



DR. JONATHAN E. PROUSKY, ND, MSc, MA, CCC

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

Naturopathic Mental Health

Clinical Practice Telephone: (416) 457-6611
Clinical Practice Fax: (416) 987-1772
Clinical Practice Email: drjonathanprousky@gmail.com
Website: www.jonathanprouskynd.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 Focused 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, Naturopathic 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

Naturopathic Doctor License #: 975
Registered to practice in Ontario

Canadian Certified Counsellor#: 11251647
Certified 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

MSc, International Primary Health Care, August 2008
University of London
London, UK

MA, Counselling Psychology, May 2016
Yorkville University
Fredericton, New Brunswick

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
Canadian Counselling and Psychotherapy Association
College of Naturopaths of Ontario

PRESENTATIONS/CONFERENCES

BRB CE Group 2024 Live Online Conference
Key Topics and Treatments in Naturopathic Mental Health, September 2024
Toronto, Ontario

The Institute of Women's Health & Integrative Medicine
Rewiring Worry: A Holistic Approach to Conquering Anxiety in the Female Patient, July 2024
Virtual Conference

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 & 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

50th 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

46th 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

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

44th 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

43rd 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

42nd 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

41st 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

39th Annual International Conference, Orthomolecular Medicine Today
International Society for Orthomolecular Medicine
Vitamin B₁₂ 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

22nd 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

37th 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 21st 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

35th 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

34th 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

32nd 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

MDPAC Webinar
The Stressed Brain and Its Regulation: A Clinician's Perspective, April 2024

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. Rapid Clinical Recovery After Discontinuing Aspartame-Containing Chewing Gum. *J Case Rep*, 2025; 15(1):13-17. <http://dx.doi.org/10.17659/01.2025.0004>

Prousky J. Integrative Treatment with Gamma-aminobutyric Acid and Phosphatidylserine in a Patient with Childhood Absence Epilepsy Treated with Ethosuximide. *J Case Rep*, 2024;14(4):97-101. <http://dx.doi.org/10.17659/01.2024.0026>

Prousky J. Does Evil Underlie Some Cases of Parental Alienation Syndrome? Commentary and a Working Hypothesis. *Medical Research Archives*, 2024;[online]:12(11). <https://doi.org/10.18103/mra.v12i11.6031>

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.

Prouskey 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.

Prouskey J: The treatment of alcoholism with vitamin B₃. *Journal of Orthomolecular Medicine*, 2014;29(3):123-131.

Prouskey 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.

Prouskey 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.

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

Prouskey 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.

Prouskey 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.

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

Prouskey 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.

Prouskey J: Efficacy of Vitamin B₃ 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.

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

Prouskey J: Treating dementia with vitamin B₃ and NADH. *Journal of Orthomolecular Medicine*, 2011;26(4):163-174.

Prouskey 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, Prouskey J, Lord RS: Roundtable discussion: The value of nutrient laboratory testing. *Alternative and Complementary Therapies*, 2011;17: 142-148.

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

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

Prouskey 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.

Prouskey J: Understanding the serum vitamin B₁₂ 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 B₃ for depression: case report and review of the literature. *Journal of Orthomolecular Medicine*, 2010;25(3):137-147.

Prousky J: Understanding the serum vitamin B₁₂ 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 B₃. *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.

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

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

Prouskey 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.

Prouskey 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.

Prouskey 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, Prouskey 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.

Prouskey 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.

Prouskey 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.

Prouskey 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.

Prouskey 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⁺/H⁺ pump. *Townsend Letter*, 2003;235/236:72-75.

Prouskey 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.

Prouskey J, Lescheid D: Vitamins B₃ and C: their role in the treatment of histadelia. *Journal of Orthomolecular Medicine*, 2002;17(1):17-21.

Prouskey J: Is vitamin B₃ dependency a causal factor in the development of hypochlorhydria and achlorhydria? *Journal of Orthomolecular Medicine*, 2001;16(4):225-237.

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

CORRESPONDENCES

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

Prouskey J: Does vitamin B₃ really reduce adrenochrome? *Journal of Orthomolecular Medicine*, 2012;27(2):93-94.

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

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

Prouskey J: Vitamin B₃ 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 B₃ 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 B₃. *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: Stress Management. Clinical Handbook. Vaudreuil-Dorion, QC. Nutritional Fundamentals for Health, Inc. 2024.

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: Rewiring fear and anxiety. A holistic approach to conquering anxiety in the female patient. *Naturopathic Doctor News & Review*, 2025;20(1): 27-32.

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. *Nutrition House 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.