

Nutrition & Mental Health

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BOOK REVIEW

**Addiction: The Hidden Epidemic
Common Sense Solutions for
Our #1 Health Problem**
by Pam Killeen
Ex Libris Corp, 2010 400 pages

Addiction: The Hidden Epidemic reveals many truths behind what is often defined as ‘compulsive behavior with negative consequences’.

Our predisposition to addictive behavior is the result of an environment in which the priorities of society have shifted from “needs” to “wants”. Evidence of this reality may be observed in the rise of mental disorders, particularly depression and anxiety. Pharmacological intervention and the increased propensity of self-medication to treat these disorders is a serious concern. The abuse of psychoactive substances has become a “significant threat to the health, social and economic fabric of families, communities and nations.”

The rise of a pro-addiction diet, deficient in the essential nutrients required for cognitive functions, has resulted in the extraordinarily high rate of mental disorders and chronic disease. Undoubtedly, modern agriculture has challenged our capacity for adaptation over the previous 500 generations. Such nutritional stress may be implicated in the general apathy of modern populations, consistent with increased distraction and dependence.

The standard American diet, excessive in consumption of refined carbohydrates including sugar, flour and fruit juice has become an addiction in and of itself. Challenging the body to make use of these substances leads to homeostatic imbalance and disease. Hyperglycemia and hypoglycemia are often responsible for the manifestation of subjective psychological symptoms including anxiety and depression.

Identification of the vitamins, minerals, fats and amino acids, which are vital to the functioning of our nervous and endocrine systems enable the reader to perceive complex physiological func-

tions in a practical and purposeful way. Additional explanations detail the origins of our diet and the profound influence that commerce, fashion and expense have had on the availability of nutrient dense foods.

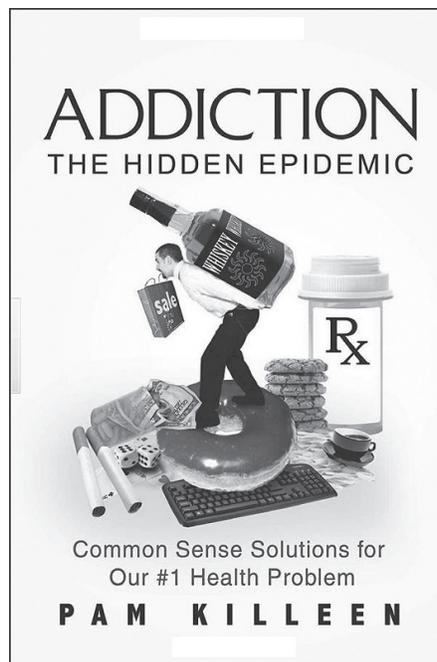
With support from the foremost experts in the field of mental health and nutrition, author Pam Killeen outlines many factors, including biochemical and lifestyle imbalances, which are influential in the both the occurrence and treatment of addiction.

The second part of this book begins with a tribute to two pioneers in the field of Nutritional Medicine – Weston A. Price, DDS (1870-1948) and Abram Hoffer, MD, PhD (1917-2009). Included is one of the final interviews with Dr. Hoffer, the father of Orthomolecular Psychiatry, to whom Pam Killeen has dedicated this book.

Subsequent interviews with Charles Gant, MD, PhD, ND; David Miller, PhD; Joan Matthews-Larson, PhD; Julia Ross, MA; Stan Stokes, MS, CCD and Carolyn Reuben, LAc, discuss progressive and integrative treatment strategies with high rates of success.

Content rich with sobering statistics, invaluable quotes, detailed information and references make this book one of the most practical guides in the understanding and application of common sense solutions for what may indeed be our #1 health problem.

—Andrew Cuscianna



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