

# **Abram Hoffer Memorial Lecture**

Alexander G. Schauss, PhD, FACN, CFS

43<sup>rd</sup> Orthomolecular Medicine Today Conference,  
Vancouver, British Columbia, Canada,  
April 25, 2014

# Thieu-L-Ngheim, MSc, MD, DPH



# AIBMR Staff 2006





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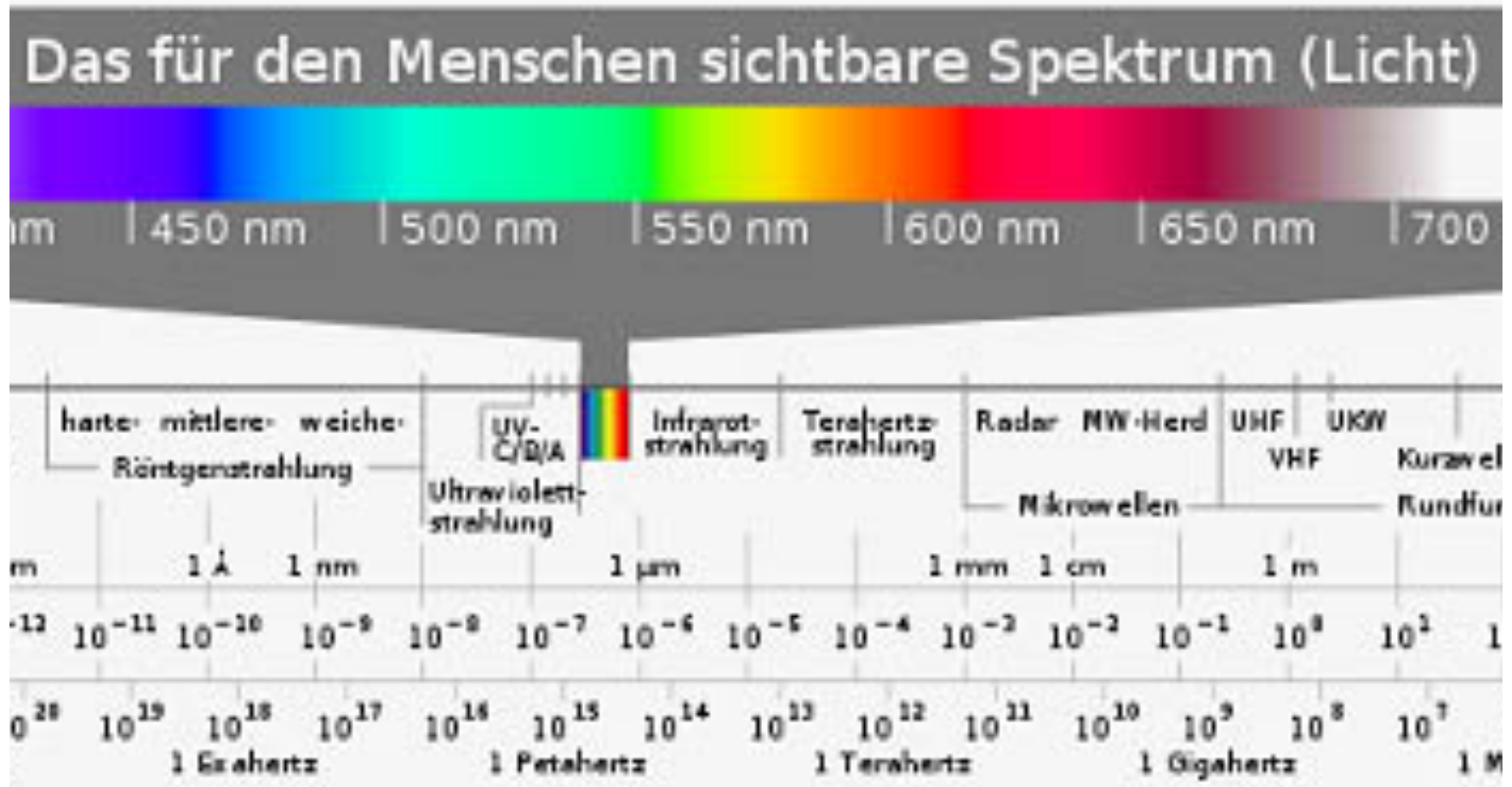
# Tribute to Early Career Influencers

