



Nutritional medicine

A promise of hope for mental illness

***Importance of food and micronutrients in treatment
Science and practice***

**A seminar on nutritional medicine and mental illness with scientists
from Canada and New Zealand**

*Arranged by Swedish Society for Orthomolecular Medicine (SSOM)
June 12th, 2014, 13.00 – 17.00*

*The Royal Swedish Academy of Engineering Sciences, IVA,
Grev Turegatan 16, Stockholm at the Wenström room.*

Entrance fee 200 SEK

**Take the opportunity
to learn from top researchers.**

Swedish psychiatrists give their views on
nutrition in psychiatric disorders

Notification before May 20th by e-mail to Klas Cederwall,
klas@cederwall.se

Program

We especially invite professionals in health care and research to this afternoon.

Welcome!

13.00 Welcome

Klas Cederwall, prof em Royal Institute of Technology, KTH and IVA

13.05 What is nutritional medicine?

Bo Jonsson, MD, PhD, Karolinska Institutet; Chairman, SSOM

13.10 A small network in a global setting

Ann Gardner, MD, PhD, Karolinska Institutet

13.15 A Promise of Hope - a patient's perspective on the use of micronutrients

Autumn Stringam, Canada

14.00 Nutrition as the first line of treatment for mental illness – knowledge lost and refound

Bonnie Kaplan, PhD, professor, Canada

15.00 Break

15.30 Micronutrients for the treatment of mental disorders – what is the evidence?

Julia Rucklidge, PhD, professor, New Zealand

16.30 Concluding remarks and reflections

Mats Humble, MD, Örebro University

Autumn Stringam's book *A Promise of Hope* describes a new treatment helping thousands of patients with ADHD, bipolar and other psychiatric disorders. It is a good introduction to the seminar. The research on this multi-nutrient treatment supports further development of nutrition in psychiatry.

Questions and comments are very much welcome. The whole meeting is held in English. If any translation to Swedish and clarifications are needed, please feel free to always indicate that!