

# Subclinical Pellagra - A CNS Allergy ?

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## Introduction

The reason for all of us being here is to learn more about schizophrenia and eventually to conquer the disease. By so doing, this Society would become defunct. Our progress over the past five years has given us some hope that our Society will become expendable.

## Old Definition

In 1969, I defined SCP as a syndrome characterized by perceptual changes involving the five senses associated with neurasthenia. It is due to the deficiency of niacin, the administration of which causes prompt disappearance of symptoms. Over the years the definition has changed with the advance of knowledge.

## New Definition

SCP is now defined as a syndrome of perceptual dysfunction, neurasthenia, and behavioral problems. It is due to a decreasing tolerance for foods and other environmental factors with resulting maladaptation including cerebral allergy. Niacin affords symptom relief, while total allergy control effects a cure.

3K8

## Allergy

SCP is early schizophrenia and is a connotation much more acceptable to those suffering from the disease. It was not so many years ago that we spoke of cancer in hushed tones. We still do for schizophrenia. Research is finding allergy-induced immune response has much to do with cancer cures. We are now proving an allergy-like response has much to do with SCP and schizophrenia.

Dohan in 1972 found antibodies to the gliadin factor of hard wheat in 21 percent of schizophrenics. Sixty-four percent of schizophrenics react to wheat, so this is a maladaptive reaction which does not produce antibodies, but does produce symptoms.

## Specific Adaption Stage

Theron G. Randolph of Chicago has developed the clinical ecology concept which explains the findings. Allergy is an historic term used to cover a variety of syndromes, where a smaller than normal dose will cause symptoms, e.g., hay fever, asthma. Randolph has given us a classification of specific adaptation of the body to the major excitants-foods, food and drug combinations such as tea, coffee, alcohol, and tobacco, drugs, and related chemicals.

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### Pre-adaptive Stage

As we eat certain foods three times a day, day after day, we become adapted to them. Certain individuals are more susceptible to foods than others and find if they do not eat the food frequently they have symptoms which are unpleasant. They are withdrawal symptoms-shaky, nervous, anxious, tired, frightened, etc.

### Addictive Stage

These symptoms are relieved by taking more of the same food. In other words they have become addicted to the food. Eating several times a day becomes imperative to prevent symptoms.

### Maladaptive Stage

You may wake up at night and have to eat—you have become maladapted. The symptoms of this chain of events may be those of subclinical pellagra or of schizophrenia, or of hypoglycemia, if we think in terms of CNS allergy. We can also explain the degenerative diseases by this same line of thought.

### Degenerative Disease

Arthritis, diabetes, alcoholism, ulcers, asthma, eczema, arteriosclerosis, obesity are all examples of maladaptation affecting various organs and systems. All these diseases have "mental problems" as a major factor, although the mental problem is blamed on the arthritis or the asthma instead of the process, which is maladaptation.

### Case Report

Let me tell you about L.A., a beautiful, slender grade 12 student who came to see me in November, 1973, complaining of a hoarse throat for two months and a postnasal drip. There was no history of allergy in the family, yet her mother had rheumatoid arthritis and her father had a wheezy chest. It is helpful at times being a family doctor, especially if you can relate the parents' arthritis to the daughter's sore throat. I'm not all that smart, though. I thought she had sinusitis and ordered x-rays. It was only when these came back negative that I woke up.

### Perceptual Changes

This girl would walk into the door frame, words moved, they went double, they got bigger and smaller, numbers moved. She heard noises and voices, the ground moved sideways, stairs got higher. The mirror looked foggy, food tasted funny, and perfume made her sick.

### Somatic Complaints

She was tired all the time and slept a lot, she could not concentrate, and had frequent headaches. She missed school, especially on Monday mornings. She was depressed, losing weight, and thought about suicide.

### Mother's Complaints

The girl would not communicate. When told to clean up her room, which was always a mess, she would fly into a rage and stomp out of the house or sit in her room for hours and refuse to speak. She cried a lot and could not stay at any one thing. She would not finish what she started, but go onto something else. She was never satisfied for long. She would not exercise, and she slept too much and smoked too much.

### Findings

HOD 63, 9, 2, 12, 5.2, 1.

CWF2 19

HAI 64-indicating a sweet tooth.

PDT Positive 2 +

SMR Symptoms of Maladaptation

This is a form I made up to keep a record of the symptoms covering the various organs and systems in the body.

CNS—forgetful, poor concentration, can't read, blank spells, slow thinking, amnesia, and mostly unstable to name a few.

