

Foreward

My dear brother Sal has finally accomplished a great achievement – *Inside Looking Out*. His many struggles with bipolar disorder are detailed in his writing leading the reader to Sal's inner world of confusion, loneliness, gloominess, sadness, pain and suffering to a triumphant breakthrough to freedom, success, joy, and peace in heart and mind.

I admire Sal's dedication to finally be a 'beacon' for others and that there are answers to a number one mental disturbance. When we consider the statistics of mental illness rising from one in ten after World War II to half the population, and that more than eleven million Americans already take some form of anti-depressants, we need to seriously investigate the underlying causes and stop the insanity of a band-aid approach to a swelling problem. The psychiatric community has certainly convinced the public at large that one's mental pain and suffering can be explained by a psychiatric label and eradicated by a toxic and sometimes a life-threatening pill. Sal's journey leads the reader to discover what he has – the impact of one's emotional and social conditioning and the role of nutritional bio-individuality, drug toxicity, contaminants and brain sensitivities. There is no twisted thought without a twisted molecule.

His delicate organ balance is achieved through vitamin, mineral, aromatic and botanical means, along with energy medicine. I feel elated with great appreciation that I was one of the guides to steer and assist Sal on his wellness path, with the above mentioned natural, unconventional methodologies.

Inside Looking Out addresses my earlier days while I was writing my doctoral research on 'cerebral allergies' – the influence of toxic chemicals, food, water and air affecting the brain chemistry producing symptoms such as confusion, depression, indecision, and any psychopathological disorder. My doctoral dissertation (not knowing it at the time), became a major contributor in helping my brother as well as many others. I knew from the depths of my soul with my own experiences of brain sensitivities and ecological challenges that he too was suffering with them more intensely than I did. I remember how challenging it was to have my brother listen, next to accept, my seemingly unorthodox views. I preserved like a broken record, and thankfully so did Sal in listening to his intuition that medicines had failed and poisoned him. He realized that being treated for his symptoms through palliative care was not restoring him to wellness.

People with real or alleged psychiatric or behavioral disorders are being misdiagnosed and mistreated with harmful toxic drugs. It is rightfully called a 'toxic-molecular approach'. Rather Sal's recovery occurs from an orthomolecular approach – a drugless therapy.

I congratulate Sal for his bravery and courage to face his tribulations and find nature's inherent wisdom to restore his balance and sanity. Sal delivers hope and assurance with spiritual connectedness throughout *Inside Looking Out*, that whosoever suffers from depression can be freed at last! It is an easy read heart-warming story that will influence your lifestyle positively.

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