

## Aggressions

### Description

To Jesus:

You can save this to a “Health” folder for easy access later. Use this as a starting point for your own research and share with your doctor as appropriate.

You can use drugs.com or other trusted health websites to look up the latest information on prescription & herbal drugs possible side & interaction effects. Typing in the name of two medications or a medication & an herb in a search bar of most browsers will bring up results with their interaction effects.

Summary of what below can increase aggressions-

The below increase homicidal & suicidal ideation & actions, especially after an increased dosage or when taken with/transitioning to another medication on this list-

Varenicline (Chantix) 18x greater severe aggressions than the average medication (stop smoking)

Fluoxetine (Prozac)- 11x (serotonin antidepressant-SA)

Paroxetine (Paxil)- 10x (SA)

Amphetamines- 10x (ADHD)

Mefloquine (Lariam)- 10x (malaria)

Atomoxetine (Strattera)- 9x (norepinephrine reuptake inhibitor-NE  
ADHD)

Triazolam (Halcion)- 9x (sedative)

Fluvoxamine (Luvox)- 8x (SA)

Venlafaxine (Effexor)- 8x (SA & NE)

Desvenlafaxine (Pristiq) 8x (SA & NE)

Withdrawal from or a missed dosage can cause aggressions:

Paroxetine (Paxil)

Venlafaxine (Effexor)

Desvenlafaxine (Pristiq)

Many medications can increase aggressions at high doses but  
decrease them at the lowest doses:

Seroquel 300+mg (may increase) vs seroquel 25mg in morning & 25 mg early afternoon (may decrease)

Antiepileptic drugs (AEDs) that can cause aggression in people who take them for epilepsy:

Especially levetiracetam (Keppra), perampanel (Fycompa), and topiramate (Topamax) and less frequently clobazam (Onfi), clonazepam (Klonopin), phenobarbital (Luminal), tiagabine (Gabitril), vigabatrin (Sabril, Vigadrone), and zonisamide (Zonegran, Zonisade).

Anticholinergic medications- low doses of severe anticholinergics &/or high doses of lesser anticholinergics, especially in combination may lower the threshold for aggression in people vulnerable by lowering choline & concentration for 36 hours:

worst-3 points

amitriptyline (Elavil), amoxapine (Asendin), atropine (Sal-Tropine), benztropine (Cogentin), brompheniramine (Dimetapp), carbinoxamine (Histex/Carbihist), chlorpheniramine (Chlor-trimeton/tabs), chlorpromazine (Thorazine), clemastine (Tavist), clomipramine (Anafranil), clozapine (Clozaril), cyproheptadine (Periactin), darifenacin (Enablex), desipramine (Norpramin), dexchlorpheniramine, dicyclomine (Bentyl), dimenhydrinate (Dramamine), diphenhydramine (Benadryl), doxepin (Sinequan), fesoterodine (Toviaz), flavoxate (Urispas), hydroxyzine (Atarax/Vistiril), hyoscyamine (Anaspaz/Levsin), imipramine (Tofranil), meclizine (Antivert), methocarbamol (Robaxin),

nortriptyline (Pamelor), olanzapine (Zyprexa), orphenadrine (Norflex), oxybutynin (Ditropan), paroxetine (Paxil), perphenazine (Trilafon), promethazine (Phenergan), propanthelin, protriptyline (Vivactil), pseudoephedrine HCl/Tripolidine HCl (Aprodine), quetiapine (Seroquel), scopolamine, thioridazine (Mellaril), tolterodine (Detrol), trifluoperazine (Stelazine), trihexyphenidyl (Artane), trimipramine (Surmontil)

### ACB-2 points

amantadine (Symmetrel), belladonna, carbamazepine (Tegretol), cyclobenzaprine (Periactin), loxapine (Loxitane), meperidine (Demerol), methtrimepazine (Levoprome), molindone (Moban), oxcarbazepine (Trileptal), pimozide (Orap)

