

**DR. JONATHAN E. PROUSKY, ND, MSc, MA**  
**Chief Naturopathic Medical Officer, Professor**  
**Lead Supervisor, Mental Health Focused Shift**  
Canadian College of Naturopathic Medicine (CCNM)  
1255 Sheppard Avenue East  
Toronto, ON M2K 1E2  
CCNM Office: 416/498-1255 ext. 235  
CCNM Email: [jprousky@ccnm.edu](mailto:jprousky@ccnm.edu)  
Clinical Practice: 416/457-6611  
Clinical Practice Email: [drjonathanprousky@gmail.com](mailto:drjonathanprousky@gmail.com)

### **CURRENT APPOINTMENTS**

Chief Naturopathic Medical Officer, 2003-Present

Department of Clinical Education, CCNM

- Oversees and evaluates the safety of all medical procedures at CCNM's teaching clinics.
- Oversees the implementation and use of all the medical procedures at CCNM's teaching clinics.
- Chairs the Clinical Therapeutics Committee, which is an advisory body that focuses on issues relating to clinical safety and efficacy in CCNM's teaching clinics. The common issues addressed include clinical best practices, standards of clinical care, medical record keeping standards, assessment/diagnostic procedures, and therapies.
- Reports to an external Audit Committee of the college biannually to update them on new policies, important medical procedures, and issues/concerns regarding patient safety.
- Works with the Dean and Associate Deans on the development and implementation of the clinical education of upper-year naturopathic medical students.

Lead Clinical Supervisor for Mental Health Focussed Shift, 2017-Present

Department of Clinical Education, CCNM

- Clinical rotation dedicated to the integrative treatment and management of chronic mental illness.

Clinical Faculty, 2001-Present

Department of Clinical Education, CCNM

- Supervises clinical interns to ensure that their educational needs are being met.
- Ensures the delivery of safe and effective naturopathic medical care to patients being co-treated/managed with clinical interns.

Professor, 2001-Present

Department of Academics, CCNM

- Currently teaches 2nd-Year Health Psychology.
- Provides the naturopathic medical student with practical counselling skills when working with specific patient populations (e.g., the anxious patient, the psychotic patient, and the suicidal patient).

Private Clinical Practice, Integrative Mental Health, 2001-Present

- Emphasis on the evaluation and treatment of mental health concerns.
- Therapeutic interventions include clinical nutrition, botanical medicine, and lifestyle counselling.

## **PREVIOUS TRAINING/APPOINTMENTS**

Editor, 2010-2017

Journal of Orthomolecular Medicine  
Toronto, Ontario

Editor-in-Chief, 2004-2007

International Journal of Naturopathic Medicine  
Toronto, Ontario

Associate Naturopathic Medical Officer, 2002-2003

CCNM  
Toronto, Ontario

Residency in Family Practice, 1998-1999

Sponsored by the National University of Natural Medicine, Portland, OR (then National College of Naturopathic Medicine)  
Marysville Naturopathic Medical Clinic  
Marysville, Washington

## **ACADEMIC/PROFESSIONAL QUALIFICATIONS**

MA, Counselling Psychology, May 2016

Yorkville University  
Fredericton, New Brunswick

MSc, International Primary Health Care, August 2008

University of London  
London, UK

Naturopathic Doctor License #: 975

Registered to practice in Ontario

Naturopathic Family Practice Residency Certification, September 1999

National University of Natural Medicine (then National College of Naturopathic Medicine)  
Portland, Oregon

Doctor of Naturopathic Medicine, June 1998

Bastyr University  
Bothell, Washington

Bachelor of Science in Natural Health Sciences, June 1995

Bastyr University  
Seattle, Washington

Bachelor of Physical and Health Education, June 1993

University of Toronto  
Toronto, Ontario

## **PROFESSIONAL ASSOCIATIONS/REGULATORY COLLEGE MEMBERSHIP**

Canadian Association of Naturopathic Doctors

Ontario Association of Naturopathic Doctors

College of Naturopaths of Ontario

## **PRESENTATIONS/CONFERENCES**

PsychANP 2023 Conference

Finding Light in the Darkness: Strategies for Suicide Prevention and Intervention, November 2023  
Virtual Conference

Canadian College of Naturopathic Medicine

The Integrative Clinician's Guide to Chronic Insomnia, September 2023  
Virtual Conference

The Institute of Women's Health and Integrative Medicine  
From Surviving to Thriving, July 2023  
Virtual Conference

BRB CE Group 2022 Live Online Conference  
The Distressed Practitioner, September 2022  
Toronto, Ontario

Mental Health, Precision Nutrition, & Lifestyle Medicine, Nutrition Medicine Institute  
Regulating the Stressed Brain with Integrative Nutrition and Lifestyle Modification, May 2022  
Virtual Conference

MDPAC 34th Annual Conference, Medical Psychotherapy Association Canada  
Naturopathy and Supplements in Psychotherapy, November 2021  
Virtual Conference

Integrative Medicine for Mental Health (IMMH) Conference 2021  
Regulating the Stressed Brain with Integrative Medicine, August 2021  
Atlanta, Georgia

50<sup>th</sup> Annual International Conference, Orthomolecular Medicine Today  
The Stressed Brain and Its Regulation, May 2021  
Toronto, Ontario

BRB CE Group 2020 Live Online Conference  
Working with the Psychologically Distressed Patient, September 2020  
Toronto, Ontario

OAND Convention 2017  
Suicide: Treatment pathways arising from phenomenology, biology, and clinicology, November 2017  
Collingwood, Ontario

Integrative Medicine for Mental Health Conference 2017  
Everything under the sun: Why schizophrenia demands aggressive orthomolecular treatment,  
September 2017  
Orange County, California

