IMAGE AWARENESS HEALTHLETTER

Nutrition and the Child

A Healthy Start in Life

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Notice

This newsletter is designed for educational purposes only. Any individual suffering from health problems which are mentioned or discussed should consult a physician for proper diagnosis and treatment.

Introduction

It is only common sense that the quality of the nutrition of a young person will have an influence upon physical and mental development. Unfortunately, in the United States manufacturers of "junk" foods have targeted young people with adds for their products, knowing that nutritional habits established early in life are difficult to change later on. Also disturbing is a study which demonstrated that poorly nourished children consume more sugar than those who are well nourished.[1]

Human beings often jump to the conclusion that if they do not have a deficiency disease they are well-nourished. Carlton Fredericks once wrote that the average American considered himself healthy if he could stand upright when the wind was blowing in the right direction.

Dr. Roger Williams, the noted biochemist, writes, "We know that customary human diets are poor enough to cause reproductive failures in rats. When various 'average American diets' have been fed to these animals, they remain alive, but there have always been serious reproductive failures, when the experiments have been continued through the reproductive cycle."[2]

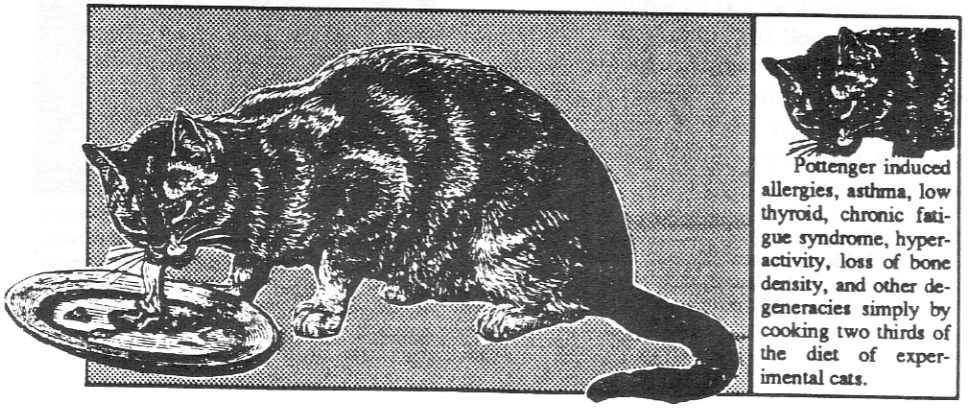
A number of early nutritional researchers conducted work which demonstrates the importance of nutrition early in life. Here we will discuss the work of Francis M. Pottenger, Jr., Sir Robert McCarrison, Weston A. Price and Dr. Archie Kalikerinos.

References:

1. Williams, Roger, *Nutrition Against Disease*, New York:Bantam Books, 1978, p. 68.
2. Ibid., p. 54.

Work of Francis M. Pottenger, Jr.

The work of Francis M. Pottenger, Jr., strongly suggests that poor nutrition during pregnancy and childhood can have lasting damaging effects. Pottenger malnourished cats and observed physical deterioration over a period of several generations. Many of the degeneracies and abnormalities observed in his animals can be observed in the American population leading one to speculate that perhaps the cause of these problems may be the same.



Pottenger induced allergies, asthma, low thyroid, chronic fatigue syndrome, hyperactivity, loss of bone density, and other degeneracies simply by cooking two thirds of the diet of experimental cats.

Hyperactivity

Among the abnormalities noted by Pottenger was the induction of hyperactivity among animals which were fed a nutritionally impoverished diet with the addition of large quantities of sugar. Animals simply malnourished tend to become lethargic and inactive as the ability of the body to produce energy is decreased. Sugar, on the other hand, appears to "wire" the animals so that they raced about their cages.[1]

We know that a high intake of sugar can increase the insulin level of fasting blood by 50% and the secretions of the adrenal cortex where stress coping hormones are produced by 300-400%. The strongly addictive characteristic of sugar may be partial-

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McCarrison showed that when laboratory rats were fed the poor diets of human beings they developed the same kinds of diseases that people do on those diets.

ly related to the adrenaline high which it produces.[2]

Allergies

Pottenger found that animals fed wholesome raw foods never developed allergies. Cooked meat and milk as two-thirds of the diet caused all kinds of allergies. "First deficient generation allergic cats produce second generation kittens with greater incidence of allergies, and by the third generation, the incidence is almost 100 percent." Milk allergy was common in malnourished animals.[3]

Pottenger also induced asthma in his cats--the first case of asthma reported among animals in the research literature. Pottenger found a terrible deterioration in the digestive tract of animals with allergies. Normal animals had a digestive tract 48 inches long while allergic animals had intestinal tracts as long as 72 to 80 inches.[4]

