

Toxicity as a Potential Cause for Schizophrenia

Anna Cornelia Beyer*

Department of Law and Politics, University of Hull, United Kingdom

***Corresponding Author:** Anna Cornelia Beyer, Department of Law and Politics, University of Hull, United Kingdom.

Received: February 15, 2019; **Published:** March 25, 2019

Schizophrenia is a disabling disease that causes significant suffering for patients and families, disability, unemployment and early death, often through suicide. The causes of this illness are still not well understood, even though it is speculated that neurotransmitter dysfunction - the overproduction of dopamine especially - is causing this illness. Schizophrenia starts usually in early adulthood (around 20 for men, around 30 for women) and presents itself as symptoms that resemble paranormal or quasi-spiritual experiences. For example, most patients hear voices in their head that feel like telepathy or spirit communication and that no one else can hear. In paranoid schizophrenia, these symptoms can become as disturbing as strong physical pain and very frightening. The nature of these symptoms are likely the cause for the sometimes observed somewhat higher aggression in patients with schizophrenia. The illness has developed into an 'epidemic' since 1750. Before, one in thousand was considered schizophrenic, since that time the numbers grew to one in one hundred in any one country.

Traditional medicine assumes that neurotransmitter malfunction is at the root of schizophrenia and neuroleptic medication is used to help patients. This medication works on the dopamine circle, and, basically like major tranquilizers, aims to help patients with the suppression of dopamine in their brains. While this has the positive effect that more patients can live in their communities or independently, while before they had to be kept in hospitals, the side effects of these medications are still considerable, including often massive weight gain, apathy and more serious conditions. Also, even with these medications full wellbeing and functionality are often not restored, so that disability and unemployment and even suicide are still common among patients.

More novel approaches follow the thinking of Abram Hoffer, who suspected schizophrenia being caused by nutritional imbalances and aimed to cure it with mega-doses of vitamins (and claimed huge success rates). It is speculated here, following Hoffer, that schizophrenia might be caused by toxicity that affects the brain, or malnutrition.

I am a patient with schizophrenia myself since 2002 and a scientist in the Social Sciences. I have experimented with various lifestyle approaches towards this illness and alternative therapies and researched the illness intensively for the last 10 years. I wish to speculate what possibly causes schizophrenia and how better treatments can be thought about.

Importantly, I want to state that two aspects need to be mentioned:

- Stanislav Grof interprets psychosis and hence schizophrenia as a spiritual emergency. A spiritual crisis that require spiritual growth as remedy. Spirituality might be important for many patients and should not be discarded in treatment, but also not enforced.
- Trauma seems an important factor. Economic failure, deaths in the family, relationship failures, experiences of violence, all seem to commonly precede the onset of schizophrenia.
- Many schizophrenics have poor diets and some or the other substance abuse problem. 90% of people with schizophrenia smoke, for example, compared to about 30% in the healthy population, and extreme coffee abuse is a common observation in people with schizophrenia, from hospital settings, to anecdotal evidence. John Nash, who was probably the most famous patient with schizophrenia in this era, and Vincent van Gogh, who is in hindsight by some considered to have suffered from it, both were probably coffee abusers. I can confirm this problem from my own experience. Coffee abuse here refers to coffee or other caffeinated beverages intake of far more than the normal up to 5 cups a day (might be up to 20 cups a day).

Coffee and nicotine both affect the dopamine circle, increasing dopamine. Coffee has been found to be able to induce voice hearing even in healthy patients. It is also known to be able to cause anxiety, hence it could contribute to paranoia. Tobacco has been used by shamans to induce visions. Abuse of these two substances could potentially be at least one of the many causes for schizophrenia. What also speaks for this is that the schizophrenia epidemic started around the time when both products were introduced in the developed world, around 1750.

In addition, both substances deplete B vitamins in the body. B vitamin supplementation has been found helpful for schizophrenia by Abram Hoffer, Patrick Holford and myself in self-experiment. I used Niacin (Vitamin B3. Niacin is chemically similar to Nicotine, which could possibly explain why it is so useful, as it might replace the need for nicotine through smoking in nicotine addicts), Omega 3 and Vitamin C for many years, and found amazing success rates recently with the medication Declinol. Declinol is a good Vitamin B complex formula with some natural antidepressants (5HTP) and some detox herbs added. It is originally an anti-craving medication used in alcoholism. It helped me rid myself off 95% of troublesome symptoms from the first day of starting it. It had an even far superior beneficial effect than the medication that I have taken low level (2 - 4 mg Risperidone) for many years.

Researchers should look into nutritional aspects, including the possibility of stimulant poisoning and malnutrition, as a cause for schizophrenia. Healthy nutrition, and vitamin supplementation as a potential cure, should be more intensively researched. Declinol should be tested if it helps more people remedy their symptoms.

What speaks for nutritional and similar aspects as causal for schizophrenia are some of the very few accounts of people who recovered and wrote autobiographies about it. One recovered through a raw vegan diet, one through prayer alone, one through vitamin supplementation, and one through dialysis. Hence, 'brain poisoning' through toxicity, for example caused by coffee and nicotine abuse, could possibly explain three of these cases.

Up to 54% of people with schizophrenia recover completely and permanently. What has not yet been completed is a study with the recovered population asking them what helped them most in their recovery. This is a common-sense approach which strangely is still lacking in the literature and should be completed as soon as possible.

Volume 3 Issue 4 April 2019

©All rights reserved by Anna Cornelia Beyer.