BRB CE Group 2017 Live Event  
Suicide - treatment pathways arising from phenomenology, biology, and clinicology, September 2017  
Gormley, Ontario

AANP Annual Convention  
American Association of Naturopathic Physicians  
Suicide - treatment pathways arising from phenomenology, biology, and clinicology, August 2017  
Phoenix, Arizona

46<sup>th</sup> Annual International Conference, Orthomolecular Medicine Today  
Childhood Absence Epilepsy - Putative Complementary Diet and Orthomolecular Treatment Options,  
April 2017  
Toronto, Ontario

International College of Integrative Medicine, "*Re-examining the Oath: Reversing Iatrogenic Toxicity  
and Nutrient Depletion*"  
The Problem with the Current Standard of Care in Psychiatry, September 2016  
Toronto, Ontario

OAND Convention 2015  
Providing Naturopathic Care amidst Psychotropic Drugs, September 2015  
Toronto, Ontario

OAND Convention 2015  
Panel: Role of Naturopathic Medicine in Treating Patients with Mental Health Conditions, September 2015  
Toronto, Ontario

28<sup>th</sup> Annual Conference, GPPA Annual Conference  
General Practice Psychotherapy Association  
The Naturopathic Approach to Psychotherapy, April 2015  
Toronto, Ontario

44<sup>th</sup> Annual International Conference, Orthomolecular Medicine Today  
International Society for Orthomolecular Medicine  
Helping Patients to Overcome Psychosis and Schizophrenia: A Clinician's Experience with the Orthomolecular Approach, April 2015  
Toronto, Ontario

Pascoe Symposium – Mental Health 2015  
A Mental Health Conundrum – How to Deal with Concurrent Prescription Medications, February 2015  
Toronto, Ontario

BRB CE Group 2014 Live Event  
Clinical Nutrition – Use of Micronutrients and Difficult-to-Treat Mental Health Disorders, November 2014  
Gormley, Ontario

BCNA Pharmacotherapy 2014  
British Columbia Naturopathic Association  
The Treatment and Management of Patients with Psychotic Symptoms and/or Schizophrenia, October 2014  
Vancouver, British Columbia

Mind-alive!  
Health Action Network  
Overview of Mental Health in Canada and the Orthomolecular Approach, October 2014  
Vancouver, British Columbia

43<sup>rd</sup> Annual International Conference, Orthomolecular Medicine Today  
International Society for Orthomolecular Medicine  
Effective Tapering Strategies to Limit Drug Withdrawal and Destabilization: A Clinician's Perspective, April 2014  
Vancouver, British Columbia

Family Association for Mental Health Everywhere  
Naturopathic Treatments for Mental Health Issues, April 2013  
Toronto, Ontario

Holistic Mental Health Workshop, Canadian Mental Health Association  
Managing Mental Health with Psychosocial Support, Orthomolecular and Botanical Medicines, November 2013  
Toronto, Ontario

42<sup>nd</sup> Annual International Conference, Orthomolecular Medicine Today  
International Society for Orthomolecular Medicine  
Orthomolecular strategies to prevent mental breakdown, April 2013  
Toronto, Ontario

Central Toronto Youth Services – New Outlook  
Reducing psychotic symptoms and other comorbidities with orthomolecular and herbal (botanical) medicine, November 2012  
Toronto, Ontario

Functional Medicine Conference – Unraveling the Web of Chronic Fatigue  
Foundations of Chronic Fatigue Syndrome, September 2012  
An Integrative Approach to Chronic Fatigue, September 2012  
Lancaster London Hotel  
London, England

Holistic Mental Health Conference – Pathways to Empowerment and Well-being  
Orthomolecular Psychiatry, June 2012  
Reducing Psychotic Symptoms with Nutritional and Botanical (Herbal) Medicine, June 2012  
The Canadian College of Naturopathic Medicine  
Toronto, Ontario

41<sup>st</sup> Annual International Conference, Orthomolecular Medicine Today  
International Society for Orthomolecular Medicine  
Treating the Hyperactive Child without Drugs, April 2012  
Vancouver, British Columbia

Rouge Valley Centenary Hospital  
Rouge Valley Health System-Mental Health Program  
Orthomolecular Treatment of Common Mental Health Disorders, February 2012  
Toronto, Ontario

Canadian Association of Naturopathic Doctors, Health Fusion Conference  
Chronic Fatigue Syndrome: A Disorder of Microcirculation Brought on by Toxic Stimuli, June 2011  
Calgary, Alberta

International Schizophrenia Foundation Public Information Sessions  
Orthomolecular Treatment of Schizophrenia, March 2011  
Toronto, Ontario

Nutritional Preceptorship Program, Edison Institute of Nutrition  
Anxiety and Depression, October 2010  
Toronto, Ontario

Parkinson's Disease Carepartners Support Group  
Parkinson Society of Canada  
The Role of Nutrition in Parkinson's disease, September 2010  
Toronto, Ontario

39<sup>th</sup> Annual International Conference, Orthomolecular Medicine Today  
International Society for Orthomolecular Medicine  
Vitamin B<sub>12</sub> and Psychiatry, May 2010  
Chronic Fatigue Syndrome: A Disorder of Microcirculation, May 2010  
Vancouver, British Columbia

International Schizophrenia Foundation  
Mental Health Regained, March 2010  
Toronto, Ontario

Mood Disorders Association of Ontario  
Naturopathy and Mental Health, February 2010  
Toronto, Ontario

22<sup>nd</sup> Annual Conference, GPPA Annual Conference  
General Practice Psychotherapy Association  
Naturopathic Synergy – How to Use Complementary Medicinal Supplements to Improve Treatment  
Outcomes in Mental Health Disorders, April 2009  
Toronto, Ontario