Low Thyroid

Pottenger found that cooking of foods impaired functioning of the thyroid gland. This was accompanied by changes in facial structure and sterility of offspring.[5]

References:

1. *The Pottenger Cat Studies*, a video produced by the Price- Pottenger Nutrition Foundation,
2. Yudkin, John, "Sugar and Disease," *Nature*, Vol. 239, September 22, 1972.
3. Pottenger, Francis M., Jr., *Pottenger's Cats: A Study in Nutrition*, ed. Elaine Pottenger with Robert T. Pottenger, La Mesa, Ca.: Price-Pottenger Nutrition Foundaition, 1983, p.33.
4. Pottenger, p. 35.
5. Pottenger, p. 35.

The Work of Sir Robert McCarrison

Sir Robert McCarrison joined the Indian Medical Service in 1904 and was assigned to work among the Hunza people in the northern part of that subcontinent. Here he found a people enjoying almost perfect health. He never found a case of appendicitis, peptic ulcer or cancer in the seven years he worked with these people.

In 1929 McCarrison was appointed director of Nutrition Research in India. It was at this time that he began to conduct a series of nutritional experiments in which he fed rats the diets that people were eating and observed changes in their health. Sadly, most doctors today have never heard of this man or his work.

In one study two groups of twenty animals were assigned diets. One group received the healthy diet of the Sikhs in India while the other received the refined food of Western people. The animals were half grown when the experiment began and were given the chosen diet for six months.

The well nourished animals were sleek-coated, well-grown, strong and active. Only 15 percent of the animals died during the experiment.

The poorly nourished animals had lost 45 percent of their number. Three of the animals had been cannibalized by their fellows, suggesting that the nutritional deprivation was having its effects.

Notable was the fact that the lungs were seriously weakened by the processed food diet. Six of the animals died from broncho-pneumonia, a relatively rare condition which had only caused the death of 3 out of 375 rats involved in other experiments in this same period of time.

Changes in the intestinal tract of animals on the processed foods were profound. These changes included "extreme dialation and thinning of the whole gastro-intestinal tract; atony (lack of tone) of the bowels..." The intestinal tract lost its motility.

The well fed animals successfully reared 134 young in the six month period of time. The poorly nourished animals gave birth to eleven unhealthy offspring. All of these animals died.[1]

Reference:

1. Mount, James Lambert, *Sir Robert McCarrison and wholefood*, England: Precision Press, 1975, p. 22-24.

Weston Price

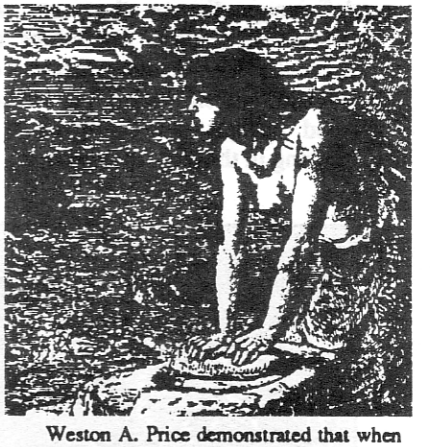
Weston Price was a dentist who became concerned about the physical degeneration which he observed among the patients he worked with. He concluded that if he could study the diets of healthy people, he might gain some clues as to why modern man was degenerating.

Price travelled around the world and compared the health of primitive peoples with that of modern man. He found that people eating wholesome foods did not have tooth decay, crowding of the teeth in the mouth, and a host of other degeneracies. His work is recorded in a book entitled *Nutrition and Physical Degeneration.*

IQ and Antisocial Traits

Price found a huge number of American children in 1945 exhibiting major nutritional deficiencies and noted,

"Their I.Q.'s are generally lower than normal and they readily develop inferiority complexes growing out of their handicap. From this group or parallel with it a certain percentage develop personality disturbances which have their expression largely in unsocial traits. They include the delinquents who at this time are causing so much trouble and concern because of evidence of increase in their numbers."[1] Price saw a problem of increasing juvenile delinquency in 1945 contributed to by poor nutrition and society has still not taken steps to deal with the underlying causes of the problem!



Weston A. Price demonstrated that when primitive peoples began to eat the processed foods of the civilized world their health rapidly deteriorated and they experienced degeneracies with which they were previously unfamiliar.

.Dr. Archie Kalokerinos demonstrated that sudden infant death could result from immunization and subsequent vitamin C deficiency.

