



## *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 13th, 2014, 13.00 – 16.00*

*Katasalen, ABF-huset, Sveavägen 41, Stockholm*

**Entrance fee 100 SEK**

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

Swedish psychiatrists give their views on  
nutrition in psychiatric disorders

Notification before May 20<sup>th</sup> by e-mail to Klas Cederwall,  
[klas@cederwall.se](mailto:klas@cederwall.se)

## ***Program***

**We especially invite care users, patients,  
family and friends 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*

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

*Bonnie Kaplan, PhD, professor,  
Canada*

**14.30 Break**

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

*Julia Rucklidge, PhD, professor,  
New Zealand*

**15.45 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!