International Schizophrenia Foundation  
Orthomolecular Treatment for Mental Health, November 2008  
Toronto, Ontario

The Healthy Brain Conference  
Holistic Health Research Foundation of Canada  
The Orthomolecular Treatment of Depression, September 2008  
Toronto, Ontario

37<sup>th</sup> Annual International Conference, Orthomolecular Medicine Today  
International Society for Orthomolecular Medicine  
Clinical Pearls in the Orthomolecular Treatment of Mental Health, May 2008  
Vancouver, British Columbia

Family Association for Mental Health Everywhere  
Naturopathic Treatment of Mental Health, November 2007  
Etobicoke, Ontario

Ontario Medical Association Evening CME Program  
Complementary and Alternative Approaches for the Treatment of Mental Health Disorders, November 2007  
Toronto, Ontario

Restorative Medicine Conference  
Orthomolecular Psychiatry for Anxiety, Depression and Schizophrenia, October 2007  
Sedona, Arizona

Tourette Syndrome Association of Ontario  
Complementary and Alternative Treatments, September 2007  
Toronto, Ontario

Ontario Association of Naturopathic Doctors, Primary Care Series  
Anxiety & Depression, February 2007  
Toronto, Ontario

International Schizophrenia Foundation  
Orthomolecular Medicine in Mental Health, November 2006  
Toronto, Ontario

Peel Memorial Hospital  
The Use of Nutrients in the Treatment of Mental Illness, November 2006  
Brampton, ON

Ontario Association of Naturopathic Doctors Convention  
Clinical Excellence in the 21<sup>st</sup> Century  
Orthomolecular Treatment of Anxiety Disorders, October 2006  
Collingwood, Ontario

International Schizophrenia Foundation  
Orthomolecular Medicine In Mental Health, August 2006  
Montreal, Quebec

Progress Place  
Optimizing Mental Health with Orthomolecular Medicine, June 2006  
Toronto, Ontario

Primary Care Today, International Centre  
CAM: Practical Tips to Take Home to Your Practice, May 2006  
Toronto, Ontario

35<sup>th</sup> Annual International Conference, Nutritional Medicine Today  
International Society for Orthomolecular Medicine  
Orthomolecular Treatment of Anxiety Disorders, April 2006  
Vancouver, British Columbia

Total Health 06 Conference  
Consumer Health Organization of Canada  
Optimizing Mental Health with Orthomolecular Medicine, April 2006  
Toronto, Ontario

The Alliance for Education in Community Mental Health  
Optimizing Mental Health with Orthomolecular Medicine, February 2006  
Toronto, Ontario

AANP Annual Convention  
American Association of Naturopathic Physicians  
Orthomolecular Treatment of Anxiety Disorders, August 2005  
Phoenix, Arizona

34<sup>th</sup> Annual International Conference, Nutritional Medicine Today  
International Society for Orthomolecular Medicine  
Low Gastric Acid, May 2005  
Ottawa, Ontario

Certificate in Dual Diagnosis, York University  
Pharmacological, Non-traditional and Alternative Interventions, November 2004  
Owen Sound, Ontario

Natural Health Products, Insight Information  
Role of Natural Health Products in Complementary Medicine, September 2004  
Toronto, Ontario

Toxicology Grand Rounds, Hospital for Sick Children  
Toxicology of Commonly Used Vitamins, May 2004  
Toronto, Ontario

Primary Care Today, International Centre  
Alternative Medicine I: Most Commonly Prescribed Herbs, May 2003  
Toronto, Ontario

32<sup>nd</sup> Annual International Conference, Nutritional Medicine Today  
The International Society for Orthomolecular Medicine  
Vitamin B-3: New Therapeutic Applications, April 2003  
Toronto, Ontario

Certificate in Dual Diagnosis, York University  
Pharmacological, Non-traditional and Alternative Interventions, April 2003  
Toronto, Ontario

The First Canadian Integrative Medicine Grand Rounds  
Migraine Presentation, October 2002  
University Health Network, General Division  
Toronto, Ontario

#### **WEBINARS**

Nutritional Foundations for Health, Inc.  
Diving Deeper into your Questions around Chronic Insomnia, April 2023

Nutritional Foundations for Health, Inc.  
The Integrative Clinician's Guide to Chronic Insomnia, March 2023

Association of Accredited Naturopathic Medical Colleges  
Suicide Prevention - Naturopathic Clinical Management of Depression and Anxiety, October 2018

International Schizophrenia Foundation  
Clinical Use of Orthomolecules in the Treatment of Schizophrenia, October 2015

Pasco Canada  
Preventing Mental Breakdown with Psychosocial Support, Orthomolecular and Botanical Medicines,  
November 2013

Pascoe Canada  
Weaning patients off antidepressant medication, January 2013

### **JOURNAL PUBLICATIONS**

Prousky J: Helping the distressed clinician by identifying and treating burnout. *Townsend Letter*, 2022;471:46-56.

Prousky J: Helping the distressed clinician by identifying and treating burnout - References. *Townsend Letter*, 2022. Retrieved from:  
<https://www.townsendletter.com/wp-content/uploads/2022/09/471-Distressed-Physician-Prousky-REFERENCES.pdf>

Prousky J: Protecting your brain from stress – Part 2. *Townsend Letter*, 2021;450:55-59.

Prousky J: Protecting your brain from stress – Part 1. *Townsend Letter*, 2020;449:45-49.

Prousky J: Protecting your brain from stress - References. *Townsend Letter*, 2021. Retrieved from  
<https://www.townsendletter.com/wp-content/uploads/2020/11/Protecting-Your-Brain-from-Stress-References.pdf>

Prousky J: The stressed brain - A clinician's perspective: Part 2. *Townsend Letter*, 2020;448:40-45.

