



IMAGE AWARENESS WELLNESS INSTITUTE

Why So Much Violence?

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PERVASIVE VIOLENCE

The modern world seems to be filled with violence. Weston Price wrote, “After one has lived among the primitive racial stocks in different parts of the world and studied them in their isolation, few impressions can be more vivid than that of the absence of prisons and asylums. Few, if any, of the problems which confront modern civilization are more serious and disturbing than the progressive increase in the percentage of individuals with unsocial traits and a lack of responsibility.”

Price wrote in 1945. In his day he noted that almost a third of the population of Vermont had sufficiently lowered mentality that they required some type of supervision. He would be horrified at the situation today. Price found evidence of deterioration as a result of faulty nutrition in most of the institutionalized individuals he observed. By contrast such deterioration was not evident in isolated people groups which were not consuming modern foods.

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EARLY RESEARCHERS

One of the earliest studies suggesting a connection between malnutrition and criminal behavior was conducted by Sir Robert McCarrison in the

1920's. McCarrison fed rats the diet of different people groups in India. He found that the diet of the peoples of Northern India sustained the animals in almost perfect health. McCarrison received a real shock, however, when he fed his animals the diet which was being consumed by the British and other western peoples.

“The second colony (of rats) received a diet which was ultimately shown to have been ‘a bad one’. It was designed to resemble that eaten by many Western people of the poorer classes. It consisted of white bread, made from American white flour and obtained from the local bakery; vegetables cabbage, carrot, potato, etc., cooked in water to which pinches of bicarbonate of soda and common salt were added; a substitute for mar-



garine, consisting of coconut oil; tinned meat; tinned jam; tea, well sweetened with sugar, to which was added enough milk to give it the customary tinge; and water. The animals acquired an extraordinary liking for the tea; consuming as much as 600 cc daily, and therewith approximately 20 g of sugar and 20 cc of milk.”

The diet was continued for six months. The mortality of the rats on the Western diet was 45 percent while that on the Sikh diet was only 15 percent. One third of the animals which died in the Western-fed colony was killed and eaten by the other rats. McCarrison had to separate the animals to stop the murders. These animals were particularly susceptible to respiratory infections which were rare among the hundreds of rats McCarrison was raising at any given point in time on his standard healthy diet which was based on the diet consumed by the Hunza people. The animals were “stunted and badly proportioned; coats were staring and lacking in gloss; they were nervous and apt to bite the attendants...”

The rats fed the British diet began to kill and eat one another after sixty days on the highly processed diet. The animals had to be isolated to complete the experiment. Animals fed healthy diets lived in harmony with one another.

Joseph Goldberger identified pellagra as a vitamin B3 deficiency.



Pellagra “was characterized as the disease of the four d’s dermatitis, diarrhea, dementia and death.” Those with pellagra were characterized by “brooding sullenness, suddenly shattered by outbursts of irrational anger, persecution, mania, the feeling of people living in a cruel and demented world of their own...” When vitamin B3 was first added to refined flour in the process called “enrichment” about half the people in mental institutions went home well.

Dr. Abram Hoffer pioneered the use of vitamin B3 to treat schizophrenia. He gave his patients 1,000 mg of niacinamide three times a day along with a comparable amount of vitamin C. He reported an 80% cure rate for early schizophrenia.

Francis M. Pottenger malnourished cats simply by cooking two-thirds of their diet to destroy nutrients damaged by heat. He wrote, “Cooked meat fed cats show much more irritability (than animals fed raw meat). Some females are even dangerous to handle and three are named Tiger, Cobra and Rattlesnake because of their proclivity for biting and scratching.” Pottenger’s research on the cats was conducted between 1932 and 1942.

Rodale wrote a book on nutrition and crime. He provides illustrations of famous individuals who were addicted to sweets. For example, Ivan the Terrible of Russia feasted for hours on pastries and candy along with alcohol.

