



# My Name is Clajah Bricc'e I Have Been a Nutritionist For Twenty-Five Years. I Saved My Mother's Life

Clajah Bricc'e

Loyola Marymount University, Los Angeles

**Abstract:**

My mother has been in the mental health system for over 40 years. She was diagnosed with Bipolar, Schizophrenia, and borderline personality disorder. She was sectioned for nearly one year from January 2018 to October 2018. She was put on 400mg of Lithium which is too high for someone over sixty-five years of age. It was not suitable for my mother. She completely lost mobility, her short-term memory was gone, her speech was severely impaired, her feet and ankles were swollen so badly she could not even wear a pair of slippers.

She lost her appetite (being diabetic this is very dangerous). My story is living proof that all these mood stabilisers, anti-depressants, and antipsychotic medications are great for short term episodes not to be taken long-term and certainly not for life. The long-term effects are devastating for one's health. We have two brains one in our head and the other is the gut.

**Biography:**

My name is Clajah Bricc'e. I have been a Nutritionist for over 25 years. I grew up in the United Kingdom, studying in the UK and the United States. I lived in the United States for 17 years, studying and working with individuals



with a range of health issues, from athletes, celebrities, executives and children. I have always wondered why people were not being treated at the root of their problems, and why only the symptoms were treated. Treating at the core is the way forward. I was put on this earth to educate and help others to heal. It is my mission to help as many people as possible suffering with mental illness.

**Recent Publications:**

1. Killing in More-than-human Spaces: Pasteurisation, Fungi, and the Metabolic Lives of Wine, Positive Psychology in Research with the Deaf Community: An Idea Whose Time Has Come, Public Interactions on the Museum Stages

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