Prousky J: The stressed brain - A clinician's perspective: Part 1. *Townsend Letter*, 2020;447:70-73.

Prousky J: The stressed brain - A clinician's perspective: Parts 1 and 2. References. *Townsend Letter*, 2020. Retrieved from  
<https://www.townsendletter.com/wp-content/uploads/2020/09/447-Stressed-Brain-REFERENCES.pdf>

Prousky J: Repositioning individualized homeopathy as a psychotherapeutic technique with resolvable ethical dilemmas. *Journal of Evidence-Based Integrative Medicine*, 2018;23:1-4.

Prousky J: Towards a multi-micronutrient anti-suicide strategy. *Journal of Orthomolecular Medicine*, 2017;32(3):1-22.

Prousky J. Childhood absence epilepsy: putative complementary diet and orthomolecular treatment options; with an addendum to an earlier report. *Townsend Letter*. 2017;403/404.  
<http://www.townsendletter.com/febMarch2017/CAEprousky0217.html>. Accessed August 1, 2018.

Prousky J: Childhood absence epilepsy: Putative complementary diet and orthomolecular treatment options; with an addendum to an earlier report. *Journal of Orthomolecular Medicine*, 2016;32(2):97-116.

Prousky J: How do orthomolecules work? A pragmatic perspective based on their presumed psychoactive effects. *Journal of Orthomolecular Medicine*, 2016;31(1):23-38.

Prousky J: Intolerance of uncertainty: A Cognitive vulnerability related to the etiology of social anxiety disorder. *Ethical Human Psychology and Psychiatry*, 2015;17(3):159-165.

Prousky J: A transdiagnostic approach to the orthomolecular treatment of emotional disorders: preliminary ideas for intervention and suggestions for future research. *Journal of Orthomolecular Medicine*, 2015;30(2):117-128.

Prousky J: Does early exposure to stimulants lead to substance use disorders later on? *Ethical Human Psychology and Psychiatry*, 2015;17(1):22-32.

Prousky J: The Use of Niacinamide and Solanaceae (Nightshade) Elimination in the Treatment of Osteoarthritis. *Journal of Orthomolecular Medicine*, 2015;30(1):13-21.

Prousky J: Counseling Male Members of the Canadian Forces. *Ethical Human Psychology and Psychiatry*, 2014;16(3):158-166.

Prousky J: The manifestations and triggers of mental breakdown, and its effective treatment by increasing stress resilience with psychosocial strategies, therapeutic lifestyle changes, and orthomolecular interventions. *Townsend Letter*, 2015;379/380:54-66.

Prousky J: Existential oppression faced by individuals having psychosis and schizophrenia. *Ethical Human Psychology and Psychiatry*, 2014;16(2):91-98.

Prousky J: The clinical use of orthomolecules in the treatment of schizophrenia: critical reflections and commentary. *Journal of Orthomolecular Medicine*, 2014;29(4):141-153.

Prousky J: The adjunctive treatment of epilepsy with orthomolecular substances. *Journal of Orthomolecular Medicine*, 2014;29(4):167-175.

Prousky J: Complementary and alternative mental health requires more honesty. *The Neuropsychotherapist*, 2014;Oct(7):30-32.

Prousky J: Sedation, relaxation, and regulation: the clinical application of gamma-aminobutyric acid, niacin, and melatonin for the treatment of insomnia. *Journal of Orthomolecular Medicine*, 2014;29(3):109-114.

Prousky J: The treatment of alcoholism with vitamin B<sub>3</sub>. *Journal of Orthomolecular Medicine*, 2014;29(3):123-131.

Prousky J: Naturopathic doctors' perspectives on mental health and psychiatric drugs: results of a pilot survey. *Ethical Human Psychology and Psychiatry*, 2014;16(1):29-36.

Prousky J: The treatment of cancer with a combination of broad-spectrum micronutrients: review of six relevant studies. *Journal of Orthomolecular Medicine*, 2014;29(1):5-18.

Prousky J: Tapering off psychotropic drugs: using patient cases to understand reasons for success and failure. *Journal of Orthomolecular Medicine*, 2013;28(4):159-174.

Prousky J: The manifestations and triggers of mental breakdown, and its effective treatment by increasing stress resilience with psychosocial strategies, therapeutic lifestyle changes, and orthomolecular interventions. *Journal of Orthomolecular Medicine*, 2013;28(3):111-130.

Prousky J: What to do when patients wish to discontinue their psychotropic medications? Effective tapering strategies to limit drug withdrawal and destabilization: a clinician's perspective. *Townsend Letter*, 2013;355/56:63-69.

Prousky J: Orthomolecular psychiatric treatments are preferable to mainstream psychiatric drugs: a rational analysis. *Journal of Orthomolecular Medicine*, 2013;28(1):17-32.

Prousky J: Mild Adrenocortical Deficiency and its Relationship to: (1) Chronic Fatigue Syndrome; (2) Nausea and Vomiting of Pregnancy and Hyperemesis Gravidarum; and (3) Systemic Lupus Erythematosus. *Journal of Orthomolecular Medicine*, 2012;27(4):165-176.

Prousky J: Efficacy of Vitamin B<sub>3</sub> and its Coenzymes for the Treatment of Bell's Palsy, Huntington's Disease, Migraine and Chronic Tension-Type Headaches, Multiple Sclerosis, Parkinson's Disease, and Tinnitus. *Journal of Orthomolecular Medicine*, 2012;27(2):69-86.

Prousky J: When patients want to get off their psychotropic medication(s). *Integrated Healthcare Practitioners*, 2012;5(1):56-59.

Prousky J: Treating dementia with vitamin B<sub>3</sub> and NADH. *Journal of Orthomolecular Medicine*, 2011;26(4):163-174.

