

## Schizophrenia - the Coffee and Nicotine Connection

**Anna Cornelia Beyer\***

*Department of Politics, University of Hull, UK*

**\*Corresponding Author:** Anna Cornelia Beyer, Department of Politics, University of Hull, UK.

**Received:** November 23, 2018; **Published:** December 26, 2018

Schizophrenia has increased since the introduction of nicotine and caffeine in Europe. Before about 1750, one in about 1000 individuals became psychotic. After this time, the numbers increased to one in about 100 [1]. Around 1600 to 1700, coffee and tobacco were introduced in Europe and spread first in the upper classes and later in the lower classes [2,3].

Potentially, the wider use of caffeine and nicotine is part of the reason for the psychosis epidemic that we observe since 1750.

It is known that psychosis and schizophrenia are often caused by stress [4] and are manifesting in dopamine overproduction [5] and in voice hearing as a symptom. Stressors can be manifold, but it is also a widespread practice to consume higher levels of caffeine and nicotine under stress [6]. It is known that many schizophrenic patients abuse these two substances [7].

The potential connection is that caffeine and nicotine abuse deplete B vitamins in the body [8,9] and brain as well as increase dopamine [10,11]. It is known that coffee drinking and tobacco use do increase dopamine. It is also known that supplementation with B vitamins might help people with schizophrenia [12].

There are a number of indications for this connection that stem from other therapies and solutions: One lady cured herself with raw veganism, which necessarily excludes coffee (it is not known if she smoked, but it is unlikely as raw vegans tend to live very health consciously) [13]. Fasting seems to be a useful approach to treating schizophrenia, as it is used in Russia to tend to people with this condition [14]. Fasting might necessarily imply the cessation of at least coffee.

Vitamin supplementation might address the nicotine abuse: Niacin - which has been used by Abram Hoffer to treat schizophrenia - is also called nicotinic acid. It is chemically very similar to nicotine and could replace it [15].

It has been established that heavy coffee consumption can lead to voice hearing even in healthy individuals [16-18].

The above was established in more than 10 years self-experimentation and research as a patient with schizophrenia myself and scientist. The medications used to abolish symptoms of voice hearing etc. were many years of Omega 3, Vitamin C and Niacin, and then the medication Declinol, which is basically a very good vitamin B complex, with 5HTP and some detox herbs added. I also take generally 2 mg of Risperidone, sometimes 4 mg. While the former combination helped me function despite this illness and work and write over 10 years, Declinol worked immediately to get me rid of the symptoms of voices. Like most people with schizophrenia, I have a history of intense caffeine and nicotine consumption. This is very common in people with schizophrenia, as Prof. Fuller Torrey has observed, anecdotes tell, and surveys on for example [www.schizophrenia.com](http://www.schizophrenia.com) might confirm. It is here speculated that coffee and nicotine might in most (maybe not all) people be the main culprits to cause schizophrenic symptoms, as per the process described above.

### Bibliography

1. E Fuller Torrey and Miller J. "The invisible plague: The rise of mental illness from 1750 to the present". Rutgers University Press (2001).
2. Smith RF. "A history of coffee". In: Coffee. Springer, Boston, MA (1985): 1-12.
3. Norton M. "Sacred gifts, profane pleasures: a history of tobacco and chocolate in the Atlantic world". Ithaca, NY: Cornell University Press (2008).
4. Nicholson IR and Neufeld RW. "A dynamic vulnerability perspective on stress and schizophrenia". *American Journal of Orthopsychiatry* 62.1 (1992): 117-130.

5. Davis KL and Kahn RS. "Dopamine in schizophrenia: a review and reconceptualization". *The American Journal of Psychiatry* 148.11 (1991): 1474-1486.
6. Conway TL, et al. "Occupational stress and variation in cigarette, coffee, and alcohol consumption". *Journal of Health and Social Behavior* 22.2 (1981): 155-165.
7. Torrey EF. "Surviving schizophrenia: A manual for families, consumers, and providers". Harper Perennial (1995).
8. Ulvik A., et al. "Coffee consumption and circulating B-vitamins in healthy middle-aged men and women". *Clinical Chemistry* 54.9 (2008): 1489-1496.
9. Ulvik A., et al. "Long-and short-term effects of tobacco smoking on circulating concentrations of B vitamins". *Clinical Chemistry* 56.5 (2010): 755-763.
10. Balfour DJ. "The neurobiology of tobacco dependence: a preclinical perspective on the role of the dopamine projections to the nucleus". *Nicotine and Tobacco Research* 6.6 (2004): 899-912.
11. Martyn C and Gale C. "Tobacco, coffee, and Parkinson's disease: Caffeine and nicotine may improve the health of dopaminergic systems". *BMJ: British Medical Journal* 326.7389 (2003): 561-562.
12. Hoffer A., et al. How to live with schizophrenia. Johnson (1966).
13. Victoria Everett claims to have cured her schizophrenia with raw food.
14. Zessin D. "Codex Alternus: A Research Collection Of Alternative and Complementary Treatments for Schizophrenia, Bipolar Disorder and Associated Drug-Induced Side Effects". Omaha: Alternative Communications (2015).
15. Clarkes R. "Niacin for nicotine?" *The Lancet* 315.8174 (1980): 936.
16. Grohol J. "Hearing Voices or Seeing Things? Cut Back on the Coffee".
17. Crowe SF, et al. "The effect of caffeine and stress on auditory hallucinations in a non-clinical sample". *Personality and Individual Differences* 50.5 (2011): 626-630.
18. University of Durham (undated): High caffeine intake linked to hallucination proneness.

**Volume 8 Issue 1 January 2019**

**©All rights reserved by Anna Cornelia Beyer.**