

"You take the cards you're dealt. I'm now ferociously healthy in body and mind. You couldn't pay me to go near a psychiatrist again. Stopping seeing them was my first step to getting well." Margot Kidder

Interview by Chris Roberts, The Guardian 9April2005 <https://www.theguardian.com/film/2005/apr/09/culture.features>



Canadian actress Margot Kidder played the role of Lois Lane in 1978's 'Superman: The Movie', alongside Christopher Reeve.

Orthomolecular Medicine

Canadian actress Margot Kidder landed the role of a lifetime when she scored the role of Lois Lane in 1978's 'Superman: The Movie', a superhero film based on the comic character originally created back in the 1930's. While it was Christopher Reeve's Man of Steel who hogged the limelight, Kidder's intrepid reporter more than kept up. But associating with the Superman, certainly did not make Margot bulletproof.

In April of 1996, actress Margot Kidder's bipolar disorder swung entirely out of control. A manic episode during which, in her own words, she "... started speeding up, chain-smoking, drinking coffee and staying up around the clock," led to her becoming delusional. According to a Reuters story quoted in the Edmonton Journal, Kidder was missing for three days before being found by police in a state which was described as "dirty, frightened and paranoid." Since then it has become known that Margot Kidder struggled with her bipolar illness at least since a suicide attempt in her teens. Three marriages all ended in divorce.

In June 2000 Kidder wrote, "My health is great, due to this natural medicine path I'm following..." She has become an advocate for natural and herbal treatments for psychiatric conditions, including orthomolecular medicine.¹

Orthomolecular medicine is a term coined by Linus Pauling 1968.² It is a form of alternative medicine aimed at maintaining health through nutritional supplementation and based on the assertion that there is an optimum nutritional environment in the body and that diseases reflect deficiencies in this environment. Treatment for disease, according to this view, calls for the "correcting of imbalances or deficiencies based on individual biochemistry" by use of substances natural to the body, such as vitamins, minerals, amino acids, trace elements and fatty acids.³



*Margot Kidder, the EXPRESS 1Sep2016;
<http://www.express.co.uk/>*

Orthomolecular psychiatry is the use of orthomolecular medicine for mental illness. The approach uses unorthodox forms of individualised testing and diagnosis to attempt to establish an etiology for each patient's specific symptoms, and claims to tailor the treatment accordingly, using a combination of nutrients, dietary changes and medications that are claimed to enhance quality of life and functionality as well as to reduce or eliminate symptoms and the use of drugs.⁴

In regards to orthomolecular psychiatry, the conditions that keep presenting to us are Pyroluria, Histadelia and Histapenia. These are all body chemistry conditions or imbalances that can affect the mental and emotional well-being of a person. We are not doctors and it's not for us to make any diagnosis. If you are currently receiving treatment or have experienced anxiety, schizophrenia, chronic fatigue, psychosis, depression, mood swings, bipolar disorder, just to mention a few, you may want to consider being tested by a qualified practitioner. Speak to your health professional and ask if there is a possible link to your condition and any metabolic imbalances. It seems that these conditions often go undiagnosed. Here in Australia, there are clinics that specialise in orthomolecular medicine and I have provided one link in particular, as the clinic provides educational information that may be of interest.

<http://healyourmind.com.au>

We are not affiliated with any of the clinics or businesses mentioned in this article. It's just a start point for your investigations which will be dependant on your country of residence. Here in Australia some naturopaths are also familiar with the conditions I've mentioned. If you're in the Brisbane area, a friend recommends the business <http://www.evolveyourhealth.com.au> There is also a facebook page designed to help support those with Pyrroluria or family/friends with pyrrole disorder which offers good information; it links to a naturopath on the Gold Coast.

https://www.facebook.com/PyrroleAustralia/timeline?ref=page_internal

References:

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4. https://en.wikipedia.org/wiki/Orthomolecular_psychiatry

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