Prousky J: Vitamin treatment of hyperactivity in children and youth: review of the literature and practical treatment recommendations. *Journal of Orthomolecular Medicine*, 2011;26(3):117-126.

Hunninghake R (moderator), LePine T, Prousky J, Lord RS: Roundtable discussion: The value of nutrient laboratory testing. *Alternative and Complementary Therapies*, 2011;17: 142-148.

Prousky J: Niacin for detoxification: a little-known therapeutic use. *Journal of Orthomolecular Medicine*, 2011;26(2):85-92.

Prousky J, Millman CG, Kirkland JB: Pharmacologic use of niacin. *Journal of Evidence-Based Complementary & Alternative Medicine*, 2011;16:91-101.

Prousky J, Seely D: Randomized, double-blind, placebo-controlled pilot study assessing the ability of inositol hexaniacinate (hexanicotinate) to reduce symptoms of nonulcer dyspepsia possibly due to insufficient hydrochloric acid production. *Journal of Orthomolecular Medicine*, 2011;26(1):21-31.

Prousky J: Understanding the serum vitamin B<sub>12</sub> level and its implications for treating neuropsychiatric conditions: an orthomolecular perspective. *Townsend Letter*, 2011;331/332:54-63.

Prousky J: An N-of-1 placebo-controlled trial in clinical practice: testing the effectiveness of oral niacinamide (nicotinamide) for the treatment of anxiety. *Journal of Orthomolecular Medicine*, 2010;25(4):195-213.

Prousky J: Vitamin B<sub>3</sub> for depression: case report and review of the literature. *Journal of Orthomolecular Medicine*, 2010;25(3):137-147.

Prousky J: Understanding the serum vitamin B<sub>12</sub> level and its implications for treating neuropsychiatric conditions: an orthomolecular perspective. *Journal of Orthomolecular Medicine*, 2010;25(2):77-88.

Prousky J: Continuing education lesson – Parkinson's disease. Contemporary and natural therapeutic interventions. *Integrated Healthcare Practitioners*, 2010;3(2):84-91.

Prousky J: Common forms of anemia. Diagnosis and management in clinical practice. *Integrated Healthcare Practitioners*, 2010;3(1):48-51.

Prousky J: Continuing education lesson – Circulatory overload leading to pulmonary edema. A possible life-threatening complication of outpatient intravenous therapy. *Integrated Healthcare Practitioners*, 2009;2(6):84-87.

Prousky J: Continuing education lesson – Managing anxiety with orthomolecular and botanical medicine: a simple and effective approach to treatment. *Integrated Healthcare Practitioners*, 2009;2(3):84-89.

Prousky J: Continuing education lesson - Myalgic encephalomyelitis (chronic fatigue syndrome) is a microcirculatory disorder: orthomolecular treatment options to "normalize" red blood cell morphology and improve circulation. *Integrated Healthcare Practitioners*, 2009;2(2):68-73.

Prousky J: Autism spectrum disorders: improving clinical outcomes with natural medicines. *Integrated Healthcare Practitioners*, 2009;2(1):54, 57-59.

Prousky J: Intravenous glutathione therapy. *Integrated Healthcare Practitioners*, 2008/2009;1(6):74-77.

Prousky J: Systemic lupus erythematosus: complementary management strategies and case reports. *Integrated Healthcare Practitioners*, 2008;1(5):76-78.

Prousky J: Irritable bowel syndrome. *Integrated Healthcare Practitioners*, 2008;1(3):50-53.

Hoffer A, Prousky J: Successful treatment of schizophrenia requires optimal daily doses of vitamin B3. *Alternative Medicine Review*, 2008;13(4):287-291.

Hoffer A, Prousky J: The proper treatment of schizophrenia requires optimal daily doses of vitamin B<sub>3</sub>. *Journal of Orthomolecular Medicine*, 2008;23:191-195.

Prousky J: The treatment of pulmonary diseases and respiratory-related conditions with inhaled (nebulized or aerosolized) glutathione. *Evidence-Based Complementary and Alternative Medicine*, 2008;5:27-35.

Prousky J: The orthomolecular treatment of schizophrenia: a primer for clinicians. *Townsend Letter*, 2007;283:86-100.

Prousky J: Clinical experiences with a vitamin B-3 dependent family. *Journal of Orthomolecular Medicine*, 2006;21(4): 205-211.

Prousky J: Double agent niacin - its beneficial effect upon the lipid profile, but its adverse effect upon plasma homocysteine: a case report. *Queen's Health Sciences Journal*, 2006;8(1):34-38.

Prousky J, Hayman R: orthomolecular and botanical treatments to help alleviate the side effects of atypical antipsychotic drugs. *Journal of Orthomolecular Medicine*, 2006;21(1):17-33.

Prousky J: Supplemental niacinamide mitigates anxiety symptoms: report of three cases. *Journal of Orthomolecular Medicine*, 2005; 20(3):167-178.

Prousky J: Orthomolecular treatment of anxiety disorders. *Townsend Letter*, 2005;259/260:82-87.

Prousky J, Seely D: The treatment of migraines and tension-type headaches with intravenous and oral niacin (nicotinic acid): systematic review of the literature. *Nutrition Journal*, 2005;4:3.

Prousky J: Niacinamide's potent role in alleviating anxiety with its benzodiazepine-like properties: a case report. *Journal of Orthomolecular Medicine*, 2004;19(2):104-110.

Prousky J: The Gastro-Test®: a simple in-office test for the determination of gastric pH & gastroesophageal reflux disease. *Townsend Letter*, 2004;250:60-63.

Mills EJ, Prousky J, Raskin G, Gagnier J, Rachlis B, Montori VM, Juurlink DN: The safety of over-the-counter niacin. A randomized placebo-controlled trial. *BMC Clinical Pharmacology*, 2003;3:4.

