



Nutrition & Mental Health

After years of rejecting that nutrition played a role in health and disease prevention, it is finally becoming common knowledge among doctors and the average person, that nutrition plays a key role in all health issues. But still, many people don't realize how much of a role nutrition plays in mental health and the higher mind.

- It is proven by history, and especially by statistics, that human actions are governed by laws as fixed and regular as those which rule in the physical world.
- Climate, soil, food, and the aspects of nature are the principal causes of intellectual progress.
- Religion, literature, and government are, at best, but the products, and not the cause of civilization. (1)

The brain is supposed to be **loaded with EFAs and healthy natural fats**. When the brain synapses make connections, they are **covered with a protective layer of fat called the Myelin sheath**. The more healthy fat available to the brain the **better protected these connections are**. This is why natural fat is **essential for a healthy brain**. This directly affects **memory and normal brain function**.(2) Studies show that the trans fatty acids we eat do get incorporated into brain cell membranes, including the myelin sheath that insulates neurons. They replace the natural DHA in the membrane, which affects the electrical activity of the neuron. Trans fatty acid molecules disrupt communication, setting the stage for cellular degeneration and diminished mental performance.(3)

Omega-6 fatty acids are key structural components of cell membranes, and are an integral part of the myelin sheath, which protects nerves.(4)

Cholesterol is also an integral part of the myelin sheath. Reducing cholesterol with the use of cholesterol-lowering drugs is known to cause loss of memory and difficulty focusing. The cholesterol scare has caused so much harm to those duped into believing they desperately need to lower this vital substance. For more information about the truth behind cholesterol, please request a copy of The Cholesterol Myth from me directly at prof-nutrition@sbcglobal.net.

The Professor's NEWSFLASH!

One out of 142 Americans are now in prison! Inmates now top 2 million! *Justice Department's Bureau of Justice Statistics (BJS)*

EFAs are Endocrine positive, meaning that they play a direct role in behavior and mood. EFAs and natural fats provide vital nutrition to the brain, without them many brain disorders and even behavior changes can take place.

Purdue University conducted a study which was published in the American Journal of Clinical Nutrition. The study found that about **40% of children with ADD had deficiencies of EFAs as measured in their blood.**(5) EFAs have natural calming properties. They improve mental focus, which would be exactly what children need to improve in school. But instead of using this natural and essential nutrient, parents are told by their doctors to give their children dangerous drugs like Ritalin. Ritalin is the most prescribed drug for children. There are more than **two million children** taking the drug Ritalin, to manage their ADD.(6)

In a pharmacy Ritalin is classified as a **"Schedule II" narcotic**. Ritalin reacts with the very same brain receptors as cocaine!(7)

EFAs and healthy dietary fats are a required nutrient for an infant's brain and nerve development. Compared to breast-fed infants, infants who were fed hydrolyzed soy (processed) protein showed significant reduced growth in weight and length, as well as total blood protein.(8)

On the flip side of this issue, sugar in the form of sweets or other not-sweet carbohydrates, has a negative effect on mental health. High sugar diets, common among kids in this modern world, creates many behavioral problems. Look at the standard "well balanced" breakfast recommended to feed to our children today:

Large bowl of cereal (ie: cornflakes) = 5 teaspoons of sugar

Large glass of orange juice = 5 teaspoons of sugar

1 piece of wheat toast with jelly = 6 teaspoons of sugar

1 glass of milk = almost 2 teaspoons of sugar

Total: 18 teaspoons of sugar and that's only breakfast!! Add to that the snacks, candy, sodas and other meals loaded with sugar that kids are consuming!

PHYSICAL BASIS FOR BEHAVIOR

Physical Form	Vital Expressions
Pre-human stage of development...	Controlled by two basic forces: hunger and sex urge
Development of human forebrain...	Reason, mental inhibitions for sex urge and appetite, honesty and unselfishness
Parental nutritional injuries (lack of essential nutrition) of fetus, resulting in defects in forebrain...	Loss or lowering of inhibitions with character change, delinquency patterns, mental retardation.
Essential nutrition-produced forebrain growth with increased functions...	Super-mentality, exalted personality, noble music, arts, social reforms and altruism.
Nutrition and Physical Degeneration, by Dr. Weston A. Price, McGraw Hill - NTC; 15th Edition (June 2003), pg. 459. ISBN: 0879838167 (out of print)	

References:

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2. CHS International Research Ltd., and the article: *DHA - A Cornerstone of Human Health* by Lyle Hurd and Inge Mohede, Ph.D. <http://www.totalhealthmagazine.com/DHA.htm>
3. *Lipids*, 1994; 29/4:251-58.
4. *Present Knowledge in Nutrition*, Intl Life Sciences Foundation, July 1990, pp 63., ISBN: 093536840X
5. "Attention Please," Rafael Avila, *Energy Times*, Dec. 1996, pages 52-58.
6. *Energy Times*, Jan. 1997, page 53.
7. "Imaging Cocaine in Action," Dr. Ricki Lewis, *Photonics Spectra*, May 1996. & *Brain Research*, 520(1-2): 303-9, 1990. & *Archives of General Psychiatry*, 52(6): 456-63, 1995.
8. *Acta Paediatr Suppl*, Sept. 1994; 402: 100-104, and *Eur J Clin Nutr*, Sept. 1995; 49 Suppl 1: S26-38

If you have any questions or comments about this month's newsletter please e-mail the professor at: info@brianpeskin.com

This Month's Low-Carb Recipe: Almond Crust Pizza

Everything on a pizza is great for you, but the crust can be loaded with carbs. Here's a great, tasty way around it!

Ingredients

- Crust:**
- 3 1/2 Cups of coarsely grated unpeeled zucchini
 - 3 eggs lightly beaten
 - One cup of almonds. (grind the almonds in a food processor, or a coffee grinder-they are less coarse that way. Grind it until it looks like a batter)
 - 1/2 cup grated cheese (any kind you desire)
 - 1/2 cup grated parmesan (fresh in a package is preferred over canned)
 - 1 tablespoon of any kind of herb seasoning.
 - 1/4 Teaspoon of salt

Preparation

1. Take the zucchini and put the teaspoon of salt on top. Stir. Set for 15 min. (Salt draws out the water). Squeeze the zucchini with your hands-get as much water out as possible.
2. Mix ingredients together.
3. Spread onto well oiled pizza pan (coconut or peanut oil is best), and handle as little as possible when patting onto pan (this prevents the dough from sticking as much to the pan).
4. Stick in the oven at 325 for 30 min.
5. Remove and brush the top with oil then put back in the oven and broil for 5 min. until it is brown.
6. You now have your crust. Throw pizza sauce on it, and whatever toppings you desire.
7. Put back into the oven until cheese is melted.

Suggestion: Cook toppings in a skillet beforehand.

Enjoy!

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