

MALNUTRITION CAUSES BEHAVIOR CHANGES

<u>VITAMIN INSUFFICIENCY</u>	<u>BEHAVIOR SYMPTOMS THAT CAN RESULT</u>	<u>FOODS THAT HAVE THIS NUTRIENT</u>
B1	depression, irritability, aggression, confusion, loss of memory, paralysis, insanity, sensitive to criticism	pork, liver, heart, kidneys, meats
B3	dementia, anxiety, hyperactivity, depression, fatigue, headache, hallucinations, symptoms of schizophrenia, insomnia	meat, poultry, fish, shellfish, fresh eggs, RAW milk
B5	insomnia, headache, easily upset, unstable, quarrelsome, sullen, depression	meats, organ meats, potatoes, tomatoes, royal bee jelly
B6	stops production of neurotransmitters; convulsions, mental illness, disorders leading to violence, alzheimers symptoms	meat, poultry, fish, fresh eggs
B12	disturbed gait; mental instability; poor concentration; depression, hallucinations, agitation	meat, poultry, fish, fresh eggs, RAW milk
Folic acid	loss of memory; delirium; nervous system degeneration; less mental stability and flexibility; poor emotional processing;	liver, leafy green veggies, oranges

E	reduced brain development;	almonds, peanuts, apricots, spinach,
D	reduced production of serotonin (a calming chemical); decreased control of actions ; decreased tolerance of delayed gratification; decreased ability to make and act on well-formed plans; depression, panic, decreased learning, decreased memory, decreased motor control, decreased will power	fresh eggs, butter, liver, sunlight, fermented cod liver oil
K2	reduced myelin formation (myelin is needed to regenerate brain cells); less psychomotor control and reduced cognition	meat, butter or cream from pasture-raised cows full fat cheese, animal fats and fresh egg yolks, FERMENTED soy beans
C	all nerve endings in the brain require high levels of Vit C to function; stress causes the brain to use more Vit C; violent behavior; extreme paranoia; hallucinations	bell peppers, oranges, lemons, limes, broccoli, green leafy vegetables fruits
A	reduced cognitive function; decreased spatial learning; decreased memory; schizophrenia symptoms	egg yolks, organ meats, butter, liver, oily fish, fermented cod liver oil

**INSUFFICIENCY OF
PROTEIN**

messages cannot be transmitted in the brain; fatigue

meat, fish, fresh eggs
dairy products, poultry,

* Certain combinations of beans and whole grains provide complete protein.

MINERAL

INSUFFICIENCY

Magnesium	aggressive behavior; dementia; schizophrenia symptoms	seeds, nuts, legumes, dark green leafy veggies, whole grains that are NOT already processed in food products
Calcium	learning disorders ; hyperkinesias; decreased release of neurotrans- mitters; depression; irritability, anxiety, insomnia	dark green leafy veggies, broccoli, cheese, milk
Zinc	aggression, anger, hostility, violence	red meats, oysters
Iron	lack of iron during pregnancy lowers IQ of the child; reduced production of neurotransmitters	green leafy veggies, organ meats, salmon, tuna, lentils, red meat, fresh egg yolks

INSUFFICIENCY OF

SATURATED FAT

AND CHOLESTEROL

AND ESSENTIAL

FATTY ACIDS

reduced memory, insufficient myelin (myelin is needed for protecting brain cells from toxins), aggression, violence, lack of self-control, autism, ADHD, dyslexia, dyspraxia, depression, obsessive-compulsive disorder, learning disorders, hyperactivity	fresh meat fats, fats rendered from animals, virgin coconut oil, virgin palm oil, dairy fats (butter, ghee), fresh egg yolks , salmon, sardines, mackerel, trout, shrimp, fermented cod liver oil
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SOURCES

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