### ACB-1 point

alverine (Spasmonal), alprazolam (Xanax), atenolol (Tenormin), baclofen, bupropion (Wellbutrin/Zyban), captopril (Capoten), carisoprodol (Soma), cetirizine (Zyrtec), chlorthalidone (Diuril/Hygroton), cimetidine (Tagamet), clorazepate (Tranxene), codeine (Contin), colchicine (Colcrys), diazepam (Valium), digoxin (Lanoxin), diphenoxylate (Lomotil), dipyridamole (Persantine), disopyramide (Norpac), fentanyl (Duragesic/Actiq), fluphenazine (Prolixin), fluvoxamine (Luvox), furosemide (Lasix, also brain damage), haloperidol (Haldol), hydrochlorothiazide (Esidrix, Dyazide, HydroDIURIL, & Maxzide), hydralazine (Apresoline), hydrocortisone (Cortef/Cortaid), isosorbide (Isordil/Ismo), loperamide (Immodium), loratidine (Alavert, Claritin), maprotiline, metoprolol (Lopressor/Toprol), morphine, nifedipine (Procardia/Adalat), prednisone (Deltasone/Sterapred), quinidine (Quinaglute), ranitidine (Zantac), risperidone (Risperdal),

theophylline (Theodur/Uniphyl), thiothixene (Navane), tizanidine (Zanaflex), trazodone (Desyrel), triamterene (Dyrenium), warfarin (Coumadin)

Aspartame/Nutrasweet/Equal/Neotame- kills neurons, may increase seizures greatly as well

Monosodium glutamate (MSG) in “natural flavors” for people who are vulnerable to high glutamate levels

FD&C food colorings (red#, yellow#, blue#) usually w/lead & mercury added

Refined oils (usually with mercury added & already heated) or cooking with oils with polyunsaturated fat that turn into formaldehyde (all oils except for coconut oil, butter, ghee, lard- they don't have poly & are safe for cooking)

High fructose corn syrup (usually with mercury added) may be hidden in anything with a corn product on the label like corn starch or dextrose

Refined grains like white rice, white wheat (usually with mercury added)

Summary of what below can decrease aggression the fastest/greatest amount in order of effectiveness vs adverse side effect:

Lithium orotate/lithium chloride 40mg for all aggressions, & especially if also bipolar mania

Vitamin D3 levels brought to 150ng/ml for aggression & autism or aggression & autoimmune disorder

Low dose naltrexone (LDN) for people with aggression & autism or chronic pain or autoimmune disorder

Spirulina (1000mg 2x a day with a vegetable), for all aggressions & especially if paranoid schizophrenia or schizophrenia with aggression

Cannabidiol **oil** (CBD), especially for paranoid schizophrenia or schizophrenia with aggression

Lamotrigine (Lamictal)- especially if also autism &/or bipolar mania (AED)

Guanfacine (Tenex-immediate or Intuniv-extended release) for people with aggression & autism (& ADHD & Tourette's)

Clonidine (Catepres) for people with aggression & autism (& ADHD & Tourette's)

Tyrosine or phenylalanine (antidepressant, antiaddiction)

Nebivolol (Bystolic) especially if explosive aggression (high blood pressure)

Quetiapine (Seroquel) 25mg at wakeup & 25mg early afternoon

Risperdone (Risperdal) at lowest dose for autism & aggression

Dextromethorphan & quinidine combination for autism & aggression

N-acetylcysteine (NAC)

Carnitine or acetyl-L carnitine

Melatonin slow release

## Medications that can increase aggression

Drugs reported to the FDA by 2011 as triggering severe aggression more than the average medication-

Varenicline (Chantix) 18x (stop smoking)

Fluoxetine (Prozac)- 11x (serotonin antidepressant-SA)

Paroxetine (Paxil)- 10x (SA)

Amphetamines- 10x (ADHD)

Mefloquine (Lariam)- 10x (malaria)

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Venlafaxine (Effexor)- 8x (SA & NE)

Desvenlafaxine (Pristiq) 8x (SA & NE)

## Prescription Drugs Associated with Reports of Violence Towards Others

[https://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0015337?\\_\\_cf\\_chl\\_tk=kENfos0F.sei0..0GVjadKP\\_iLklUsQy6M1o1TNfdkA-1654527223-0-gaNycGzNCGU](https://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0015337?__cf_chl_tk=kENfos0F.sei0..0GVjadKP_iLklUsQy6M1o1TNfdkA-1654527223-0-gaNycGzNCGU)

These ten medications & other serotonin antidepressants should be watched closely for side effects of aggression.

Withdrawal from or a missed dosage can cause aggressions:

Paroxetine (Paxil)

Venlafaxine (Effexor)

Desvenlafaxine (Pristiq)

These three serotonin reuptake inhibitors clear the body very fast, & that appears to be why people can feel intense withdrawal symptoms even when weaning very slowly off of them. Taking 600mg of alpha lipoic acid with a meal 4x a day or switching to fluoxetine (Prozac) first before weaning off can help stop withdrawal symptoms.

