

NUTREINETS NEEDED FOR RECOVERY: NON-FLUSH NIACIN VITAMIN B3, VITAMIN B6, ZINC AND VITAMIN C. MINIMUM TOTAL RECOVERY FOR JEFF AND DIANE. BOTH ARE PYRRULURIC NEEDING B6 600MG DAILY AND ZINC-150-300MG DAILY AND ALSO SCHIZOPHRENIA BEYOND THAT WHICH REQUIRE B3 3000MG DAILY AND VITAMIN C , 300MG DAILY.RECOEVEY WILL TAKE ONE AND ONE-HALF YEARS. THUS THE AMOUTS NEEDED. 1.5 YEARS = 548 DAYS B6 600MG X 548 DAYS=328,800 MG=32880 GRAMS ONE GRAM = 1000MG= 1157 OUNCES ONE OUNCE = 28.4 GRAMS= 72 POUNDS:ZINC AT 300MG X548 DAYS=164,400 MG =16,440 GRAMS=578 OUNCES=36 POUNDS : VITAMIN B3 NIACIN 3000 PER DAY X 548=1644,4000MG=164,400GRAMS=5789OUNCES=361 POUNDS: VITAMIN C 3000 PER DAY X 548=1644,4000MG=164,400GRAMS=5789OUNCES=361

NOW THE VARIABLES THAT DESTROY SOME USE OF THESE. DR HANS SELYE SPENT SOME 55 YEARS STUDYING WHAT STRESS DOES TO THE HUMAN BODY BY USING ANIMALS(WHICH I DO NOT BELEIVE IN ANY RESEARCH ON ANIMALS) AT THE UNIVERSITY OF MONTREAL. HE WROTE SOME 16 BOOKS OF WHICH I HAVE READ FOUR. EVERY HUMAN THAT HAS EVER LIVED OR WILL LIVE HAS TO DEAL WITH STRESS AND THAT IS WHAT EVENTUALLY KILLS US. THE CNS (CENTRAL NERVOUS SYSTEM) IS TOO HIGH AS A RESULT ON HIGH STRESS LOADS. BECAUSE OF WHAT IS CALLED TELOMERES WHICH ARE GOVERNED BY EACH PERSON'S DNA THE TELOMERS SAY HOW LONG WE WILL LIVE. WE ONLY HAVE SO MANY TELOMERES AND AS WE AGE OR HAVE STRESS THESE TELEOMERES BECOME SHORTER IN LENGTH UNITL THERE IS NO LONGER A TELOMERE. HANS SELYE WAS IN INVALUABLE TO MENTAL ILLNESS BECAUSE HE HAD DISCOVERED THE MOST IMPORTANT PART OF ANY STRESS IN WHAT IS CALLED "PERCEIVED STRESS". ONE PERSON CAN BE A CAR ACCIDENT AND JUST AS MANGLED AS ANOTHER- ONE WILL RECOVER MENTALLY IN A MONTH'S TIME AND ANOTHER MAY TAKE YEARS AND DURING ALL THOSE YEARS THERE IS MORE DAMAGE TO THE CNS AND TELOMERES. SO WHEN PEOPLE IN THE ENVIRONMENT CAUSE EITHER DIRECT OR PERCIEVED STRESS THEN REGARDLESS OF HOW MANY NUTRIENTS PEOPLE TAKE THEY ARE ONLY GETTING A SMALL AMOUNT OF USAGE BY THE BODY. THIS IS WHY I GET UPSET WHEN PEOPLE SAY IT IS THE PERSON'S DISEASE AND NOT MINE. ALSO EVEN METABOLISM AND ASSIMILATION OR GUT PROBLEMS CAUSE VERY LITTLE USE OF NUTRIENTS. SO ALL THINGS TOGETHER IT IS VERY DIFFICULT TO SAY WHEN AND HOW A SCHIZOPHRENIC GETS BETTER AND MORE FUNCTIONAL AND HOPEFULLY A FULL HUMAN. SO WE NEED ALL THE "GOOD GUYS" ALWAYS AND THEN IT WILL TAKE TIME. RACING MIND PEOPLE ARE SOMEWHERE AROUND 45-80 CNS VIBRATING SPEED AND NORMALS AROUND 20-30 AND A FEW WHO LIVE TO BE 95 AROUND 8 OR SO. RACING MIND PEOPLE IN SCHIZOPHRENIAS IS A MAJOR PROBLEM BECAUSE WE KEEP PUMPING IN THE NUTRIENTS AND THEY ARE SO SLOW TO BE UTILIZED. HOFFER AND OSMOND HAD A EASIER WAY WITH 4500 SCHIZOPHRENIAS OVER THE YEARS IN A HOSPITAL SETTING AND NO EXTERNAL STRESS AND MUCH LESS PERCIEVED STRESS AND COULD UTILIZE THE NUTRIENTS BETTER. ASK A SCHIZOPHRENIC A QUESTION AND YOU MAY GET A THOUSAND DIFFERENT ANSWERS BECAUSE THEY HAVE A THOUSAND ANSWERS AND MORE- THEIR MINDS ARE IN TOTAL OVERDRIVE FROM PERCEIVED STRESS. SOME EVEN GIVE UP ANSWERING QUESTIONS BECAUSE IT DOES NOT MATTER TO THEM WHICH ANSWER THEY CHOOSE YOU AS THE PERSON ASKING THE QUESTION WILL NOT UNDERSTAND ANYWAY. IF I SAID WHAT DO YOU THINK OF MOTOR CAR RACING? YOU MIGHT GET AN ANSWER FROM A SCHIZOPHRENIC SUCH AS "I THOUGHT THE COLOR WAS GREEN OR THEAT TASTED SILLY, OR THE BUGS ARE CUTE, AREN'T THEY"? OR ANY ANSWER THAT MAKES ABSOLUTLEY NO SENSE WHATSOEVER. SO SOME HAVE DECIDED IT IS BETTER NOT TO ANSWER AT ALL BECAUSE IT DOESN'T MATTER. YES ALL OF THAT FROM PERCEIVED STRESS. VERY FEW SCHIZOPHRENICS LIVE PAST THE AGE OF 65-70 BECAUSE THE CNS IS TOO HIGH AND TELOMERES HAVE BEEN SHORTENED BY PERCIEVED STRESS. SO IF ANYONE IS A CAREGIVER THEN THEY HAVE TO LEARN HOW TO BE A CAREGIVER TO HELP. SO IF YOUR CHILDREN ARE SCHIZOPHRENIC THEN THEY WILL SIMPLY NOT LIVE AS LONG AS YOU MIGHT. THE SOONER THERE ILLNESS IS CORRECTED THE LONGER THEY WILL LIVE- IT IS AS SIMPLE AS THAT. SO A PERSON IS NOT ONLY WORKING TO STABALIZE AND CURE THEIR ILLNESS BUT ALSO TRYING TO GIVE A LONGER LIFE.