Special Sense Dysperception - words moved, vision blurred, sore red eyes, noises and voices ringing in her ears, nose-congestion, can't smell, think smells wrong, taste was wrong. Touch-itching.

Respiratory System —can't get enough

air, yawning, wheezing, hoarseness.

Cardiovascular System —cold hands and feet.

GI. System —coated tongue, dry, tickly throat, increased salivation, burping, noisy stomach, constipation.

GU. System —frequency, poor bladder control, vaginal discharge.

Locomotor System —fatigue, pain in her hips, thighs, calves, ankles, feet, and joint pains.

Blood sugar tolerance curve—90, 165, 150, 100, 75, 82, 76, 79.

### Allergy Testing

Doing allergy testing on this girl: dust and moulds caused many of her symptoms—headache, numbness, itchy nose, breathing trouble.

### With Foods

She couldn't breathe, blurred vision, sinus pain, headache, tearful, ringing in ears, achy muscles, and itchy arms— these are the complaints for which she came to my office.

### Treatment

This was enough to convince her that her troubles were likely allergic and could be corrected by allergy therapy. It convinced me that SCP is indeed a protean disease which is allergically based and the major symptoms are due to an allergic reaction in the brain causing perceptual dysfunction.

1. Treatment prescribed was a hypoglycemic diet because of her sweet tooth. I did not use rotation diet on this girl because: a. She would not follow one; b. She was not that sick; c. If she became more ill, it would then be used.

2. Vitamin therapy - 3 grams B3 and vitamin C, and 250 mg B6- 3 times a day.

3. Allergy vaccine was manufactured for dusts, moulds, and foods.

4. No smoking.

5. Lots of exercise.

### Course

L.A. lost her perceptual changes quickly, but the fatigue, depression, and temper and her other

complaints were much slower to respond. This is typical. The more strict you are with diet and exercise and the greater the patient cooperation, the more quickly is symptom response.

Over Easter she ate a chocolate rabbit and suffered visual and auditory hallucinations for two days. This again was convincing evidence of her CNS allergy. She has cut down on her smoking and is much easier to live with, has won a prize for literature and is feeling that life is worth living. Her mother says she is easier to live with and is pleased with her progress.

### Perception

When we consider the many perceptual changes, we have to relate them somehow to the brain and the body. How can seeing double be related to leg pain, or hearing voices be related to abdominal cramps? It took me a few years to decide there was a relationship. By accepting this as fact, it is much easier to explain being neurotic. The body is not a collection of pieces and parts, it is a consummate whole. There can be no action which does not bring about a reaction —if we blink we won't see, if we prick our finger, it hurts and we pull away. Every part of the body is connected to the brain by nerve fibres which transmit impulses—stimuli to and from the brain, which is the best computer in the world.

### Extroceptors

Perception is the conscious mental registration of a sensory stimulus and is learned by experience. Stimuli are transmitted to the brain by an incredible system of nerve fibres divided into extro- and introceptors. The extroceptors bring messages from outside the body—the external environment. There are special organs and nerve end organs to perform this function. They are called special senses, those of sight-sound-taste-touch-and-feel. The eye is merely a camera taking pictures of the outside environment. The image is changed into an electrical impulse sent to the brain,

which then perceives and tells us what we are seeing. This is comparable to transmitting a picture from a camera in a satellite around the moon to a computer brain which prints out, i.e., perceives the photo. The ear hears, the tongue tastes, the nose smells, and the fingers feel—all by the same pattern. All sensations are changed to electrical impulses which are sent to the brain.

### **Introceptors**

The nerve pathways inside the body are called introceptors and are divided into two parts: (1) The kinesthetic and the (2) proprioceptive senses.

#### **Kinesthetic**

The respiratory, gastrointestinal, and genital urinary tracts are innervated by the kinesthetic receptor system. These systems are actually outside, but inside. When we open our mouth it has a direct connection to the external environment, and this can be followed throughout the entire tract from the mouth to the ears. The same can be said for the respiratory and genitourinary tracts.

#### **Proprioceptive**

The proprioceptive receptors include fibres from bones, muscles, joints, and organs. These impulses are translated by the brain into messages which give depth, height, weight to our perception and enable us to walk, run, and use our muscles. We get our sense of position, up and down and sideways, from this system.

### **Orthomolecular Balance**

For the brain to function properly, we must have the proper- nutrients in the proper amounts. Linus Pauling gave us the term Orthomolecular balance to describe this happy state. When all the factors are present, we have normal perception—we feel well, have no complaints, and all is right with the world. This happy state becomes infrequent as we get older.

