Abstract

Psychological and behavioral effects of food and chemical exposure in sensitive individuals.

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Dietary influences on behavior are of increasing scientific interest. In some cases, the effects appear limited to sensitive individuals. Thus, research on the role of wheat gluten in schizophrenia has produced conflicting results, but not all schizophrenics respond to wheat. Therefore, differences in statistical power may be a factor in these discrepant findings. Similarly, only a subset of hyperactive children seem to be affected by food colors. Another dietary influence on behavior may be sucrose consumption which was found to be directly correlated with behavior in children. In addition, the possible relationship of allergy to behavior is reviewed. Double-blind findings of the production of cognitive-emotional symptoms by sublingual provocative food and chemical challenges are described, with treatment follow-up data. Finally, a methodological note on provocative testing is included.

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