

“Nutrition and Psyche” Congress October 30, Utrecht, Netherlands

In 1988, Stephen Schoenthaler, PhD, from California State University, was invited by the Dutch Association for the Advancement of Orthomolecular Behavior (MBOG) to give a presentation on his research topic,



Left to right: Gert Schuitemaker (chair), Stephen Schoenthaler (presenter) and his “successors” Ap Zaalberg (Dutch Ministry of Justice) and Bernard Gesch (University of Oxford) at the orthomolecular conference in Utrecht, Netherlands.

nutrition and behavior. In October 2009 he revisited the Netherlands to update the Dutch audience with his lecture “Nutrition and Antisocial Conduct; Violence, Delinquency and ADHD.” Additionally, he gave a presentation on nutritional influences on school performance (Nutrition and IQ; a significantly better academic performance) and on the relation of nutrition and addiction (Importance of nutrition in fighting addiction).

Schoenthaler’s visit was a good opportunity to meet Bernard Gesch (University of Oxford) and Ap Zaalberg. Gesch had performed the study among young British prisoners with food supplements versus placebo during several months.¹ The studies of Schoenthaler served as a basis for this study.² Analogue to the studies of Gesch and Schoenthaler, the Dutch government official and psychologist Zaalberg performed a similar study in the Netherlands. The study was an initiative of the Dutch government and the results were reported to the Dutch Minister of Justice in 2007 (not yet scientifically published). It was striking that the outcomes of this study were similar to the studies of Schoenthaler

and Gesch. In 2009 The Netherlands started a new larger nutritional supplement trial involving more than 1,000 prisoners over three years.³ It includes blood chemistry analysis and a battery of computer-based behavioral and cognitive tests. (Figure 1, below)

Also discussed at the conference were current topics such as hypothyroidism and the treatment with natural thyroid and orthomolecular supplements, and vitamin D and depression. The final presenter was Dr. Frits Muskiet on the evolutionary influence on human behavior.

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References

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2. Schoenthaler, S.J., Amos, S., Doraz, W., Kelly, M., Muedeking, R., Wakefield, J. (1996) The Effect of Randomized Vitamin-Mineral Supplementation on Violent and Non-violent Antisocial Behaviour Among Incarcerated Juveniles. *J Nutr Environ Med*, 1996; 7: 343-352.
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Figure 1. A Comparison of studies of nutrition and behaviour

