

## Presentation Suggestions



It should be obvious that this Power Point is not a stand alone thing like a movie. It needs someone to explain the slides that are not self-evident. The information given here is what I (Donald E. Casebolt) give when I make a presentation using the long version.

Thank you, San Juan Regional Medical Center. (SJRMC in Farmington, New Mexico, USA) In two separate grants SJRMC gave our committee \$5,650 to produce the PowerPoint, prepare a web site, and begin promulgating this information. This was what really got us started and is greatly appreciated.

Caffeine's good qualities—It should be mentioned that the caffeine industry has taken lessons from the tobacco industry and have been able to influence the content of some published studies.

We show the tobacco slides not to say that we think caffeine is as bad as tobacco but that there are significant side effects from the use of caffeine and that there could be even more serious side effects discovered in the future.

Experts on caffeine—There will be several slides referring to animal studies. Animals do not become addicted to drugs on their own. They have been made that way by researchers. But it is clear from their remarks that they are thinking of what the effects could be in humans.

Rats alcohol consumption affected by diet—After the introduction of coffee the consumption of alcohol was 13 times higher than the rats on the good diet. This would be equivalent to a 154 pound man drinking a little more than a quart of 100 proof whiskey a day.

Phytonutrients—It has only been within about the past 20 years that science has recognized the importance of phytonutrients or phytochemicals. Phyto means they are only found in plants. There is estimated to be at least 10,000 of them. No one knows for sure how important these are to humans however zeaxanthin and lutein help to prevent some serious eye diseases.

Poor nutrition creates Generation of criminals—The presenter should check out the PDF file “Poor Nutrition Can Produce Criminal Behavior” which can be found in the Presentations and Scientific Information section. In this slide there is a clear demonstration of how poor diet negatively affects behavior. Later in the show there will be seen how a good diet positively affects behavior.

Maximum daily sugar—in the 1850s the consumption of sugar was about 10 pounds per person per year. Now it is nearly 150 pounds.

The Wisconsin Experiment—This took place in the Appleton, Wisconsin Alternative High School from 1997 to 2002. The video of this event can be viewed on our web site. It is suggested that, if possible, the presenter view that video before making a presentation. In that school over a weekend all of the pop machines and junk machines were removed from the school. On Monday the only liquid available to drink was water. Meat was prepared using old-time recipes. There were no artificial flavoring or coloring in the food. Only whole grains were used in the breads and cereals.

You may be able to help—This slide is shown just to emphasize that is recognized that poor diet and caffeine are not the only things that can cause addictions. But some people it could be a very important factor.

—Dr. Donald E. Casebolt