

Foods Causing Physical Stress and ADHD

How Does Food Cause Physical Stress, and ADHD?

Basically this is due to the influence of over cooking foods and prepared foods that contain both anaesthetizing and inciting substances. This substance sends conflicting messages in the brain. Wheat and dairy products also contain anaesthetizing substances.

Because the over cooked food we eat in general contains more anaesthetizing than inciting substances, most adults are numb and apathetic. But at the same time the absorbed inciting substances cause stress and aggression.

Some young children continuously fight against both the inciting and oppressing food-substances, causing hyperactivity. They can't keep focused because they are receiving conflicting messages sent to their brain most of the time, what we call ADHD (Attention Deficit Hyperactivity Disorder). ADHD is not a miraculously increased 'psychological disease', but is caused by the chemicals in our food.

Our food contains different chemicals influencing functioning of our brain;

Opioid Peptides Cocaine is an 'upper'. Opioid-like substances are 'downers', like morphine and heroine are. Both milk- and wheat-products contain opioid peptides; 'downers'. Some of these opioid peptides are even more powerful than morphine. These peptides are addictive, stimulate appetite, oppress initiative, inhibit concentration and respiration, and cause constipation.

Beta-Carbolines

Due to the influence of heat, new substances originate through the preparation of food.

A part of these new substances are beta-carbolines (1). The more protein the food contains, the more beta-carbolines originate. Therefore, prepared meat, -fish, -soy and -eggs etc., contains most beta-carbolines.

There generally are three types of beta-carbolines : 'downers', 'uppers' and 'anti's'. It has been known for almost 20 years that beta-carbolines cause physical stress (2), and can disturb sleep (3).

But why are we sensitive to those beta-carbolines?

Because the human body also composes and uses beta-carbolines as neurotransmitters, regulating secretion of a number of other neurotransmitters. Some say exogenous beta-carbolines are not dangerous *solely because* the body also composes beta-carbolines. But they forget that through consuming prepared food, exogenous beta-carbolines enter the brain, impairing natural beta-carboline level. For example absorbing exogenous hormones impairs natural hormone metabolism to prevent pregnancy.

Moreover, 99% of prepared food originated beta-carbolines are different from endogenous ones, influencing our brain and behavior in an unpredictable manner. The results however, are very clear it creates: ADHD in children, stress, apathy, aggression and distorted sexual behavior in adults.

Beta-carbolines regulate acetylcholine secretion through the benzodiazepine-GABA complex and through the secretion of GABA (a neurotransmitter). Acetylcholine is a primal neurotransmitter, involved in our behavior, cognitive functions and muscle contractions. Acetylcholine is made of choline, and the transportation of choline is also regulated by beta-carbolines. (4) Beta-carbolines also influence secretion and decomposition of other neurotransmitters, like serotonin, dopamine and norepinephrine.

Just a small part of the absorbed beta-carbolines reaches the brain (5), and less than 1% of the absorbed beta-carbolines can influence the benzodiazepine (BZD)-receptors (6). But unfortunately this doesn't make much of a difference, because beta-carbolines regulate the level of other neurotransmitters, the concentration of beta-carbolines in the brain is 100 to 1000 times lower than the concentration of regular neurotransmitters like serotonin and dopamine. (7)

This means that a tiny little bit of beta-carbolines can have enormous effects. Some beta-carbolines also remain active for a very long time (8).

Drugs acting equally, and through the same receptors, "benzodiazepines", have been under scrutiny and attack over recent years because of their abuse liability and withdrawal reactions.

Roughly, there are three kinds of beta-carbolines: 'downers', 'uppers' and 'anti's':

'Downers' (so-called 'agonists', inhibiting acetylcholine secretion)
In general, these 'downers' are physically addictive (10) ; if you don't absorb as much 'downers' as you are used to, you become annoyed and impatient. (11) 'Downers' also are sedative (12), hypnotic (13), suppress respiration (14), and stimulate appetite (15). 'These downers' make you lose concentration (16) and cause memory-lapses (17), like alcohol also does through the same receptors. (18) *Some* 'downers' suppress initiating behavior (19), inhibit social behavior (20), promote aggression in dominant individuals (21) or impair REM-sleep. (22) Many tranquilizers (like valium) are exactly such 'downers'.

By nature the body itself produces 'downers' to promote submissive behavior, after having

lost a fight against a competitor. (23)

'Uppers' (so-called 'inverse agonists', enhancing acetylcholine secretion) These 'uppers' can enhance cocaine action, partly by influencing the same receptors. (24) Like cocaine also influences benzodiazepine-receptors. (25) In general 'uppers' have the same effect as physical or emotional stress (26), through impairing secretion and decomposition of dopamine (27), like cocaine does. (28) And those 'uppers' therefore influence our sexual behavior (29) and can cause sleeplessness (30) and concentration- and memory-lapses. (31) 'Uppers' cause anxiety (32), fear (33), promote aggressive behavior (34), and inhibit social behavior. (35) 'Uppers' are addictive only indirectly. (36)

'Anti's' (so-called 'antagonists', eliminating action of both 'downers' and 'uppers') 'Anti's' inhibit action of both 'uppers' and 'downers' and inhibiting natural neurotransmitters too. 'Anti's' are addictive because they stimulate secretion of opioid peptides composed by the body (endorphins) (37). Some 'anti's' and other beta-carbolines inhibit recovery of damaged DNA. (38) When in stress, the body itself produces 'anti's' to fight it. (39) Though this classification may seem surveyable, unfortunately it isn't. Scientists always tried to conveniently arrange beta-carbolines for commercial purposes. Unfortunately these beta-carbolines (and the so-called 'benzodiazepines') don't cooperate that well.

- Interaction between receptors and neurotransmitters differs by the region in the brain (40).
- Through the continuous influence of beta-carbolines, 'downers' can become 'uppers' or 'anti's', and the other way around. (41)
- 'Downers' can make the receptors become more susceptible to 'uppers'. (42)
- Small amounts of beta-carbolines

mostly have effects oppositely to larger amounts of the same beta-carbolines.

(43)

- Mixing different types of beta-carbolines, can change their effects.

(44)

- And all this again differs by the region. (45)

ADHD is caused by beta-carbolines from over cooked and prepared foods, causing conflictive messages in the brain. Whether a child will show ADHD behavior depends on the sensitivity of its neurotransmitter-receptors. (46) Opioid peptides also can impair serotonin (47) and norepinephrine (48) metabolism.

Pharmaceutical companies develop ADHD drugs that counter effect the effects of beta-carbolines and opioid peptides on these brain-receptors. Their drugs target serotonin, dopamine and / or norepinephrine metabolism.

Of course they will not tell you what impaired that metabolism in the first place, since they just want you to buy their drugs.

Diet Suggestions

To decrease intake of opioid peptides, one has to decrease intake of dairy- and wheat-products. (Humans do not need mother's milk from other mammals.)

In fact, cow's milk contains 4-fold more calcium than human milk, which increases both formation and turnover of bone, accelerating the ageing process.

To decrease intake of beta-carbolines, one has to consume less prepared foods, and proteinous prepared foods in particular. Don't be afraid to absorb too little protein. By consuming fruits only, you will lack energy before you can possibly lack protein.

For diet suggestions, visit www.srherbs.com/ Once on the site go to our '**Recipes**' section.

Sources Abstracts of most sources can be found at the National Library of Medicine <<http://www.ncbi.nlm.nih.gov/pubMed>>

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