

From a Violent 17-Year Old Male to a Normal Young Man

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Introduction

Every clinician should have a patient like this one during his or her career! A case such as this lifts the spirits of all those involved in the treatment of patients. This case involves a 17-year old male who was brought to The Center, almost as a last resort, by his mother to see if anything could be done for him. He had been seen previously by many different health care professionals without success.

During the initial interview, his mother did most of the talking and answered questions as he sat in silence with a sullen expression on his face and disinterest in his eyes, which were encircled by dark rings.¹ During the interview with Dr. Riordan, the mother described what it was like living with her son. She described him as “a violent child. Everything he ate, everything he breathed made him violent!” She said he had food allergies to some of the most common foods: sugar, milk, corn, which she said is in everything. She said it “was like living in a twilight zone!” She also said that every medicine he took didn’t work or worked in the opposite way it was supposed to. She described her life as being like the “world turned upside down, and nothing worked like it was suppose to, including our son.” She continued, “He would get so violent that we would have to call the police to stop it! He would break anything, trash the house.” She ended by saying “He couldn’t control it and we couldn’t either!” As a re-

sult of the patient’s physical examination findings and history, Dr. Riordan ordered a cytotoxicity food sensitivity test.^{2,3,4} The results showed that the patient was sensitive to 60 out of 90 food antigens and additives tested! Laboratory results on his blood, hair and urine also showed that he was deficient in various nutrients. These deficiencies were treated with appropriate nutrients and an appointment was set for his return visit.

During a follow-up visit to The Center, the patient appeared more open and friendly. He said he did not want to talk during his first visit because he was scared about discussing his problems and “wanted to keep them secret because he was ashamed of them.” He continued that he was “always getting in trouble,” and that “life was stressful”, not knowing when he would “blow up!” He said that when he “got in one of those moods, I didn’t think very much so I didn’t know what was going on.” He also added that since telling his problems to The Center staff, they “have used them to find things to help me not to be violent, help me eat stuff that I used not to be able to.” His mother said that he was able to eat more foods since he had gotten better, but no more than once a week. She said that getting rid of the foods he was sensitive to and adding nutritional supplements to his diet helped him get some control. Dr. Hunninghake later added natural thyroid to his treatment. When asked how this worked, the patient said “I loved it! It gave me more energy, got me in control. It got me where I could eat more foods.” His mother added, “And the violence stopped!”

Selenium and vitamin E were also added to his treatment plan. During the

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patient's next visit, when asked how the added supplements were working, he said "That doubled it again, made me double better. It made me act better, gave me the will to get a job. I used to be real lazy and I am real active now." During a recent Health Fair held at The Center, this patient was asked to be part of a panel discussing their problems and their treatment at The Center. At first he said that he was shy and didn't like to speak in front of groups. Then he thought about it for awhile and said, "I can do that!" On the day of the presentation, he appeared neatly dressed, hair neatly cut and combed. He told of his experiences during the panel discussion and was obviously someone who felt good about himself. Both his parents came with him, and

when they left, his father had his arm around his son's shoulder as any proud parent would. This young man had gone from someone who caused constant problems in his family to a happy and productive part of the household.

References

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