

A preliminary trial of dietary manipulation in schizophrenia

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This study was made on ten schizophrenic patients with an average duration of illness of 26.8. All of them were previously exposed to night diet deficient in phenylalanine (PHE) and tyrosine (TYR), the precursors of DA, NE and serotonin. The preliminary results showed marked, although temporary, improvement in their active symptoms.

This suggested the usefulness of using this diet as a supplement to pharmacological regimen of those patients who failed to respond to psychomorphological treatment alone.