Obsessive Compulsive Disorder (OCD) is another neurotransmitter imbalance disease. In my experience, the most effective approaches to treating obsessive compulsive disorder are amino acid supplementation according to the protocol developed by Dr. Hinz and homeopathy. The choice of therapy depends on the patient’s preference. Both are very effective and can be used in conjunction in some cases, but should be started one at a time to be clear of the effect of each approach. Before starting a particular therapy I like to make sure the patient understands the pros and cons of both and can make an intelligent decision.

The following article can be read in its entirety on Dr. Hinz’s site.

Repetitive thoughts (obsessions) thoughts of obsessive compulsive disorder (OCD) leading to repetitive behaviors (compulsions) have proven difficult for medical doctors to treat.

But what if? You could as abruptly as turning off a light switch, make the obsessive thoughts stop and the repetitive compulsive behavior, stop abruptly in patients suffering from obsessive compulsive disorder?

Results such as this are not possible for most people treated with prescription drugs. The cause of
obsessive compulsive disorder is not a drug deficiency, it is a deficiency of the serotonin and dopamine neurotransmitter systems.

The treatment approach of NeuroResearch Clinics, in treating obsessive compulsive disorder, allows observation of what happens when the light switch controlling OCD is turned off leading to abrupt cessation of the obsessive thoughts and the compulsive repetitive behaviors.

When the symptoms of obsessive compulsive disorder abruptly stop some patients emerge from their disease into a new life with no further problems. Other patients may react in an unexpected ways at which point the treatment challenge is not getting obsessive compulsive symptoms under control but integrating the patient back into a normal life. In these cases the patient, family, and other people close to the patient may need to be included in treatment to facilitate the patient support needed to make the transition into life without obsessive compulsive disorder.

In these patients the challenge becomes learning to live life without obsessive compulsive disorder symptoms as the world continues to react to them as if the disease and its symptoms were still active. The key may be psychotherapy which includes the immediate family members and others close to the patient in order to learn to live and react to life without obsessive compulsive disorder symptoms. The main cause of symptom relapse under the NeuroResearch Clinics obsessive compulsive
disorder treatment approach is not controlling symptoms, which is the primary problem with prescription drugs, it is the struggle of integrating some patients, family and other people close to the patient back into a normal life in the face of abrupt control of symptoms. While most patient do well after symptoms are controlled, some patients experience a challenge in living a normal disease free life then quit their treatment and go back living life with obsessive compulsive disorder. It is sad when this happens, the patient takes the stand it is easier to crawl under a rock and live with the disease than to come out in the sun light with the rest of the world living symptoms free.

OBSESSIVE COMPULSIVE DISORDER
STANDARD MEDICAL TREATMENT

MDs (medical doctors) treat obsessive compulsive disorder primarily with counseling (psychotherapy) and prescription drugs, neither of which are very effective.

The primary drugs used to treat obsessive compulsive disorder are the following “reuptake inhibitors”:

- Clomipramine (Anafranil)
- Fluvoxamine (Luvox)
- Fluoxetine (Prozac)
- Paroxetine (Paxil)
- Sertraline (Zoloft)

Each of these drugs do nothing to increase the overall number of serotonin and dopamine
neurotransmitter molecules in the brain, they work by moving serotonin and dopamine molecules from one place to another in the brain and in the process deplete the neurotransmitters making the cause of the problem worse, "neurotransmitter levels that are not high enough to prevent disease". The effectiveness of these drugs in most obsessive compulsive disorder patients is low involving years of medical clinic office visits where very small gains in obsessive thoughts and compulsive behaviors are being gleaned out of the visits. Many patients obtain complete and abrupt relief of symptoms seen using the NeuroResearch Clinics Approach. The natural nutrient approach of NeuroResearch Clinics with neurotransmitter testing as indicated, in most patients, leads to results similar to turning off a light switch, the obsessive thoughts and compulsive behaviors abruptly stop once the proper balance of neurotransmitters is achieved.

It is no secret NeuroResearch Clinics uses the nutrients 5-HTP, tyrosine, levodopa, and cysteine with neurotransmitter testing as indicated to treat obsessive compulsive disorder patients in order to achieve the results that are documented by our doctors, Proper use of these simple nutrients in medical treatment is not simple. From time to time a patient will say, "Why do I want to take that, I can go to a health food store and buy it?" People off the street buying in a health food store is like going to an art store and buying a bunch of oil paints then going home and expecting to paint like a master artist even though there was no previous painting experience. Due to their unique chemical properties
nutrients have obsessive compulsive disorder tremendous potential. The potential in obsessive compulsive disorder treatment is only fully realized in the hands of the fully trained professional using neurotransmitter testing. Obsessive compulsive disorder treatment is not just giving a nutrient pill, it is the whole medical approach doctors are trained in to manage the disease properly and make sure that the treatment plan is on track to get symptoms under control.

The Peer Reviewed Research of NeuroResearch Clinics

The obsessive compulsive disorder research findings of NeuroResearch Clinics have not been ignored. The University of Minnesota Medical School is writing a series of papers on the neurotransmitter testing research of NeuroResearch Clinics. The first University of Minnesota Medical School neurotransmitter testing paper has been accepted for publication in “The Journal of Neuropsychiatry”. It will be published in May of 2009. Ingrid Kohlstadt, MD of Johns Hopkins in her new medical text book released February 7, 2009 included a chapter on depression written by Marty L. Hinz, MD President Clinical Research NeuroResearch Clinics outlining in depth the proper use of amino acids and neurotransmitter testing in treatment of depression.

Learn more here

Let’s discuss the pros and cons for using the NR method and
NeuroResearch amino acid supplementation  Pros:

▪ Fast: good improvement is usually seen within 4-6 weeks of starting the therapy.
▪ Very simple to use: the same protocol is used for everybody and the only adjustment is in the dose of the supplements.
▪ Predictable: most people respond well.

Cons:

▪ Non-curative: you are better only as long as you continue to take the supplements.
▪ Many pills to take.
▪ Supplements are more expensive in the long run than successful homeopathic treatment.

Homeopathy

Pros:

▪ Curative: you take the remedy only as long as necessary, with the goal of permanent alleviation of symptoms and eventually stopping the remedy.
▪ Treats all symptoms at the same time, not just those related to the neurotransmitter imbalance.
▪ No large numbers of pills to take.
▪ Less expensive in the long run: the remedy is included at no charge, you pay only for the doctor’s time.

Cons:

▪ Much more difficult in practice. The visits take a lot more time and effort on the part of the doctor, because the treatment is highly individualized. That is why the first visit for homeopathic treatment is much more expensive than the one for NeuroResearch treatment. Also, insurance
coverage for the homeopathic visits is usually not as good as for the NR visits.

- The effect is often quite slow. Sometimes it takes more than one try for the doctor to find the effective remedy. Until one is found, there is no effect. Once the correct remedy is found, the effect is usually slow.

Make sure to read this to gain a better understanding of the expectations for homeopathic treatment. Some patients choose to start with the NeuroResearch approach in order get better fast, then proceed with homeopathic treatment leisurely and reduce the supplement doses if and when possible.