Prousky J, Sykes E: Two case reports on the treatment of acute migraine with niacin. Its hypothetical mechanism of action upon calcitonin-gene related peptide and platelets. *Journal of Orthomolecular Medicine*, 2003;18(2):108-110.

Prousky J: Pellagra may be a rare secondary complication of anorexia nervosa: a systematic review of the literature. *Alternative Medicine Review*, 2003;8(2):180-185.

Prousky J, Seely D: Follow-up report on the use of inositol hexaniacinate for the treatment of achlorhydria. Is a vitamin B-3 dependency the cause of this patient's gastrointestinal symptoms? *Townsend Letter*, 2003;238:70-71.

Prousky J, Seely D: A case report on the successful use of inositol hexaniacinate for the treatment of achlorhydria: its possible mechanism of action upon the central nervous system and parietal cell-adenosine triphosphate-dependent K<sup>+</sup>/H<sup>+</sup> pump. *Townsend Letter*, 2003;235/236:72-75.

Prousky J, Kerwin C: Niacin (Nicotinic Acid) a putative treatment for hypochlorhydria: re-analysis of two case reports. *Journal of Orthomolecular Medicine*, 2002;17(3):163-169.

Prousky J, Lescheid D: Vitamins B<sub>3</sub> and C: their role in the treatment of histadelia. *Journal of Orthomolecular Medicine*, 2002;17(1):17-21.

Prousky J: Is vitamin B<sub>3</sub> dependency a causal factor in the development of hypochlorhydria and achlorhydria? *Journal of Orthomolecular Medicine*, 2001;16(4):225-237.

Ross C, Prousky J: Plantar fasciitis: a case review. *Journal of Orthomolecular Medicine*, 2001;16(1):40-46.

#### **CORRESPONDENCES**

Prousky J: Editor's reply. Poor analytical skills lead to dangerous misinformation. *Journal of Orthomolecular Medicine*, 2013;28(2):91-93.

Prousky J: Does vitamin B<sub>3</sub> really reduce adrenochrome? *Journal of Orthomolecular Medicine*, 2012;27(2):93-94.

Prousky J: An N-of-1 placebo-controlled trial in clinical practice. *Journal of Orthomolecular Medicine*, 2011;26(1):38-39.

Prousky J: Cobalamin deficiency in elderly patients. *Canadian Medical Association Journal*, 2005;172(4):450.

Prousky J: Vitamin B<sub>3</sub> for nicotine addiction. *Journal of Orthomolecular Medicine*, 2004;19(1):56-57.

#### **EDITORIALS**

Prousky J: How can we advance the clinical application of intravenous vitamin C among patients with cancer? *Orthomolecular Medicine*, 2017;32(1). Retrieved from <https://www.isom.ca/article/editorial-how-can-we-advance-the-clinical-application-of-intravenous-vitamin-c-among-patients-with-cancer/>

Prousky J: Food for thought: Informed consent and orthomolecular interventions. *Journal of Orthomolecular Medicine*, 2016;31(2):67-69.

Prousky J: Orthomolecular innovation. *Journal of Orthomolecular Medicine*, 2016;31(1):3.

Prousky J: Phenylalanine for musculoskeletal pain relief: an often forgotten and neglected complimentary orthomolecular treatment. *Journal of Orthomolecular Medicine*, 2015;30(2):67-69.

Prousky J: Orthomolecular Therapeutics to Support Resilience. *Journal of Orthomolecular Medicine*, 2015;30(1):3-7.

Prousky J: Rare organic causes of first episode of psychosis. *Journal of Orthomolecular Medicine*, 2014;29(4):139-140.

Prousky J: The orthomolecular treatment of schizophrenia does not lead to existential oppression. *Journal of Orthomolecular Medicine*, 2014;29(3):99-100.

Prousky J: Orthomolecular treatment cannot overcome the tranquilizer psychosis. *Journal of Orthomolecular Medicine*, 2014;29(2):51-53.

Prousky J: Brain detoxification: an emerging orthomolecular frontier with therapeutic potential. *Journal of Orthomolecular Medicine*, 2014;29(1):3-4.

Prousky J: Should we be prescribing iron to patients for reasons other than iron deficiency? *Journal of Orthomolecular Medicine*, 2013;28(4):147-148.

Prousky J: Top-down (system focused) vs. bottom-up (patient focused) approaches in mental health care. *Journal of Orthomolecular Medicine*, 2013;28(3):99-100.

Prousky J: Treating hypothyroidism. *Journal of Orthomolecular Medicine*, 2013;28(2):51-54.

Prousky J: Celebrating orthomolecular medicine. *Journal of Orthomolecular Medicine*, 2013;28(1):3-4.

Prousky J: Mild Adrenocortical Deficiency (a.k.a. Adrenal Fatigue): A Real Diagnosis? *Journal of Orthomolecular Medicine*, 2012;27(4):155-156.

Prousky J: Finding the real cause of shaken baby syndrome. *Journal of Orthomolecular Medicine*, 2012;27(3):107-109.

Prousky J: The vitamin treatment of hyperactivity: a safe and ethical way in which to treat our children. *Journal of Orthomolecular Medicine*, 2012;27(2):51-52.

Prousky J: Practicing naturopathic medicine within the Canadian Medicare system. *International Journal of Naturopathic Medicine*, 2012;5(1).

Prousky J: Toxicology of vitamins. *Journal of Orthomolecular Medicine*, 2012;27(1):3-4.

Prousky: Does vitamin B<sub>3</sub> really reduce adrenochrome? *Journal of Orthomolecular Medicine*, 2011;26(4):155-156.

