

Hypoglycemia and Criminal Behavior

By Jane Eden

Are many criminals wacked out on sugar? According to A.G. Schauss, "Nutritional and Behavior: Complex Interdisciplinary Research," and D. Benton, "Hypoglycemia and Aggression: A Review," You bet!

There is a strong link between hypoglycemia and aggressive criminal behavior. Several controlled studies of psychiatric patients and habitually violent and impulsive criminals commonly show reactive hypoglycemia (as determined by an oral glucose tolerance test). Further, during the GTT, abnormal and emotionally explosive behavior may occur in individuals sensitive to low blood sugar. In one "Hypoglycemic Tendency among Arsonists," reactive hypoglycemia



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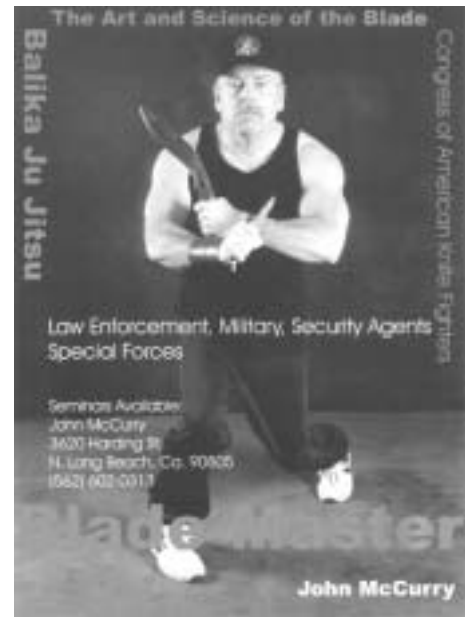
induced fire-setting behavior in arsonists.

Several large studies conducted by S. J. Schoenthaler, "Diet and Crime: An Empirical Examination of the Value of Nutrition in the Control and Treatment of Incarcerated Juvenile Offenders," involved more than six thousand inmates in 10 penal institutions across three states to evaluate the effect of dietary intervention – specifically, the elimination of refined sugar – on antisocial or aggressive behavior.

In the study, 174 incarcerated juvenile delinquents were placed on sugar-restricted diets, while another 102 juvenile offenders were placed on a control diet. Over a two-year period, the number of incidents of antisocial

behavior dropped 45 percent in the treatment group. The most significant changes occurred in the reduction of assaults (83 percent), theft (77 percent), "horseplay" (65 percent), and refusal to obey an order (55 percent.) Antisocial behavior changed the most in those charged with assault, robbery, rape aggravated assault, auto theft, vandalism, child molestation, arson, and possession of a deadly weapon.

Such reports put a whole new spin on kids who shoplift candy bars. ☺



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