

Message to Physicians and the Public from Michael B. Schachter, MD Orthomolecular Psychiatrist

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Message to Seekers of Better Health

For over 30 years I have been treating people with depression. Doctors can tell you one of the greatest challenges is compliance: If depressed people already had the wherewithal to make the changes they need to make to elevate their moods, many of them wouldn't be so depressed to begin with. Good compliance requires support.

Once I've done the testing and made up an individualized protocol that emphasizes nutrients and includes medication when necessary, there still remains the issue of diet and lifestyle support. You could take all your nutrients and medications perfectly, but if you don't also change your poor eating habits and sedentary ways, you probably won't feel well.

The challenge to the depressed – and especially to people with addictions – is that there are no cost-free support groups that foster care of the physical body the way the 12 step programs foster relationship with a higher power. There are spiritual programs. There are cognitive behavioral programs. There are many forms of emotional and psychological support. But there are no support programs that address the brain as a physical organ made out of building blocks that can only come from your diet.

We live in a fast food culture where eating home-prepared, nutritious meals served at family tables is a dying tradition. Our children are paying the price with skyrocketing rates of obesity, diabetes, and attention issues. It is no exaggeration to say that the health of future generations rests on providing what parents have provided through the ages: whole foods, lovingly prepared, and eaten at family tables.

Suppers for Sobriety and the Suppers programs in general will fill a niche that has been empty for a long time. These programs will help people suffering health issues related to insulin regulation and mood chemistry, important elements in most of the modern health scourges. How much easier it will be for you to develop a taste for whole foods by preparing and eating these foods with friends. How much faster you will learn to journal your food/mood experience when doing it in the context of a support group. How much more likely you will be to get sunshine and exercise with a group of therapeutic friends cheering you on or doing it with you!

The Suppers promise is to teach you "everything you can do to support health without a doctor". That goal also addresses a critical concern of us physicians: compliance. It is in the details of your day-to-day and week-to-week life that you will be able to turn around your chronic health challenges. And with no profit motive, you make diet and lifestyle decisions at your own speed, supported by people working on similar challenges.

Message to Physicians

If you are a physician, I encourage you to refer patients (currently operating in central New Jersey, and expanding), particularly those who can train as facilitators and pass the program on.

No money changes hands. There are no costs to participate, no fees to train facilitators, and no commercial messages. This is a purely educational, learn-by-doing support group that focuses on helping people establish good habits of the mind and body. The only cost to a participant is the price of his/her own groceries. It runs about \$5 per meeting for the

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meal. All of the literature is available free as PDF files at SuppersforSobriety.org and SuppersFor.org. Today's grateful members are tomorrow's facilitators.

<http://www.schachtercenter.com>