### **Imbalance**

Orthomolecular imbalance is the opposite—we

have some factor or factors missing or in too great a concentration for the mind to function properly. If we have drunk too much alcohol, imbalance is achieved, and we have trouble walking and talking. If we have a scarcity of vitamin B12 as seen in pernicious anemia, we become psychotic. Many asylum inmates were there and stayed for years for the want of a milligram of B12.

### **Classes of Imbalance**

Imbalance is achieved via several means and there may be a domino effect of one element triggering many more things to go wrong.

#### **Stress**

Hans Selye described the general alarm syndrome of the body's reacting to stress until eventually exhausted. This led to a lack of homeostasis. The enzyme systems could not respond properly so the brain can't function properly. Overwork, lack of sleep, lack of exercise are stresses which lead to imbalance. Randolph's maladaptation process is based on this theory.

#### **Genetic**

Genetic defects, errors, and enzyme systems leading to brain dysfunction do occur. Phenylketonuria PKU is an example of this.

#### **Emotion**

Emotional stress uses up reserves and leads to imbalance.

#### **Allergy**

Allergic reaction and hypersensitive reaction are very great factors in producing Orthomolecular imbalance by actual edema in the brain, or by changing the electrical potential, or by short circuits in the brain.

#### **Perceptual Dysfunction**

Perceptual dysfunction is the result of

the mind being disturbed by Orthomolecular imbalance. The organ affected can only react within its symptom capability. If the part of the brain connected with vision is affected, then the special sense organ, the eye, will give symptoms, and they will of necessity be visual phenomena.

### **Visual Dysfunction**

The patient may see double or shadows, words move, get mixed up, objects change shape or color; in fact, anything you can think of happening through the visual sense can happen.

### **Aural**

The same applies to the hearing part of the brain. We hear noises, voices, animals, but none are present. We hear thoughts inside or outside the head.

### **Taste and Smell**

Taste and smell have a limited reaction range since their functions are so restricted. We have only four taste senses and sense a great variety of smells. About all that happens is things smell wrong or have no smell.

### **Touch**

Touch is limited in scope, so dysfunctions are few—smooth may seem rough, hard may seem soft, and so on.

### **Introceptor Dysfunction**

The internal organs and body systems are subject to a great variety of complaints, but on analysis they boil down to a very few - pain or discomfort, a change in size or shape, or a change in weight. When we understand the concept that pain although experienced is not necessarily indicative of anything more than an allergic reaction leading to Orthomolecular imbalance and altered perception, we can learn to diagnose and treat much better.

### **Thought**

The effect of Orthomolecular imbalance on thinking and our ability to react must also be

considered. The mind needs vitamins, minerals, enzymes, oxygen, and glucose in proper amounts to function properly. Signs of improper functioning are many and cover the spectrum of human misery.

### **Thought Dysperception**

These mean inability to learn, to concentrate, to figure things out. It means a decreasing ability to tolerate stress of any sort even to getting up, getting dressed, doing chores, getting along with people, making decisions, and drawing conclusions. These people are forgetful, have blank spells, feel apart from the world, anxious, enraged, amnesic, and unstable. Depression, suicidal thoughts, even acts, are common, as is fatigue, feeling unreal, blanking out, and irritability. You cannot talk sense to these people until the mind is clear. You cannot clear the mind unless the patient wants to get better. Their thinking is so confused they will not accept treatment.

### **Cause of SCP**

SCP is caused by a poor diet, a diet leading to maladaptation which causes cerebral changes leading to perceptual dysfunction. For some time I thought we were dealing with a vitamin deficiency or dependency. While this may be partially true, the role of vitamins is more for symptom relief. The body becomes sensitized through repeated exposure of the same antigen used in food. The state of preparation of that food has a marvellous effect on its rate of absorption from the gut and, therefore, the rate of sensitization. A perfect example of this are the highly refined carbohydrates (CHO) - white or brown sugar are very quickly absorbed. One hundred years ago sugar consumption was 12 pounds a year; today it is 120 pounds. Our bodies cannot change fast enough to take care of this tremendous intake in sugar. Once the breach is made, intolerance to other foods is made much easier when you become sensitized to foods which are the more slowly

absorbed — unrefined carbohydrates, proteins, and fats.

### **Additives**

Additives, artificial coloring, and preservatives are major sources in CNS allergy. Dr. Ben Feingold has shown the direct relationship between the intake of additives and the number of hyperactive children in California rising from 2 percent to 25 percent in 10 years.

### **Stimulants**

Coffee, tea, tobacco, and alcohol become addictants very quickly and further widen the gap in body defenses.