Facial Structure

Price noted changes in facial structure including a narrowing of the face, crowding of the teeth in the mouth and recession of the jaw or the middle part of the face in cases of malnutrition. Tooth decay was common as nutrition deteriorated.

Reference:

1. Price, Weston, *Nutrition and Physical Degeneration*, Santa Monica, Ca.: Price-Pottenger Nutrition Foundation, 1975, p. 2.

Archie Kalokerinos

Among the most common problems of children are Sudden Infant Death Syndrome (SIDS), otitis media (abscess formation in one or both ears), and 'running' noses. Archie Kalokerinos is a physician working among the aborigines in Australia. These problems are very common among this population group.

SIDS

Kalokerinos was losing every second child to SIDS. He eventually learned that routine immunization was creating a scurvy in the infants which was severe enough to kill half of them. Infant scurvy could be characterized by brain irritability, head retraction, back arching, "frog legs" and limb tenderness.[1]

When animals are immunized against tetanus and diphtheria, a number of them will die suddenly. These deaths have routinely been attributed to a severe allergic reaction.

Ames laboratory conducted an experiment along these lines, but half the animals were supplemented with vitamin C prior to immunization. None of these animal died when immunized. The animals subject to sudden death when immunized are, like humans, unable to synthesize their own vitamin C.[2] Kalokerinos was able to eliminate SIDS among the aborigines with vitamin C supplementation of the children upon immunization. He wrote, "Two years passed without a single infant death."[3]

Runny Noses and Ear Infections

Kalokerinos found zinc and vitamin C very important for the runny noses and ear infections his children were so prone to. Zinc was probably often involved in the appetite problems of children as well.[4]

Carl Pfeiffer writes, "In children, the swollen face of zinc deficiency also extends to the auditory tubes that drain the inner ear which, when open, allow the air pressure to equalize and fluids to drain. When swollen shut, the middle ear can become infected, resulting in earache and pus behind the ear drum."[5]

References:

1. Kalokerinos, Archie, *Every Second Child*, Sydney, Australia: Thomas Nelson, 1974, p. 48.
2. Ibid., p. 117.
3. Ibid., p. 52.
4. Ibid., p. 135.
5. Pfeiffer, Carl, *Zinc and Other Micro-Nutrients*, New Canaan, Conn.: Keats Publishing, 1978, p. 52.

Cod Liver Oil

A tried and true addition to the diet of children in past years has been cod liver oil. This supplement contains natural vitamin D which is valuable for bone development. Defects in development of the bones can result in narrow air passages in the region of the ears contributing to otitis media and a narrow palatte resulting in teeth that are crowded in the mouth.[1]

Reference:

1. Davis, Adelle, *Let's Have Healthy Children*, revised ed., New York: Signet, 1981, p 247.

Intelligence

Many children have been born with below normal intelligence in the last few decades. Sound nutrition not only promises to reduce the incidence of mental retardation, but also offers hope of improving mental functioning.

Pauling reports that as little as 50 mg. of additional vitamin C added to the diet of children can improve I.Q. scores as much as 3.6 units. Pauling notes that the officially recommended intake for a human being is only 60 mg. in the United States. A daily intake of 180 mg. is required to accomplish this increase in I.Q.—three times the recommended intake.[1]

Pauling writes, "It is interesting also that the Committee on Human Foods and Nutrition of the United States Academy of Sciences-National Research Council recommends only 60 milligrams per day for human beings, whereas the Committee on Feeding of Laboratory Animals, also a committee of the United States National Academy of Sciences-National Research Council, recommends 2000 milligrams per day for monkeys."[2]

Dr. Ruth Harrell reports a stunning increase in the IQ of a young mentally retarded boy over a two year period with multiple supplementation. His IQ rose from about 30 to 90. Similar but less dramatic increases of from 10 to 20 points have been noted in a number of mentally retarded children.[3]

Dr. Roger Williams reports a study in which good versus poorly nourished children showed an IQ difference of 22.6 points. Those with the higher IQ had the better diet.[4]

References:

1. Pauling, Linus, *How to Live Longer and Feel Better*, New York: W. H. Freeman and Company, 1986, p. 185.
2. Kalokerinos, Archie, *Every Second Child*, Sydney, Australia: Thomas Nelson, 1974, p. vii.
3. Pauling, p. 187.
4. Williams, Roger, *Nutrition Against Disease*, New York: Bantam, 1971, p. 67.

