

Sarcosine and Niacin

**My Paranoid Schizophrenia
and OCD is 95% under Control**



Richard Carlson

Sarcosine and Niacin:

My Paranoid Schizophrenia and OCD is 95%

Under Control

by Richard Carlson

About the book: Richard Carlson is an author of children's and young adult books. He has paranoid schizophrenia and obsessive-compulsive disorder. He tried supplementing his medicine treatment regimen by taking high doses of niacin and sarcosine and began using the Fisher Wallace Stimulator which helped him to be ninety-five percent treated. For more information, please visit: www.schizophreniacure.com

About the author:

Richard Carlson is an author of children's and young adult books. He is a highly sensitive person, or HSP, and has paranoid schizophrenia and obsessive-compulsive disorder. You can learn more about him at www.richard-carlson.com.

Disclaimer: The information in this book should not be considered medical advice. The author is not a medical professional. Mental health consumers should always consult with medical professionals for advice.

In April of 2022, I began to take high doses of sarcosine and niacin because I heard both can treat paranoid schizophrenia, or at least lessen my symptoms. I continued to take the high doses of antipsychotic and OCD medication as prescribed

by my psychiatrist. I use regular niacin, not flush-free. High doses of niacin can cause the patient to experience a flushing and tingling on their body making their face turn red for several minutes.

Niacin should not be taken on an empty stomach.

Start with a small dose, (100mg capsule), and

work your way up to prevent the side effects, or at least to minimize them.

At first, I used sarcosine granules made by BrainVitaminz www.brainvitaminz.com. The company suggests starting with a small dose and working your way up. Later, I decided to order sarcosine tablets online. I've been taking six tablets (3000mg total) of sarcosine, and six tablets of niacin (3000mg total) every day.

About six months later in October 2022, my paranoid schizophrenia and obsessive-compulsive disorder was treated ninety percent and been so ever since. I realized I still have some OCD in me, which I am getting over. At times, I have minor paranoia.

Before taking these high doses, I adhered to the keto diet for a long time which helped with my symptoms, but I discontinued it in early 2022. My state of mind stayed the same.

I began sleeping with a weighted blanket which makes me feel less anxiety and I sleep better. I use a twenty-pound (9-kilogram) blanket which is about ten percent of my body weight. The

Internet recommends using a blanket one tenth of your body weight.

WARNING: Please do research about using a weighted blanket for young children, which might harm the child.

In late July of 2022, I began using the Fisher Wallace Stimulator, www.fisherwallace.com for occasional anxiety and it helps. I now have less anxiety. The Fisher Wallace Stimulator works by the patient wearing two spongy terminals under a headband, plugged into the device, which is battery powered. It gives mild impulses for twenty minutes which might help the patient to do better with anxiety, depression, and insomnia. It can be used up to twice a day. If you decide to get the

Fisher Wallace Stimulator, I suggest you get a lanyard to hang the device around your neck when using it, because it appears to be fragile plastic and I can see myself dropping it while using it. Make certain the positive and negative terminals are moist enough or it won't function. I began using level two and jumped to four, the maximum.

If I've not used the Fisher Wallace Stimulator, for a day or two, I can tell because I am not as well. I've improved since figuring out I had more OCD in me than I thought. Now, I'll have a "normal" life. Now, it is early December of 2022, and I am and have been ninety percent treated for a long time now.

I hope my short book helped you.

Best wishes with your health,

–Rich

UPDATE: I increased the sarcosine in late December to 6,000mg, twice as much, and within less than a week, noticed a significant improvement. I'm ninety-five percent treated in my opinion.