### **Addictive**

Once the body is sensitized and the allergy or maladaptive state is reached it becomes self-supporting, the critical mass is reached. To prevent symptoms of withdrawal, we eat more food more often, and take to coffee and tea to aid symptom control. Soon drugs and other chemicals may be taken, and we become addicted to them also.

### **Habit**

A cycle starts at birth and continues throughout life. Cow's milk, often with added sugar, is used several times a day, cereals with sugar, and on it goes. We are creatures of habit, we eat the same foods day after day mainly out of habit. This is a failing recognized and capitalized on by people who wish to become wealthy at the expense of our health. The development of convenience foods from Tang to TV dinners is convincing evidence. You can be assured the profit is directly related to the advertising budget, all at public expense.

### **Lazy**

We tend to do as little work as we can get away with. How many bake bread anymore, or make their own soup? For each thing we don't do, we pay an increased price for decreased food value. A person who believes in eating nourishing, colorful, and varied meals prepared at home is thought to be a little nuts.

### **Education**

Teaching of proper eating habits has depreciated over the last 30 years to a complete farce. It is only by the right kind that the pendulum will swing back to good food. A wrong kind of education is that which comes from television and radio commercial advertising, "Buy our corn flakes, it blows your mind." People prefer being told to eat "junk," it tastes good, and they will look for any excuse to continue. We only become diet conscious when we have lost out health. We have to develop good eating habits at birth, and this means breast-feeding to start and a varied type diet as the baby grows.

### **Treatment**

Therapy consists of relieving symptoms and correcting basic causes.

### **Symptom Relief**

A special sense dysperception can be quickly relieved by intravenous vitamins given in the arm. I use 1,200 mg nicotinamide, 200 mg of B1 and B6, 2 mg of B12, 500 mg of C, in the same syringe, given daily or less often depending on the problem. This will stop words moving in less than a week.

### **Fasting**

The best way to clear up all symptoms including thought disorders is a complete fast, taking only pure water by mouth and actively exercising during the fast. A young child can be cleared in one to two days. Most people take four to eight days, while the real chronics may need 21 to 28 days. A fast helps the body get rid of any substance causing trouble, especially foods. You must have a clean environment—no gas fumes, floor cleaners, soaps or drugs to clear up petro chemical allergies. When symptoms are gone and the mind is clear, the doctor starts testing to learn which foods, drugs, or chemicals cause symptoms. Some reactions are very dramatic. I was forced into fasting a pregnant woman, and

during testing her baby would start to kick and move about before she herself had symptoms. Food testing done in this fashion is a most convincing argument to the sensitized patient.

### **Other Methods**

There are many other forms of treatment to provide symptom relief. Many vitamins are used, B1, B3, B5, B6, B12, B15, folic acid, to name a few. Crude liver extract is important in some.

### **Minerals**

The use of minerals after the method of Pfeiffer based on hair analysis can be helpful.

### **Electrical**

Electrical stimulation from the use of magnets, polarity, sedac, to electric shock are all modes of treatment which stimulate neural transmission and symptom relief.

### **Chiropractic and Acupuncture**

Chiropractic and acupuncture have been used successfully for many years to help people feel better. This is after all why we are here. The laying on of hands is not to be taken lightly either.

### **Basic Management**

The real treatment and the basis for continued success in therapy is either to remove the cause or correct it. Since we all must eat, we have to be very specific about our diet.

### **Diet**

The cardinal rules are:

1. A diet low in refined carbohydrates, high in protein.

2. Avoid stimulants-coffee, tea, coke, alcohol, beer, sugar, tobacco, drugs.

3. Natural foods in natural form.

4. Vary the diet—do not eat the same foods day in and day out.

If allergies are severe enough, a four day rotary diversified diet is a necessity.

### **Exercise**

Hard, physical exercise helps a sick person get back to health. Exercise prevents the accumulation of toxic products. It stimulates enzyme activity. It increases muscle power and keeps us in a state of well-being.

### **Vitamins**

It is necessary to take extra vitamins and minerals for some time until the body reserves are built up. Each person has his own best level. Some require 100 times more than others of a particular vitamin. These are necessary for proper enzyme action, proper body chemistry. They help symptom control and give the patient something to do. Unfortunately, many rely on pills and not on diet and exercise.

### **Psychotherapy**

All medical treatment has some psychotherapeutic effect. In Orthomolecular medicine, the psychotherapy is mainly used after the body chemistry is corrected. When this is done, the patient can solve most of his personal and social problems with minimal help from the doctors and paramedical persons. The patient has to do his own treatment. Psychotherapy is used to keep the patient on his diet, keep him exercising, and taking his vitamins.