When antiepileptic drugs (AEDs) increase aggressions  
Some AEDs can increase aggressions when used for people with epilepsy- clobazam (Onfi), clonazepam (Klonopin), phenobarbital

(Luminal), tiagabine (Gabitril), vigabatrin (Sabril, Vigadrone), and zonisamide (Zonegran, Zonisade) but especially levetiracetam (Keppra), perampanel (Fycompa), and possibly topiramate (Topamax, which can also increase depression).

Brodie MJ, Besag F, Ettinger AB, Mula M, Gobbi G, Comai S, Aldenkamp AP, Steinhoff BJ. Epilepsy, Antiepileptic Drugs, and Aggression: An Evidence-Based Review. Pharmacol Rev. 2016 Jul;68(3):563-602. doi: 10.1124/pr.115.012021. PMID: 27255267; PMCID: PMC4931873. ncbi.nlm.nih.gov/pmc/articles/PMC4931873/

## Anticholinergics

Anticholinergic medications- low doses of severe anticholinergics &/or high doses of lesser anticholinergics, especially in combination may lower the threshold for aggression in people vulnerable by lowering choline & concentration for 36 hours. They increase mortality greatly. They may increase heart attacks in people with asthma.

[alienherbalist.com/anticholinergics/](http://alienherbalist.com/anticholinergics/)

## Food triggers of aggression

## Aspartame/Nutrasweet/Equal/Neotame

Aspartame is a sweetener in many diet pops & foods that breaks down to formaldehyde in the brain, a very toxic substance.

Aspartame may trigger seizures along with its other neurological effects including blindness, migraines, depression, anxiety, anger & behavior problems. More than half of all doctor's reports of serious side effects from food additives appear to be on aspartame alone. Methanol in the aspartame breaks down to formaldehyde in the brain.

[www.ars.org/ars/arsgeneral33/legal.htm](http://www.ars.org/ars/arsgeneral33/legal.htm)

Nutrasweet (aspartame) has had a dizzying list of dangerous neurological side effects reported to the FDA

[fda.gov/ohrms/dockets/dailys/03/jan03/012203/02p-0317\\_emc-000199.txt](http://www.fda.gov/ohrms/dockets/dailys/03/jan03/012203/02p-0317_emc-000199.txt)

Aspartame has the most side effects reported to the FDA of any substance, and that was before the FDA stopped taking reports of side effects starting in 1995.

Environ Health Perspect. 1987 Nov; 75: 53–57.

Possible neurologic effects of aspartame, a widely used food additive.

T J Maher and R J Wurtman

[epilepsy.com/connect/forum-archive/men-epilepsy/diet-coke-aspartame-seizure-link](http://epilepsy.com/connect/forum-archive/men-epilepsy/diet-coke-aspartame-seizure-link)

[naturalnews.com/008952\\_aspartame\\_seizures.html](http://naturalnews.com/008952_aspartame_seizures.html)

[usrtk.org/tag/seizures/](http://usrtk.org/tag/seizures/)

[nature.com/articles/1602866](http://nature.com/articles/1602866)

Humphries, P., Pretorius, E.

& Naudé, H. Direct and indirect cellular effects of aspartame on the brain  
*Eur J Clin Nutr* **62**, 451–462 (2008).

[doi.org/10.1038/sj.ejcn.1602866](https://doi.org/10.1038/sj.ejcn.1602866)

[shop.getmyid.com/blogs/myid-epilepsy-community/fda-pivotal-safety-study-aspartame-caused-brain-seizures](http://shop.getmyid.com/blogs/myid-epilepsy-community/fda-pivotal-safety-study-aspartame-caused-brain-seizures)

In 1996, the FDA's own toxicologist told Congress that aspartame (NutraSweet) can cause brain cancer.

[huffingtonpost.com/robbie-gennet/donald-rumsfeld-and-the-s\\_b\\_805581.html](http://huffingtonpost.com/robbie-gennet/donald-rumsfeld-and-the-s_b_805581.html)

I stopped using it after getting nausea & motion sickness on a repeated basis. It only came back once in the last 15 years, and

when I checked all of my new foods, I found one had aspartame as an ingredient, unknown to me.