Lead and Children

Carl Pfeiffer writes, "A child is more susceptible to lead poisoning than an adult simply because a child's blood brain barrier has not had time to mature and thus more of the poisonous lead goes to the brain."[1] Not only are children more readily damaged by lead, but their bodies accumulate more of it. Dr. E.E. Ziegler wrote, "There is little question that infants and young children absorb and retain a greater percentage ofingested lead than has been reported for adults."[2]

Symptoms

Lead has been implicated in hyperactivity of both laboratory animals and children. It also impairs mental functioning leading to mental retardation. Other common signs of lead poisoning in children include:

- temper tantrums
- frequent crying for no apparent reason
- fearfulness
- refusal to play
- drowsiness
- speech disturbances
- perceptual motor dysfunctions
- seizures or convulsions
- loss of coordination
- emotional and behavioral problems[3]

Lead is ingested from a variety of sources. One family was poisoned by their fine china which cost $25.00 a plate. Large quantities of readily absorbable lead are found in the air as a result of leaded gasoline. It is sometimes found in paints, cosmetics newsprint, plaster and putty and a variety of other sources.[4]

Calcium

Sound nutrition can provide a good deal of protection from lead. Low calcium intake contributes to accumulation of lead in the body, while high intake of the mineral protects against lead accumulation.[5]

Calcium supplements vary tremendously in quality. The University of Maryland School of Pharmacy conducted tests over a two year period from 1986 to 1988 on the dissolution time of calcium supplements. Ideally, at least 75% of a calcium should dissolve within 30 minutes. The average dissolution time of 52 major brands was only 39.3 percent. A quality manufacturer of food supplements (Neo-Life Company) found one of their calciums dissolved 93.7% and another 103.3% within the allotted 30 minutes.[6]

Zinc and Vitamin C

A healthy intake of zinc and vitamin C have been shown to drop levels of lead in the blood by approximately twenty percent.[7]

Vitamin E and Lead

Red blood cells must be able to alter their form in order to be able to fit through capillaries. The ability of red blood cells to fit through the tiny capillaries appears to be hindered in a dramatic way when a combination of lead poisoning and vitamin E deficiency are present. Vitamin E allows the red blood cell to behave normally even when excessively high levels of lead are present.[8] Since modern man tends to carry 500 times the lead in his body that ancient man did, intake of adequate vitamin E may be particularly relevant today.

References:

1. Pfeiffer, Carl, *Zinc and Other Micro-Nutrients*, New Canaan, Conn.: Keats, 1978, p. 178.
2. Schauss, Alexander, *Diet, Crime and Delinquency*, Berkley, Ca.: Parker House, 1980, p. 33.
3. Ibid., p. 37.
4. Ibid., p. 37, 40.
5. Pfeiffer, p. 166.
6. "Evaluation of the Dissolution Times of Neo-Life Calcium Supplements Compared to Other Major Brands," Fremont, Ca.: Neo-Life Company of America, 1988.
7. Sohler, Arthur, Kruesi, and Pfeiffer, Carl, "Blood Lead Levels in Psychiatric Outpatients Reduced by Zinc and Vitamin C," *in Diet Related to Killer Diseases, V, Nutrition and Mental Health*, Berkley, Ca.: Parker Publishing, 1980, p.234.
8. Levander, Orville A., Morris, Virginia C., and Ferretti, Renato J., "Filterability of Erythrocytes from Vitamin E-deficient Lead-poisoned Rats," *Journal of Nutrition* 107:363-372, 1977.

Grain and Legume Oils

Grain and legume oil concentrates have been shown to be of benefit for the development of laboratory rats. Animals on a concentrate of wheat, rice and soybean oils demonstrated an overall growth and development edge of about 125%. The heart weight, a measure of cardiovascular development, was about 120% greater. Nutrient utilization, the growth of the animal per unit of food consumed, increased about 150% when the oils were added to the diet.

The report states, "The results of this segment of the study indicate that a diet containing Tre-en-en Grain Concentrates can help in attaining a higher level of the potential for growth and development in animals and assists in the more efficient utilization of dietary nutrients."[1] The improved development of animals as a result of adding grain and legume oils to the diet may be due to the fact that these oils improve hormone production, facilitating nutrition at the endocrine level.[2]

These kinds of tests are difficult to run on children because of the time involved and the difficulty of sticking with a dietary change. Nevertheless, this research indicates that children may benefit greatly in overall development by the addition of grain and legume oils to the diet.

References:

1. "Formula IV Tre-en-en Grain Concentrates Research Report II," *The Counselor*, Hayward, Ca.: Neo-Life Company of America, October/November 1987, p. 12.
2. "Research Report: Formula IV Tre-en-en Grain Concentrates," *The Counselor*, Hayward, Ca,: Neo-Life Company of America, September 1987, pp. 19-22.

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