Hitler could never get enough of his favorite whipped cream cakes. He was addicted to candy and could not

drink wine without putting sugar in it. Hitler lost most of his teeth.

Napoleon was also very fond of sugar, chocolate, and pastry. He gave his name to the “napoleon”, a “rich iced fancy cake composed of layers of cake and cream or jelly.”

All of these observations suggest that intake of large quantities of sugar and refined, nutrient depleted foods contribute to changes in behavior, violence, and potential criminal behavior.

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DIET AND CRIME

Barbara Reed, Ph.D., was one of the pioneers in studying the relationship between malnutrition and criminal behavior. Barbara became a probation officer in Akron, Ohio in 1963. She became seriously ill that same year experiencing profound fatigue and lethargy. She also developed violent mood changes rising to giddy heights and then crashing to bleak lows. She experienced nightmares and memory lapses. Barbara was 33 years old at the time and doctors told her she was beginning to go through menopause.

At this point Barbara ran across Gaylord Hauser’s book *Look Younger and Live Longer*. She ceased drink-

ing 10-12 cups of coffee a day and removed the sugar and refined foods from the house. In a matter of weeks she was a new person.

Barbara became an apostle of good nutrition as a result of her own experience. She found that a huge proportion of those in trouble with the law were addicted to junk food.

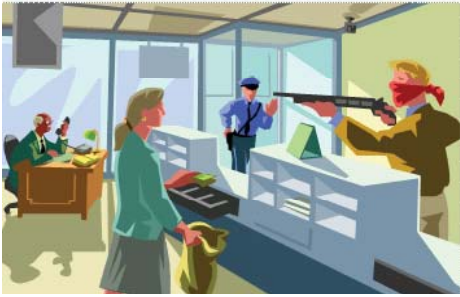
Rather than referring her clients to a psychiatrist she had them tested for low blood sugar after reading a book on the subject. She also began to test her clients for heavy metal poisoning looking particularly at elevated blood levels of lead and cadmium which are associated with emotional and behavioral disorders.

Barbara’s success moved her forward in her career until she became head of the Cuyahoga Falls Probation Department.

The recidivism rate (tendency to relapse into previous behavior patterns) of those who commit serious crimes is close to 70 percent. Barbara wrote the following concerning her experience with nutrition:

More than 80 percent of the probationers who have come to me since I started using the orthomolecular approach are living full, productive lives today. Not a single individual who has stuck with the program has ever been in trouble with the law again. This success has been so convincing that many professionals at the Municipal Court of Cuyahoga Falls have simply taken it for granted. The connection between diet and crime, and the effectiveness of the orthomolecular approach in restoring self-control to





people with behavioral problems, is accepted as a simple fact.”

Barbara Reed tested her prison population to see if they were prone to alterations in perception indicative of brain allergy, toxic metal exposure, or severe malnutrition. She also tested clients for hypoglycemia and other blood sugar disorders.

Treatment included elimination of processed foods including sugar and white flour. Adrenal stimulants like coffee or cola were eliminated as were food additives. Dairy products were eliminated if clients were sugar sensitive or allergic. The diet consisted of fresh fruits and vegetables, whole grains, lean meats, fish, and poultry prepared with a minimum of processing. Exercise was included in the treatment program. Toxic metal accumulation was treated with chelation therapy.

Barbara Reed and Alex Schauss both mention the Qolla Indians of Peru. These people were labeled the “meanest and most unlikeable people on earth” by Dr. Ralph Bolton. Half the household heads were implicated directly or indirectly in murder and every form of criminal behavior including rape, arson, fighting, stealing, and murder were regularly practiced by the people of this society. Bolton’s testing revealed that over half the population suffered with hypoglycemia or low blood sugar. The diet was very low in protein and high in carbohydrates. The people consumed a good deal of alcohol and chewed cola.

Schauss discusses links of criminality with low blood sugar, lead tox-

icity, intolerance to food additives, food allergies, and addictions to alcohol and drugs like heroin.

