

Nutrient imbalances versus mental health - A New, all-Natural paradigm: Test - Treat - Improve

Albert Mensah

Mensah Medical, USA.



Abstract

Synopsis: Mensah Medical is an internationally renowned clinic that specializes in the treatment of biochemical imbalances, and the cognitive (and physical) disorders caused by those imbalances. Founded in 2008, Mensah Medical treats thousands of patients each year using targeted nutrient therapy, an all-natural, non-pharmaceutical approach to addressing the imbalances that lead to mental and psychological conditions such as ADD/ADHD, Autism, Anxiety, Depression, Behavioral Disorders, Bi-polar Disorder, Eating Disorders, Schizophrenia, Alzheimer's Disease, and several others. Many of the treatment protocols utilized at Mensah Medical are based on decades of research conducted by mental health treatment pioneers such as Dr. Carl Pfeiffer and Dr. William Walsh. Mensah Medical puts these protocols into medical practice, further validating the effectiveness of nutrient therapy and identifying new and improved applications for natural, biochemical balance treatment protocols.

Evidence demonstrates that mental and psychological conditions are often misdiagnosed and/or underdiagnosed. For example, children are often mislabeled as having Behavioral Disorders or ADD/ADHD when, in most cases, they are simply undernourished or experiencing easily addressed biochemical imbalances. Adolescents and teens struggle needlessly with depression, anxiety, and mood dysregulation when simple tests and treatments for excessive krypto-pyrroles could lead to significant reduction, if not elimination, of their symptoms. Several adult patients face mental/psychological disorder diagnoses and are told that their symptoms can only be managed rather than cured, yet simply addressing the biochemical imbalances that are the root cause of these symptoms can lead to significant improvement.

Learning Objectives: 1) What biochemical imbalances (i.e. pyrrole disorder, over or under methylation, insufficient zinc, excess copper) correlate with specific mental and psychological disorder symptoms? 2) What evidence demonstrates the efficacy of nutrient therapy in addressing and resolving mental and psychological disorders? 3) What are some cross-functional physical health benefits of nutrient therapy that go beyond mental health applications (i.e. cardiovascular health, strengthening of the immune system, improved eyesight, etc.)?



Biography

Albert Mensah is co-founder of Mensah Medical in Warrenville, IL and hosts five biannual outreach clinics in Arizona, Southern California, Northern California, Maryland, and Florida with his associate, Judith Bowman, MD. Dr. Mensah presents at conferences internationally, participates in physician training programs, and consults with health care professionals. Dr. Mensah has extensive clinical experience in biochemical imbalances, and began his career in the field at the former Pfeiffer Treatment Center under the direction of William J. Walsh, PhD, president of the non-profit Walsh Research Institute. Dr. Mensah currently serves as a faculty member of the Walsh Research Institute Medical Practitioner Education Program.

As a physician in this specialized field since 2005, Dr. Mensah has treated over 3,000 patients with advanced targeted nutrient therapy. He serves on the board at Walsh Research Institute and serves as a clinical instructor for WRI's international doctor training programs around the world.

Dr. Albert Mensah received his undergraduate degree from Northwestern University (Evanston, Illinois) and his medical degree from Finch University of Health Sciences-Chicago Medical School. Dr. Mensah's residency was in Family Medicine at Swedish Covenant Hospital (Chicago). Following residency, he completed additional fellowship training in academic development at JHS Cook County Hospital (Chicago).

From 2005 to 2008, Dr. Mensah treated patients at the former Pfeiffer Treatment Center, a not-for-profit organization and outpatient clinic specializing in the treatment of biochemical imbalances including children with autism. Prior to joining Pfeiffer, Dr. Mensah practiced as a staff physician at Melrose Park Clinic in Illinois.

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