- **Abram Hoffer**
- AIBMR Life Sciences staff
- **Archie Kalokerinos**
- Arnold Meyer
- Barbara Friedlander Meyer
- Barbara Reed
- Ben Feingold
- **Bernard Rimland**
- Carolyn Costin
- **Carl Pfeiffer**
- **Chris Reading**
- Citizens For Health
- Clifford E. Simonsen
- Daniel R. O'Banion
- **David Horrobin**
- Dennis Burkitt
- Derek Bryce-Smith
- Derrick Lonsdale
- Dick Carleton
- Doris J. Rapp
- **Emanuel Cheraskin**
- **Ewan Cameron**
- Frank Oski
- **Frederick Klenner**
- Gene Baker
- George Watson
- Harry Wohlfarth
- **Humphrey Osmond**
- **Irwin Stone**
- James Jackson
- Janice Keller Phelps
- Joan Priestley
- Harry Wohlfarth
- **Humphrey Osmond**
- **Harold Foster**
- **Irwin Stone**
- Janice Keller Phelps
- **Jeffrey Bland**
- John N. Ott
- **Jonathan Wright**
- **Hugh M. Sinclair**
- Joseph Egger
- *Laura Schauss*
- **Lendon Smith**
- Leonard Hippchen
- **Linus Pauling**
- Marvin Eslinger
- **Michael Lesser**
- Michael Jacobson
- Paul Boccumini
- **Richard Kunin**
- **Robert Cathcart**
- Robert J. Pellegrini
- **Roger J. Williams**
- Sara Sloan
- **Stephen Davies**
- Stephen Schoenthaler
- Theron Randolph
- Thieu-L-Ngheim
- Thurston Johnson
- University of New Mexico faculty
- Weston A. Price
- William Dufty
- William Ringsdorf
- William H. Philpott

- **A time of famine (1948).**
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- **Heroin withdrawal syndrome (1969).**
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- **A visiting geneticist explains a delinquent's behavior (1970).**
- 
- **A chance dinner in Huron, South Dakota (1975).**
- 
- **Malnutrition on the Lakota Sioux reservation (1975).**
- 
- **Modifying lifer's diets at McNeil Island Federal Penitentiary (1977).**
- 
- **Presidential Advisory Council of the new Bastyr University; volunteer teaching (1977).**
- 
- **The discovery of Baker-Miller Pink (1978).**
- 
- **Studying the role of diet on delinquent behavior. Milk? Please don't say its milk 1978)!**
- 
- **Orthomolecular Treatment of Criminal Offenders (1978).**
- 
- **First of over 150 courses on Nutrition and Behavior begins in California and around the world (1979).**
- 
- **That's Incredible, The Oprah Show, The Donohue Show, To Tell the Truth, overwhelms the mailbox (1979-1983).**



# The Visible Light Spectrum of Humans



# Baker-Miller Pink





EDITORIALS  
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112th YEAR

SAN DIEGO, CALIFORNIA, MONDAY MORNING, OCTOBER 29, 1979

RESEARCHER ALSO TELLS SOOTHING EFFECTS OF COLOR PINK

## Study Hints Too Much Milk May Spark Juvenile Delinquency

By LINDA KOZUB

Staff Writer, The San Diego Union

There are a couple of four-letter words being studied closely by an expert in human social behavior who is trying to understand the reasons for and ways to control juvenile delinquency.

Milk. Pink.

Alexander G. Schauss, director of the Institute for Biosocial Research at City College in Tacoma, Wash., yesterday addressed the 13th seminar of the Society for Clinical Ecology at the Hotel del Coronado. He discussed his research project that indicates excessive consumption of homogenized, pasteurized milk may help trigger anti-social behavior in some youngsters, and that visual exposure to the color pink can calm an aggressive or angry child or

adult.

In comparing diets of youngsters who had established criminal records, with adolescents from similar demographic circles who had not committed crimes, Schauss found that chronic offenders avoided eating fruits, nuts and vegetables — and that they drank excessive amounts of milk or milk products every day.

"Of course, I am not saying milk is bad. But, like everything else, it should be consumed in moderation," Schauss said in an interview. "Certainly, drinking 24 ounces of milk a day is quite enough. But some of these youngsters were drinking 60 to 120 ounces a day.

