



Joan Korol  
2001/07/04 06:55

To: Miles Brosseau/HC-SC/GC/CA@HWC, David K Edwards/HC-SC/GC/CA@HWC, Dennis Shelley/HC-SC/GC/CA@HWC, Rod Neske/HC-SC/GC/CA@HWC, Siddika Mithani/HC-SC/GC/CA@HWC, Philip Waddington/HC-SC/GC/CA@HWC, Peter Chan/HC-SC/GC/CA@HWC  
cc: Eileen Quinn/HC-SC/GC/CA@HWC, Patricia Maynard/HC-SC/GC/CA@HWC, Jean Saint Pierre/HC-SC/GC/CA@HWC

Subject: B. Kaplan - EM power - Synergy - Ottawa Citizen

FYI

----- Forwarded by Joan Korol/HC-SC/GC/CA on 07/04/2001 09:52 AM -----

Jean Saint Pierre  
07/04/2001 09:16 AM

To: Joan Korol/HC-SC/GC/CA@HWC, Patricia Maynard@HWC  
cc: France Dansereau/HC-SC/GC/CA@HWC

Subject: B. Kaplan - EM power - Synergy - Ottawa Citizen

As dicussed, attached is the electronic version of the above article, published in today's edition of the Ottawa Citizen.



B Kaplan - E.M. Power.wp

Jean

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## Mineral pills for pigs 'totally cure' bipolar disorder

### ITEM

PUBLICATION           The Ottawa Citizen  
DATE                   Wed 04 Jul 2001  
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BYLINE                 Joanne Laucius

HEADLINE: Mineral pills for pigs 'totally cure' bipolar disorder:  
Designed to stop pigs from attacking one another, a  
concoction of minerals is being used to treat human  
disorders, writes Joanne Laucius.

A mineral supplement designed to prevent aggressive pigs from  
savaging one another in pens is being used to treat humans with  
mental disorders.

Dr. Bonnie Kaplan, a pediatrician from the Alberta Children's  
Hospital in Calgary told the British Psychology Society's European  
Congress that researchers have seen people who are "totally  
cured" of bipolar mood swings after taking the supplement, which  
she herself initially dismissed as "snake oil."

So far, researchers have only tested small groups. Three tests  
have been done already -- two on children and one on adults -- and  
a larger experiment may be conducted later this year. "The  
breakthrough here is the breadth of the supplement and the  
magnitude of the effect," Dr. Kaplan told the conference.

E.M. (extra mineral) Power, a combination of 36 vitamins and  
minerals in capsule form, was originally concocted as a supplement  
to prevent a common swine ailment called ear-and-tail-biting

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syndrome, which causes aggression among pigs. Some become so irritable that they kill one another.

The formula was first tested on humans about six years ago, after Tony Stephan of Cardston, Alta., lost his wife to suicide. Mr. Stephan confided in his friend David Hardy, who ran a company that blended animal feed nutrients, that he worried how his children might react. That's because some of Mr. Stephan's 10 children suffered from bipolar affective disorder, an illness that causes its victims to bounce between the depths of depression and the highest highs.

Mr. Hardy used his knowledge of animal nutrition to create the mineral supplement, which was then given to some of the Stephan children. Mr. Stephan's daughter, Autumn, suffered from psychosis during a pregnancy. His son Joseph experienced bipolar symptoms so extreme his family considered institutionalizing him. Even though he was only 14, Joseph was a strapping 225 pounds, and a potential danger. "I was grumpy in the morning and high at night. I picked fights with the neighbourhood children," says Joseph Stephan, now 20.

He tried a number of different medications, with limited success. "Lithium was a joke."

But a week after he tried the vitamin and mineral supplement, he noticed a difference.

Within a month, symptoms had virtually disappeared, said Mr. Stephan, who now works at Truehope, an Alberta call centre that distributes E.M. Power. "It was like I woke up one day, and the fog had lifted from my mind. Everything had changed."

At first he took 32 capsules a day, a dose that costs E.M. Power customers about \$120 U.S. a month. He has since scaled down his dose to eight or 10 capsules day. There have been few side effects other than slight diarrhea and nausea, he said.

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After the success with the Stephan children, Tony Stephan and Mr. Hardy sent their data to decorated research scientist Brian Kolb of the University of Lethbridge's department of psychology, who urged the scientific community to take a serious look at it.

Last fall, a small-scale study at the University of Calgary's faculty of medicine of 10 men aged 20 to 46 concluded that the supplement can improve symptoms of bipolar disorder by 50 per cent within 30 days and reduce medication dosages by two-thirds. For some patients, the supplement has completely replaced psychotropic medications. It is also touted to improve other mental conditions, including Attention Deficit Hyperactivity Disorder, schizophrenia, autism and depression.

The Alberta Science and Research Authority has also awarded researchers a \$500,000 grant for double-blind, randomized clinical trials of 100 people with bipolar disorder.

Still, there have been skeptics, said Joseph Stephan. ``(But) the skepticism doesn't last long,'' he says. ``The results are absolutely amazing.''

And, it is not as strange as it may seem, said Dr. Kaplan at the conference in England.

``We are used to testing on laboratory animals, just not farm animals,'' she said. ``And stomach medicine taken by humans is tested on pigs first.''

ILLUSTRATION: Black & White Photo: Jeff McIntosh, The Vancouver Sun / Alberta pediatrician Bonnie Kaplan once called the mineral treatment `snake oil.' Now she says preliminary research is convincing enough to conquer her skepticism.

SOURCE with files from Citizen News Services

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