Prousky: Orthomolecular medicine's answer to the uncertainties of psychiatry. *Journal of Orthomolecular Medicine*, 2011;26(3):107-108.

Prousky J: When are patients going to be told the truth about their psychiatric medications? *Journal of Orthomolecular Medicine*, 2011;26(2):51-52.

Prousky J: Gamma-aminobutyric acid (GABA) for Schizophrenia? *Journal of Orthomolecular Medicine*, 2011;26(1):3-4.

Prousky J: Combining nutrients and chemotherapy without worsening a patient's stress level. *Journal of Orthomolecular Medicine*, 2010;25(4):163.

Prousky J: Diet and schizophrenia. *Journal of Orthomolecular Medicine*, 2010;25(3):107-108.

Prousky J: The journal of orthomolecular medicine is alive and well! *Journal of Orthomolecular Medicine*, 2010;25(2):51.

Prousky J: Journal of orthomolecular medicine – reloaded! *Journal of Orthomolecular Medicine*, 2010;25(1):3.

Hoffer A, Prousky J: Successful treatment of schizophrenia requires optimal daily doses of vitamin B<sub>3</sub>. *Alternative Medicine Review*, 2008;13:287-291.

Prousky J: The "real" diagnosis for food-cobalamin malabsorption syndrome is hypochlorhydria for which treatment requires supplemental hydrochloric acid and pepsin. *International Journal of Naturopathic Medicine*, 2004;1(1).

Prousky J: Inaugural editorial. *International Journal of Naturopathic Medicine*, 2004;1(1).

## **BOOKS**

Prousky J: Insomnia. Clinical Handbook. Vaudreuil-Dorion, QC. Nutritional Fundamentals for Health, Inc. 2023.

Prousky J: Epilepsy with a Focus on Childhood Absence Epilepsy. Clinical Handbook. Vaudreuil-Dorion, QC. Nutritional Fundamentals for Health, Inc. 2022.

Prousky J: Textbook of Integrative Clinical Nutrition. Toronto, ON. CCNM Press, Inc. 2012.

Hoffer A, Prousky J: Healing with Clinical Nutrition. Toronto, ON. CCNM Press, Inc. 2011.

Prousky J: The Vitamin Cure for Chronic Fatigue Syndrome. Laguna Beach, CA. Basic Health Publications, Inc. 2010.

Hoffer A, Prousky J: Hoffer & Prousky on ANXIETY. Toronto, ON. CCNM Press, Inc. 2009.

Prousky J: Principles & Practices of Naturopathic Clinical Nutrition. Toronto, ON. CCNM Press Inc. 2008.

Hoffer A, Prousky J: Naturopathic Nutrition. Toronto, ON. CCNM Press Inc. 2006.

Prousky J: *Anxiety: Orthomolecular Diagnosis and Treatment*. Toronto, ON. CCNM Press Inc. 2006.

#### **BOOK CHAPTERS**

Prousky J: Expanding Hoffer's orthomolecular treatment of schizophrenia (pp. 68-78). In *Light on schizophrenia*. Canada, The International Society for Orthomolecular Medicine. 2020.

Prousky J: Conclusion (pp. 197-217). In *Different from other kids. Natural alternatives edition*. Toronto, ON, BrightFlame Books. 2016.

Prousky J: Preface (p.xv). In Saul A (ed). *The orthomolecular treatment of chronic disease*. Laguna Beach, CA, Basic Health Publications, Inc. 2014.

Prousky J: Vitamin B3 for depression (pp.422-429). In Saul A (ed). *The orthomolecular treatment of chronic disease*. Laguna Beach, CA, Basic Health Publications, Inc. 2014.

Prousky J: Supplemental niacinamide mitigates anxiety symptoms: three case reports (pp.437-444). In Saul A (ed). *The orthomolecular treatment of chronic disease*. Laguna Beach, CA, Basic Health Publications, Inc. 2014.

Prousky J: Niacinamide's potent role in alleviating anxiety with its benzodiazepine-like properties: a case report (pp.445-447). In Saul A (ed). *The orthomolecular treatment of chronic disease*. Laguna Beach, CA, Basic Health Publications, Inc. 2014.

Prousky J: Niacin for detoxification (pp.500-502). In Saul A (ed). *The orthomolecular treatment of chronic disease*. Laguna Beach, CA, Basic Health Publications, Inc. 2014.

Prousky J: Vitamin treatment of hyperactivity in children and youth: review of the literature and practical treatment recommendations (pp.595-602). In Saul A (ed). *The orthomolecular treatment of chronic disease*. Laguna Beach, CA, Basic Health Publications, Inc. 2014.

Prousky J: Orthomolecular treatments are preferable to mainstream psychiatric drugs: a rational analysis (pp.718-732). In Saul A (ed). *The orthomolecular treatment of chronic disease*. Laguna Beach, CA, Basic Health Publications, Inc. 2014.

#### **MAGAZINE PUBLICATIONS**

Prousky J: What begets suicide? *Naturopathic Doctor News & Review*, 2018(March). Retrieved from <http://ndnr.com/anxietydepressionmental-health/what-begets-suicide/>.

Prousky J: Fasting and calorie restriction. *Alive*, 2013;August:49-51.

Prousky J: Natural help for anxiety disorders. *Alive*, 2013;July:51-55.

Prousky J: Helping patients taper from their antidepressant medication with Neurapas® balance. *Pascoe Canada: clinical pearls series*, 2013;9:1-3.

Prousky J: Diabetes & Mental Health. *Alive*, 2012;November:37-43.

Prousky J: Herbs, supplements and prescription drugs. *Alive*, 2012;August:37-40.

Prousky J: 6 steps to overcoming addictions. *Alive*, 2012;March:51-55.

Prousky J: Mental Health – mending the minds of men. *Alive*, 2011;March:33-38.