"And in addition, they were suffering from malnutrition from overconsuming foods that did not contain enough nutrients."

Among such foods eaten often were doughnuts, cookies, TV dinners, cola, candy, peanut-butter-jelly sandwiches, and processed, prepared fast foods, including hamburgers, among others.

Sometimes, youngsters ate or drank coffee or milk in the morning, and nothing at lunch, Schauss said.

He said his research found that apparently there is a link between an excessive consumption of Vitamin D, and calcium phosphorous, both contained in milk, and a lowering of the level of magnesium in the system, as well as an increase in lead absorbed by the body.

"Magnesium is important in the development of nerves and muscles," Schauss said. "These young people are still growing, their nerves and muscles are supposed to be continually growing."

But chemically, excessive amounts of Vitamin D can interrupt the growth of vital body tissue, when coupled with malnutrition and poor eating habits, he said.

The body does not properly absorb and use certain chemicals, he added, and recent studies have shown that too much lead absorbed by a child's system can adversely affect his ability to learn and behave in a positive, disciplined manner.

"It's important to note that along with this compulsive intake of milk, there is a compulsive behavior, too," said Schauss, who noted that the American Journal of Psychiatry defines compulsion as, "an overt act, quite inappropriate to the social situation. It is insistent, inappropriate and repetitious."

Meanwhile, relating to this, Schauss in the last 15 months has

studied the effects of a certain shade of pink on the human nervous system and glands.

In studying 153 persons in a detention facility, Schauss learned that this color, under certain lighting conditions, significantly reduced the strength of all but two of the persons tested.

These findings, he explained, strengthen a theory that the eyes, in addition to sending sight messages back to the brain, receive light emissions that affect the master glands in the endocrine system.

In his paper, Schauss points to evidence that the wavelength produced from a particular shade of pink affects the endocrine system and its regulatory hormones in such a way as to reduce strength and

aggressive

One way military personnel in the U.S. Navy in Seattle told Schauss said minute exposure would subside in half hour.

"Children the pink color talking about. In one case kept in the hours — depressed.

Schauss' discussed in his Delinquency Parker Hotel next year.

- Diet Crime and Delinquency (1980).
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- Archie Kalokerinos saves the day before lecture at the University of New South Wales, Sydney, Australia (1980).
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- Plenary Speaker, First National Conference on Nutrition and Behavior, Austin, Texas. Boron – what's boron (1982)?
- 
- Changing the diet of the Alabama juvenile corrections system (1982)
- 
- Over lunch, a napkin is passed by Rodger J. Williams (1982).
- 
- Connecting soursop fruit to atypical Parkinson's disease in Guam (1982).
- 
- Studying nutritional deficiencies throughout South Africa (1983).
- 
- Invited Lecturer, McCarrison Society, European Conference on Nutrition and Behavior, Oxford University (1983).
- 
- First meeting with Sir Hugh Sinclair (1983).
- 
- Sinclair and the McCarrison Society bring me back to Oxford a third time; Lecture with Joseph Egger (1985).
- 
- WHO Study Group on Health Promotion (1985).
- 
- Invited panelist, Joint Parliamentary Committee on Nutrition, British Parliament (1986).
- 
- Citizen's For Health – the last week of Congress (Oct 1994)



# Over a Million Signatures for DSHEA



# **Multivitamin Use in U.S.**

## **2012 National Health Interview Survey\***

Prevalence: 64% (2007) to 69% (2011)

Regular use: 48% to 53%; increased 36% in 2011

Only use multi's declined from 24% to 17%

Use increases with age

Use higher for women

Supplements used: multi's 71%; specialties 35%; botanicals 23%; sports 17%

\*Center for Disease Control, National Center for Health Statistics, US HHS



# 2012 Survey

Most common: multi's (71%), omega-3's/fish oil (33%), calcium (32%), vit D (32%), vit C (32%).

