This is the fifth volume of our research newsletter. We plan to publish 4 volumes each year (Fall, Winter, Spring and Summer). Each volume will include research, which supports our current treatment strategies, and research which may support future therapy.

Health Research Institute (HRI)
Pfeiffer Medical Center (PMC)
HRI Pharmacy

The PMC is a for profit outpatient facility for children (over 5 yrs) and adults specializing in the evaluation and management of biochemical imbalances, which may be associated with the symptoms of developmental, learning and behavior disorders or anxiety, depression or mental illness. Our innovative approach of using vitamins, minerals and other nutrient supplements to treat biochemical imbalances has helped thousands of patients lead a more productive and rewarding life.

HRI Pharmacy, a compounding pharmacy, assists patients worldwide with filling prescribed nutrients (vitamins, minerals, amino acids, etc.) in the strength, form and dosage needed to correct their biochemical imbalances. Our goal is to provide exceptional service and the highest quality preservative free nutrients. HRI specializes in meeting the healthcare needs of every patient, including those with behavioral learning issues; including ADD/ADHD, autism spectrum disorders, Alzheimer’s disease, depression (including post-partum depression), bipolar disorder, schizophrenia and anxiety. Please telephone HRI at 800-505-2842 or fax 630-836-7056 to request a price quote for your custom compound. You can visit us at www.hriptc.org or Facebook at HRI Pharmacy.
A.J. Russo, Ph.D.
Research Director
https://hriresearch.wordpress.com/

His Masters in Biology and Ph.D. in Experimental Pathology are from Roswell Park Memorial Institute, a division of the State University of New York in Buffalo. After graduate school he did post docs as a staff fellow at the National Institutes of Health and the Department of Neurology at Johns Hopkins.

Dr. Russo’s research over the past ten years has focused on studying autism and other behavioral disorders such as schizophrenia, bipolar disorder, anxiety and depression. He has published 19 research papers since 2009. All are PubMed articles and can be downloaded for free through our research web site (above) and through PubMed.

Current Research

Effectiveness of Primer, MTP and Probiotics

We continue to do research which confirms the effectiveness of zinc and copper therapy. In many patients who have low zinc and/or high copper, Primer is very effective at lowering symptoms. See our research that confirms this at: https://drajrusso.wordpress.com/

We have confirmed that oxytocin levels are lower in individuals with autism. We have also found that oxytocin levels may be decreased in individuals with bipolar disorder. We are currently studying whether these low levels of oxytocin may be associated with abnormal proteins that control how nerve cells behave and develop. We anticipate that this information will lead to the development of better therapy.
We are investigating the genetics and environmental factors that may be affecting patient groups that are being treated by clinicians at the Pfeiffer Medical Center and Health Research Institute Pharmacy. One of our goals is to learn more about the underlying cause(s) behind diseases like autism, ADHD, depression, anxiety, schizophrenia and bipolar disorder.

To accomplish this, we study the genes or DNA that are not structured properly in the patient group, predict which characteristics (proteins) would be affected by the faulty genes and study these characteristics (proteins).

One of the important ways that our lab studies these characteristics (proteins) is by establishing the concentration in the blood, or other parts of the body, then comparing these concentrations to the norm.

If the concentration is abnormal, then that may indicate that the particular protein is associated with the cause of the disease.

As an example, there is growing evidence that oxytocin may be an effective therapy for improving social behavior in autism.

We have measured oxytocin levels in autistic individuals and Bipolar Disorder and found that the autistic children had significantly lower oxytocin levels in both disorders. Oxytocin lowers levels of the protein mTOR. mTOR has been found to be associated with mood disorders, we have found that this protein is in patients with clinical anxiety, clinical depression, and Bipolar Disorder, but not in individuals with schizophrenia. We hypothesize that oxytocin may be an effective therapy because it lowers mTOR.

We hope that, if there is a connection between oxytocin and mTOR, and diseases autism and mood disorders, we will be able to develop therapies, which will alter these proteins and improve symptoms. We are currently evaluating other natural therapies, besides oxytocin, that lowers mTOR levels.
HRI-PMC Research

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