

- *Are you depressed soon after breakfast?*
- *Does your temper flare unexpectedly?*
- *Is it hard to pinpoint the last time you felt really well?*

*Here are some surprising facts to consider the next time your family asks,*

# "WHAT'S EATING YOU?"

BY NICK GONZALEZ

Irene S. is typical of the patients who flock to the office of Connecticut allergist Dr. Marshall Mandell. For four years, this 25-year-old woman continually suffered from a bizarre array of physical and mental symptoms including tension, fainting spells, extreme fatigue, anxiety, panic, even daily periods when her eyes would fail and the whole world would go black. She was also a victim of colitis, a serious and irritating colon disease often associated with emotional problems.

Before consulting Dr. Mandell, Irene had been through the medical mill, but not one specialist was able to offer a conclusive diagnosis or relief from the symptoms making her life so dismal. Finally, she ended up in the care of a clinical psychologist, who treated her for "emotional immaturity" for a year and a half.

Mandell, once a professor at New York Medical College and now director of his own allergy clinic in Norwalk, didn't spend any time investigating the psychological stresses in Irene's life. Instead, he put her through a series of provocative allergy tests, to study

her responses to a variety of foods and environmental chemicals. Results weren't long in coming: Tests for wheat, corn and rye produced the visual blurring that had plagued Irene for so long. House dust and certain common molds brought on a vast spectrum of mental and physical reactions, and other foods provoked all the symptoms formerly diagnosed as emotional in nature.

Aware that certain foods and chemicals could produce her long-standing problems, Irene soon became her own detective and began searching out other things in her life that might be troublesome. She didn't have to look very far; a single puff on a cigarette made her restless and lightheaded, and threw her into what she called "a state of anger." Exposure to the wax she used on the kitchen floor led to a near rage. Yet, by simply avoiding the offensive substances, Irene reversed the problems that had upset her life so totally.

Even with all her debilitating symptoms, Irene had been luckier than Dorothy B., a patient of Dr. H. L. New-

bold, a New York psychiatrist and a leader in the search for a relationship between allergies and mental illness. When Dr. Newbold first examined Dorothy, the situation looked hopeless. For nearly five years, she had been wasting away in a psychiatric hospital, a victim of severe, paralyzing schizophrenia. She was so far removed from reality, Newbold notes, that she didn't even remember how to use money.

Newbold put Dorothy on a five-day fast, during which time she consumed only pure spring water. There was nothing mystical in this treatment; physicians working in the new field of "cerebral allergy" have discovered that a fast cleanses the body of those offending allergens that can be the root of psychiatric disorders. And the results in Dorothy's case were remarkable.

"Abruptly and dramatically," reports Newbold, "her emotional fog cleared . . . She spoke her first complete sentence, showed an interest in her surroundings and smiled for the first time in years." With the allergens cleared from her system, her worst symptoms simply disappeared. Subsequent testing showed

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