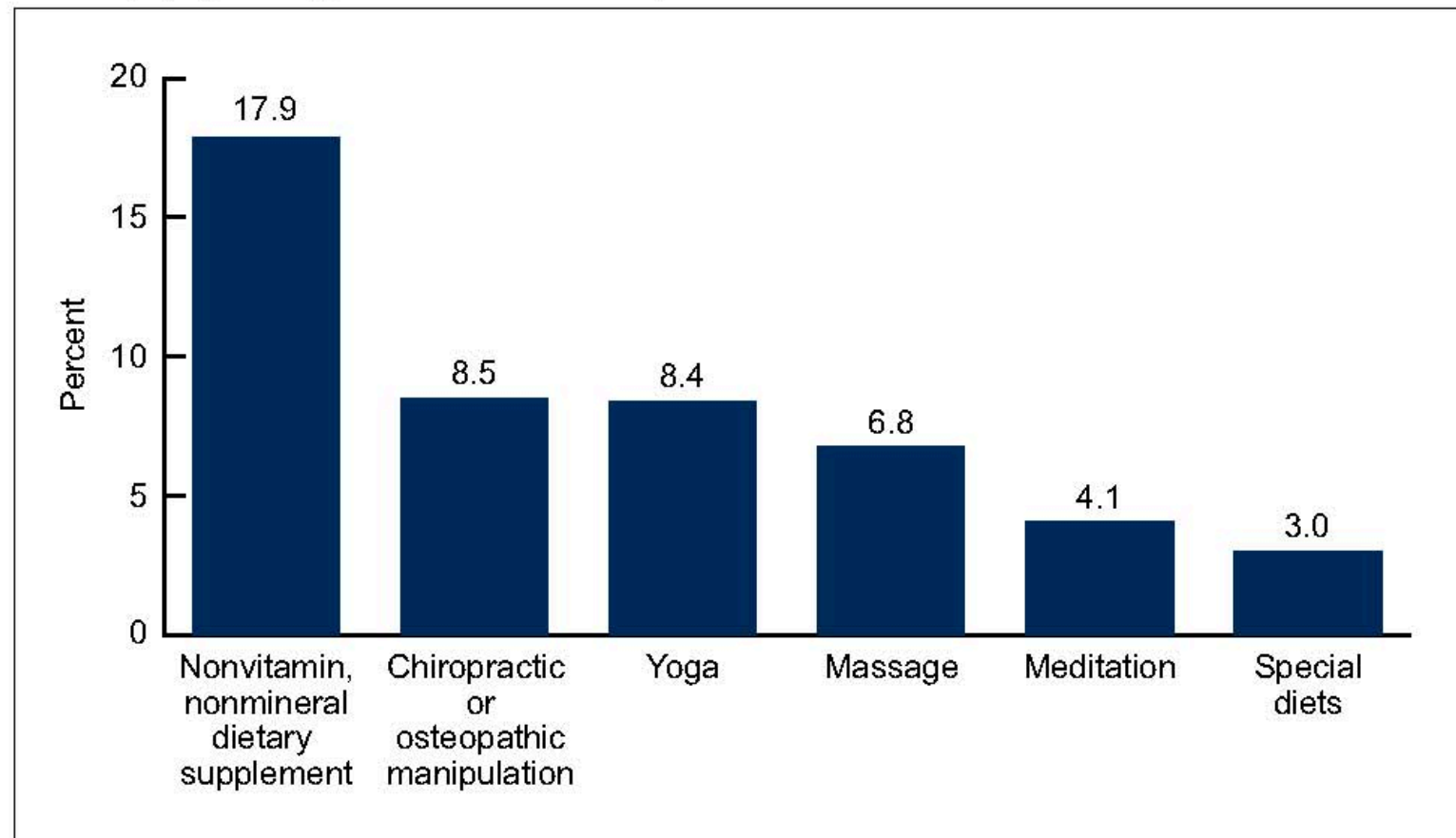
Reason for supplement use: “for overall health and wellness” (58%), to fill nutrient gaps in diet (42%)

Users were more likely to eat a balanced diet, visit their doctor regularly, get a good night's sleep, exercise regularly, and maintain a healthy weight.

Dickinson A, et al. (2014) J Am Coll Nutr, 33(2): 176-82.

## Nonvitamin, nonmineral dietary supplements, chiropractic or osteopathic manipulation, yoga, and massage therapy were the most common complementary health approaches used in 2012.

Figure 1. Percentage of adults who used complementary health approaches in the past 12 months, by type of approach: United States, 2012



NOTE: Not all complementary health approaches are presented in this figure.

SOURCE: CDC/NCHS, National Health Interview Survey, 2012.