In the 1970’s Dr. Bill Walsh compared the hair mineral levels of 24 pairs of brothers. The well-behaved brothers had normal mineral levels. The “boys from hell” had “either very high copper and very low zinc, sodium, and potassium levels in their hair or very low zinc and copper and very high sodium and potassium. The former group felt remorse after their violent outbursts, the latter group were never remorseful. In addition, the delinquents also had lead and cadmium levels that were three times greater than those of their well-behaved siblings.”

More recently, Gesch and his associates conducted a placebo-controlled trial of supplementation at Her Majesty’s Young Offenders Institution (HMYOI) in England. When the code was broken, the prisoners who received additional nutrients had committed 26.3% fewer offenses and 37% fewer acts of violence.

In summary, nutritional improvements offer great promise for decreasing violence in society and for improving rehabilitation outcomes in those convicted of violent crimes.

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BRAIN DAMAGE

Dr. Gerhard Roth, one of Germany’s best known brain specialists and neurologists, claims to have found an area in the front of the brain which does not function normally in killers, rapists and robbers. The “evil

patch” of brain area lies in the brain’s central lobe and shows up as a dark mass on X-rays. Roth discovered this while investigating violent convicted offenders. Those with damage to this part of the brain showed no emotions such as compassion or sorrow when shown brutal and squalid scenes. Roth noted that individuals who develop a tumor or suffer an injury to this part of the brain can become a criminal. If a tumor is removed the person can become completely normal again.

Roth suggested that not only injury but also failure of substances such as serotonin to function properly in this part of the brain could be involved in criminal behavior.

The brain damage identified by Roth could be created by poor diet as well as recreational and pharmaceutical drugs.

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PSYCHIATRIC MEDS: A BLIND ALLEY

John Virapen was General Manager of Eli Lilly & Company in Sweden. Sweden was and still is considered the leader in the field of psychiatry. Because regulations are so strict and approval of drugs can take up to seven years both the U.S. and the British keep close tabs on developments in Sweden. Virapen was assigned the task of gaining approval for Prozac in Sweden in spite of the fact that research suggested early on that it increased the likelihood of suicide and violence. Virapen identified the key Swedish researcher and was





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able to bribe him with \$20,000 and the promise of a research assignment from Lilly for Prozac. He then manipulated the price of the drug. Virapen wrote, "The price I'd negotiated for an incompletely tested, faulty product, which drove and still drives a lot of people crazy or to their death, was the basis for gaining approval, throughout the world."

Virapen also wrote, "Aggressive behavior, abnormal thoughts, suicidal thoughts and suicide. Wow. The end is particularly impressive, Don't you think? Suicidal thoughts and suicide for a drug that is supposed to stop depression.?....The real scandal is the fact that the company, Eli Lilly, knew of all these side effects, before they even applied for approval of the drug."

Dr. Peter Breggin has written extensively on the brain-disabling effects of psychiatric drugs. He writes of medication spellbinding which focuses attention on the fact that many psychiatric drugs make people think they are getting better when, in fact, the brain is being damaged, preventing them from identifying the cause of the suicidal thoughts, anger, or sadness they are experiencing.

Breggin has discussed at length the involvement of psychiatric medications in violent episodes. Breggin has served as a psychiatric expert in many cases. He discovered that Eric Harris who was involved with the Columbine mass murder was prescribed the antidepressant Luvox one year earlier. James Holmes who committed the murders in Aurora, Colorado was being treated by a psychiatrist and was probably taking psychiatric drugs. A family friend of the Lanza family noted that Adam, the Newtown shooter, was on medication.

Breggin wrote, "...psychiatric treatment, with its emphasis on prescribing psychoactive drugs, is no protection against violence perpetrators. Instead, in too many cases, psychiatric drugs cause or contribute to horrendous acts of violence. Psychiatry is a cause and not a cure for mass violence, and looking for help from psychiatry will only distract us from seeking genuinely effective solutions."



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