

PHYSICAL BASIS FOR BEHAVIOR

Physical Form	Vital Expressions
Pre-human stage of development...	Controlled by two basic forces: hunger and sex urge
Development of human forebrain...	Reason, mental inhibitions for sex urge and appetite, honesty and unselfishness
Parental nutritional injuries (lack of essential nutrition) of fetus, resulting in defects in forebrain...	Loss or lowering of inhibitions with character change, delinquency patterns, mental retardation.
Essential nutrition-produced forebrain growth with increased functions...	Super-mentality, exalted personality, noble music, arts, social reforms and altruism.
Nutrition and Physical Degeneration, by Dr. Weston A. Price, McGraw Hill - NTC; 15th Edition (June 2003), pg. 459. ISBN: 0879838167 (out of print)	

References:

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2. CHS International Research Ltd., and the article: *DHA - A Cornerstone of Human Health* by Lyle Hurd and Inge Mohede, Ph.D. <http://www.totalhealthmagazine.com/DHA.htm>
3. *Lipids*, 1994; 29/4:251-58.
4. *Present Knowledge in Nutrition*, Intl Life Sciences Foundation, July 1990, pp 63., ISBN: 093536840X
5. "Attention Please," Rafael Avila, *Energy Times*, Dec. 1996, pages 52-58.
6. *Energy Times*, Jan. 1997, page 53.
7. "Imaging Cocaine in Action," Dr. Ricki Lewis, *Photonics Spectra*, May 1996. & *Brain Research*, 520(1-2): 303-9, 1990. & *Archives of General Psychiatry*, 52(6): 456-63, 1995.
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If you have any questions or comments about this month's newsletter please e-mail the professor at: prof-peskin@peskinpharma.com

This Month's Low-Carb Recipe: Almond Crust Pizza

Everything on a pizza is great for you, but the crust can be loaded with carbs. Here's a great, tasty way around it!

Ingredients

- Crust:
- 3 1/2 Cups of coarsely grated unpeeled zucchini
 - 3 eggs lightly beaten
 - One cup of almonds. (grind the almonds in a food processor, or a coffee grinder-they are less coarse that way. Grind it until it looks like a batter)
 - 1/2 cup grated cheese (any kind you desire)
 - 1/2 cup grated parmesan (fresh in a package is preferred over canned)
 - 1 tablespoon of any kind of herb seasoning.
 - 1/4 Teaspoon of salt

Preparation

1. Take the zucchini and put the teaspoon of salt on top. Stir. Set for 15 min. (Salt draws out the water). Squeeze the zucchini with your hands-get as much water out as possible.
2. Mix ingredients together.
3. Spread onto well oiled pizza pan (coconut or peanut oil is best), and handle as little as possible when patting onto pan (this prevents the dough from sticking as much to the pan).
4. Stick in the oven at 325 for 30 min.
5. Remove and brush the top with oil then put back in the oven and broil for 5 min. until it is brown.
6. You now have your crust. Throw pizza sauce on it, and whatever toppings you desire.
7. Put back into the oven until cheese is melted.

Suggestion: Cook toppings in a skillet beforehand.

Enjoy!

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