

Review Article

Melatonin & Schizophrenia

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Abstract: The pineal gland is found to be smaller in patients with schizophrenia. This is likely caused by too much caffeine in the diet. Caffeine produces melatonin when mixed with the DNA molecule Adenine (A). Caffeine could be one cause of schizophrenia.

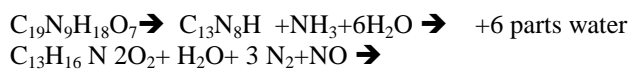
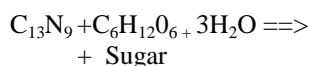
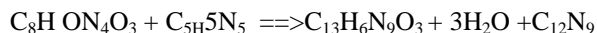
Keywords: Caffeine; Melatonin, hormones, Adenine.

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INTRODUCTION

Caffeine is a very addictive substance quite common in the modern diets. It is very addictive in drinks such as coffee, and dark pops such as Coke and Pepsi, and Energy drinks such as Red Bull. Caffeine is known to have an affect on the Adenine (A) and Guanine (G) parts of the DNA molecule. In this paper, we consider how caffeine may cause schizophrenia.

Caffeine + Adenine



MELATONIN

Melatonin is a naturally occurring hormone that produces sleep and is produced by the pineal gland. That gland is known to be smaller in persons with Schizophrenia. Sunflower seeds are known to have high melatonin since they have tryptophan.

Cholera has also been cited as a cause of schizophrenia. Cholera dehydrates the body, thus stripping it of melatonin. Irregular sleeping patterns result in the schizophrenic.

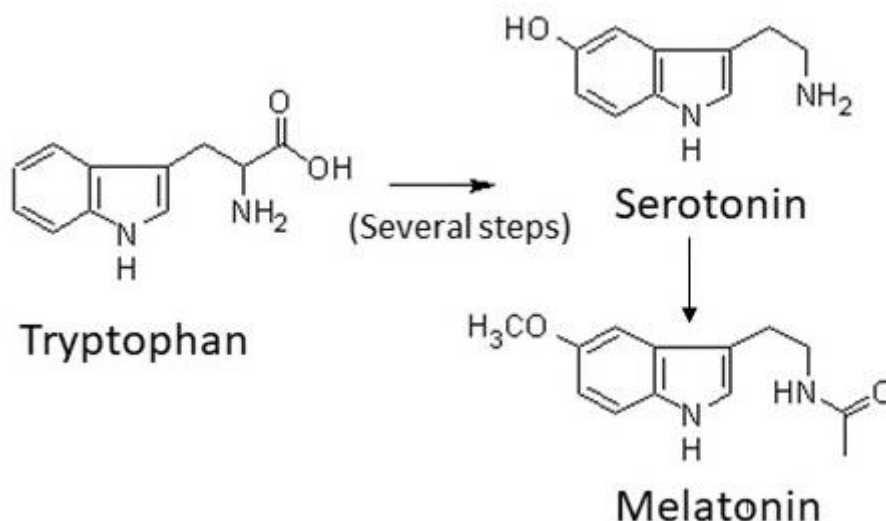


Figure 1 Melatonin

There has been a rise in the rates of schizophrenia in the population over the last 20 years that could be associated with the increase in caffeine (coffee) intake. If we consume too much caffeine and sugar, we produce too much melatonin and thus shrink the pineal gland disrupting the hormonal balance. Too much caffeine, sugar and water produce too much melatonin that causes the pineal gland to shrink found in schizophrenics. Caffeine and cholera both lead to dehydration.

CONCLUSION

Over intake of caffeine may result in schizophrenia.

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