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Diet, Crime and Delinquency

Alexander Schauss

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Alexander Schauss : Diet, Crime and Delinquency before purchasing it in order to gage whether or not it would be worth my time, and all praised Diet, Crime and Delinquency:

3 of 3 people found the following review helpful. Great Book!By Noel E. WiltonI purchased this book for someone else who tells me that the content is utterly amazing; and that she found this book of all those she has read on this subject the most informative and the most complete.Well worth recommending to anyone interested in the relationship between diet and behavior.Noel Wilton2 of 2 people found the following review helpful. Nutrient Foods Detox - Solution to Crime, DelinquencyBy newbieI'm going from memory, having read the book many, many years ago, so I'm paraphrasing below. I gave this book 5 stars because it gives REAL CAUSES AND SOLUTIONS to crime and delinquency that WORK (not a hodgepodge of useless, scientific jargon).CRIME PREVENTION FOR CHILDREN-- A young boy who was labeled by psychiatrists, educators, counselors, doctors, judges, etc., as hopeless and destined to a life of crime. Alexander told the mother to replace the fast foods (junk foods), with whole nutritious foods, such as vegetables, fruits, whole grains, good fats, etc. Within a few months, the boy became a "normal child".BEHAVIOR IN PRISON--Healthy snacks were put on the "shopping cart" for prisoners. Those who ate the nutritious snacks changed for the better. When questioned, the prisoners said..."Before, I just reacted. Now, I can think [before I act].DETOX-- People with criminal behaviors have higher amounts of HEAVY METALS in their body. A list of these metals is listed on a graph.[NOTE: It is quite easy to detox from heavy metals--see [...], or search for Cilantro Detox Recipe, etc.]4 of 4 people found the following review helpful. ExcellentBy Dr. Gunta M. CaldwellThis book should be on

every health practitioners list of books to read. Schauss explains in detail, with good research quotes what is happening to our society psychologically and why. We want to find some extraordinary explanations for our present day society's behaviour when it is so simple. Phillip Day I am sure loves this man as well because they are both saying the same. Our diet is leading us down a path of self destruction. Sugar, alcohol and preservatives are creating havoc in our bodies both psychologically and physiologically. It is time our world woke up to this and made some meaningful but elementary changes. Dr Gunta Krumins-Caldwell author of *On Silver Wings*

Nothing Additional