



# Please Don't Label My Child

Break the  
**Doctor-Diagnosis-Drug Cycle**  
and Discover Safe, Effective  
Choices for Your Child's  
Emotional Health

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## ***Is Bipolar Disorder a Nutritional Deficiency Syndrome?***

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A nutritional supplement called EMPower has been available in Canada for years, and it's been remarkably effective in treating bipolar disorder in adults and children. This supplement contains mainly B vitamins, minerals, and trace elements. There are currently five published studies in peer-reviewed psychiatric journals that document the benefits of this treatment. More than 32,000 people worldwide have been treated using this approach. A large, randomized, controlled trial (the gold standard in clinical science) is currently under way in Canada.

I have been using this supplement in my practice for 5 years and have found it to be nothing short of miraculous in eliminating symptoms in patients with a bipolar label. I'm not alone in my support of this treatment. Charles Popper, MD, a respected professor of child psychiatry at Harvard, also reported positive results with EMPower in an article published in the *Journal of Clinical Psychiatry* in 2001.

The fact that a nutritional supplement can be so effective in treating a serious psychiatric disorder in children brings up some complex issues related to labeling and medicating. If a supplement can eradicate the symptoms of bipolar disorder in a 10-year-old child within 5 days, does the child in fact have bipolar disorder, or is it a nutritional deficiency syndrome? This question merits a serious and sound answer from the medical community.

There is another, more disturbing aspect to this question: I and some of my colleagues who champion the use of supplements such as EMPower are dismayed to observe that patients who have never had treatment with psychiatric drugs respond better to the supplement. This prompts the question of whether psychiatric medications actually impair the natural healing powers of the brain.