Prousky J: Abram Hoffer, MD, PhD. In memoriam. *Mind\Body\Spirit*, 2009;Fall(4);16-17.

Prousky J: Beat winter blues. *Alive*, 2009;November:47-49.

Prousky J: Lacking libido. Natural boosts for a healthier sex life. *Alive*, 2009;February:38-41.

Prousky J: Case study: depression and anxiety. *Pascoe Canada: clinical pearls series*, 2007;3:5-6.

Prousky J: Hope for mental illness. *Alive*, 2007;May:56,58.

Prousky J: The orthomolecular treatment of schizophrenia. *Naturopathic Doctor News & Review*, 2006;2(12):1,4-5.

Prousky J: Optimal treatment of schizophrenia should include nutritional support. *Hospital News*, 2006;19(10):25.

Prousky J: Natural approaches to the cold & flu season. *Hospital News*, 2005;18(11):25.

Prousky J: Nutritional treatments to combat anxiety disorders. *Hospital News*, 2005;18(10):23.

Prousky J: Non-pharmacological approaches to ADD & ADHD: Part II. *Hospital News*, 2005;18(7):24.

Prousky J: Naturopathic approaches for the treatment of attentional disorders: Part 1. *Hospital News*, 2005;18(6):28.

Prousky J: Nutrition for a wealthy but starving society. *Canadian Chiropractor*, 2004;9(3):24,25,28,30.

Prousky J: The treatment of menopausal symptoms. *Hospital News*, 2004;17(5):14.

Prousky J: Achieving optimal health: seven essential strategies. *Nutritionhouse Journal*, 2003.

Prousky J: Nutritional help for addictions: a brief primer. *Hospital News*, 2002;15(12):17.

Prousky J: Breast cancer: risk factors & nutritional strategies for prevention. *Canadian Natural Health Retailer*, 2002;6(6):24.

Prousky J: Letters. *Elm Street*, 2002;November:22.

Prousky J: Fatigue: a naturopathic medical perspective. *Wellness Options*, 2002;2(4):26.

Prousky J: Treating depression naturally. *Wellness Options*, 2002;2(3):20-21.

Prousky J: A simple nutritional plan to prevent cancer. *Canadian Natural Health Retailer*, 2002;6(2):30-31.

Prousky, J: Antioxidant supplementation from a naturopathic perspective. *Wellness Options*, 2002;2(2):23.

Prousky J: Nutritional strategies for fighting fatigue. *Canadian Natural Health Retailer*, 2002;6(1):32-33.

Ross C, Prousky J: Pain: a naturopathic medical approach. *Wellness Options*, 2001/2002;2(1):24-25.

Prousky J: Parkinson's disease: complementary nutritional therapies. *Hospital News*, 2001;14(12):16.

Prousky J: Natural strategies for seniors: a systematic approach. *Canadian Natural Health Retailer*, 2001;5(6):22-23.

#### **RESEARCH GRANT APPLICATION REVIEWER**

National Center for Complementary and Alternative Medicine Fellowship and Career Development Awards. *National Institutes of Health* Meeting in Annapolis, Maryland, to review grant applications, July 2007.

Rickhi B, Moritz S: Orthomolecular therapy for childhood asthma. *Sick Kids Foundation*, February 2005.

Tavintharan S: Niacin in atherosclerosis - Does pleiotropism exist? *National Medical Research Council*, March 2004.

### **AWARDS & HONORS**

Inducted into the 14th Annual Orthomolecular Medicine Hall of Fame, International Society for Orthomolecular Medicine, April 29, 2017, at the Orthomolecular Medicine Today Conference in Toronto, ON.

First place winner, "Best of Naturopathic Medicine" competition in *Townsend Letter*, 2015, Publication: "The manifestations and triggers of mental breakdown, and its effective treatment by increasing stress resilience with psychosocial strategies, therapeutic lifestyle changes, and orthomolecular interventions."

Favorite Professor, Canadian College of Naturopathic Medicine Class of 2014, April 2013.

Third place winner, "Best of Naturopathic Medicine" competition in *Townsend Letter*, 2013, Publication: "What to do when patients wish to discontinue their psychotropic medications? Effective tapering strategies to limit drug withdrawal and destabilization: a clinician's perspective."

Favorite Teacher, Canadian College of Naturopathic Medicine Class of 2012, April 2011.

Grand Winner, "Best of Naturopathic Medicine" competition in *Townsend Letter*, 2011, Publication: "Understanding the serum vitamin B12 level and its implications for treating neuropsychiatric conditions: an orthomolecular perspective."

Winner "Orthomolecular Doctor of the Year." Presented by the International Society for Orthomolecular Medicine on April 30, 2010, at the Orthomolecular Medicine Today Conference in Vancouver, BC.

Winner "Best of Naturopathy" competition in *Townsend Letter*, 2007, Publication: "The orthomolecular treatment of schizophrenia: a primer for clinicians."

Winner "Best of Naturopathy" competition in *Townsend Letter*, 2005, Publication: "Orthomolecular Treatment of Anxiety Disorders."

Winner "Best of Naturopathy" competition in *Townsend Letter*, 2003, Publication: "A case report on the successful use of inositol hexaniacinate for the treatment of achlorhydria: its possible mechanism of action upon the central nervous system and parietal cell-adenosine triphosphate-dependent  $K^+/H^+$  pump."

Excellence in Teaching Award, Canadian College of Naturopathic Medicine, "Selected by the graduating class of 2002 in recognition of outstanding academic instruction," May 30, 2002.

Gordon Storie Award, Canadian College of Naturopathic Medicine, "...for his strong commitment to mentoring CCNM students in topics which promote and enhance the profession in Canada, and for his contribution and support in the community," March 3, 2001.