 60-cycle per second pulsing frequency, makes melatonin from serotonin. The pineal gland is a magnetic sensitive organ. In the presence of a negative magnetic field, the pineal gland makes melatonin. In the presence of a positive magnetic field, it does not make melatonin.

### 3) *The Role of Melatonin*

Melatonin is an anabolic hormone that regulates the function of the entire energy system of the body (including all synaptic transmitters, including serotonin and opiate peptides). Melatonin is the body's only transducer and reduces excessive and corrective deficiencies in the energy system of the body. Melatonin is the normalizer of necessary biological functions.

### 4) *The Role of the Negative Magnetic Field*

a) The negative magnetic field makes melatonin available for its biological normalizing functions.

b) A negative magnetic field normalizes pH of the body.

c) A negative magnetic field oxygenates local areas that are in the magnetic field and oxygenates systemically when sleeping on a negative magnetic bed pad.

d) A negative magnetic field controls the electrical activity of the central nervous system and thus, can reverse the symptoms of minor emotional responses and major mental disorders including addictive withdrawal and seizures.

e) A negative magnetic field can produce relaxation with its anti-stress effect and deep energy restoring sleep with all of its energy producing and healing qualities including a rise in growth hormone which is necessary for healing.

f) A negative magnetic field with prolonged application governs all healing.

Indeed, we do need to be open minded and willing to learn if we are going to incorporate into our practice the emerging available information that could be so beneficial for our patients.

William H. Philpott, MD  
17171 SE 29<sup>th</sup> Street  
Choctaw, Oklahoma. 73020

## The Lotte & John Hecht Memorial Foundation

Supports research of complementary medicine in the treatment of cancer. Those interested should submit a one page précis to the Foundation at #505-325 Howe St., Vancouver, B.C. V6C 1Z7.

### **Opportunity to Establish an Orthomolecular Practice**

I am looking for someone to share my practice for two and a half days per week. Eventually this could lead to taking over the practice. Those interested in holistic, complementary, orthomolecular and preventive medicine please contact.

**Max J. Vogel, M.D.**

405,1640-16<sup>th</sup> Avenue N.W. Calgary, Alberta T2M 0L6.  
Tel: (403) 284-2222 Fax: (403) 284-0505