## ADHD

The foods/additives that appear to have the most problems in order are the ones with a significant amount of mercury & lead added in processing like FD&C food colorings (yellow#, red#, blue#); as well as the ones with added mercury & refined (cooked) polyunsaturated fat & GMO allergy sensitivity & Glyphosate/Roundup in already refined corn/soy/vegetable oil; added mercury & very high raise in blood sugar like high fructose corn syrup which can now be unlabeled in any product with corn or any corn derivatives that is not organic; and mercury in refined grains in the US like white wheat and white rice.

Renee Joy DeFault, “Why Boys Get Autism More than Girls” at Scientific American or “Unsafe at any Meal” book

[responsibletechnology.org](http://responsibletechnology.org)

## Glyphosate/Roundup

All nonorganic grains & legumes (beans & lentils) are soaked in & have high levels of glyphosate/Roundup, an antibiotic used as a herbicide. Because it kills the good bacteria in the gut it works as an antiprobiotic & increases depression, anxiety, schizophrenia,

autism, bipolar, diabetes, heart disease, cancer & obesity symptoms.  
Genetically modified organisms (GMOs)

GMO derived canola, dairy, meat, eggs, honey, pollen, sugar, potatoes, apples, salmon, sugar beets, papaya, zucchini, alfalfa, yellow summer squash, vanilla, pineapple, rennet, flavorings, enzymes, processing agents, aspartame sweetener, multiple ingredients in the Impossible Burger, Recombinant bovine growth hormone (rBGH) given to cows, any processed foods can have hidden GMO ingredients that cause allergies or food sensitivities & sometimes behavior problems. Conventional farming techniques have greater yields at lower costs than GMO crops as seen in Europe where they are banned. When farmers were required in too many provinces to switch to GMO crops like corn & soy bankruptcies went way up in India & other countries.

Why organic?

A long list of foods either can be GMO or are over 90% GMO. These genetic modifications appear to have changed hundreds of genes, leading to a lot of health problems & food sensitivities.

The mercury, lead, arsenic, cadmium & other toxins allowed in or added to conventional foods in processing cause a lot of emotional & behavioral problems and damage physical health.

Organic food growing & processing have much lower herbicide, pesticide, fungicide & heavy metal contamination.

Millions of people have reversed a long list of health issues & behavior problems they are suffering from including depression & anxiety by switching to eating only organic, unprocessed foods.

### Cooking with oils

All vegetable oils except coconut have polyunsaturated fat that turns into formaldehyde with heating/cooking. The other safe oils for cooking are grassfed butter, ghee, lard. Heating polyunsaturated oils appears to be a main or contributing cause of depression, diabetes, heart disease, cancer & obesity on par with eating foods with Roundup/glyphosate.

### Supplements that prevent aggression

Lithium orotate

## Lithium reduces aggressions

Lithium has a century of positive study & usage to increase wisdom. It increases mood, neural growth & cognitive performance, & reduces aggression/anger. Lithium orotate & lithium chloride over the counter- OTC appear 100 times more bioavailable than prescription lithium carbonate and are effective against aggressions at dosage of 0.1-40mg per day after breakfast. They are highly bioavailable at low doses. Prescription lithium carbonate is usually prescribed around 2000mg to help people with mania/bipolar depression, & aggression & can work as well, but the but has much higher side effects & can cause kidney damage over years of usage.

Lithium has been found to increase neural growth & cognition greater than any other substance. Dr. Dale Bresden & thousands of doctor's following his protocol that include OTC lithium have seen people's brains shrunk from Alzheimer's damage grow back full brain volume as well as get their memories & full cognitive function back.

## Everyone used lithium

Near universal low dose lithium supplementation in commercial beverages up to 1948 was widely accepted for it's mood stability & mental health benefits after the popularity in 1929- 7 UP (for mood) lithiated lemon-lime became the third most popular drink very quickly for it's lithium content.

Five countries have found in studies that within each country, the counties with the naturally highest levels of lithium in the water have 40% less violent crimes including suicides & homicides- US, Austria, Germany, Japan, Australia.

<https://drnicolecain.com/low-dose-lithium-the-best-mineral-for-treating-depression-bipolar-disorder>

<https://www.psychiatryredefined.org/low-dose-lithium/#inmedicine>

<https://www.thevintagenews.com/2017/01/16/when-7-up-was-created-in-1929-it-contained-lithium-a-mood-stabilizing-drug/?firefox=1>

**When 7-Up was created in 1929 it contained lithium, a mood-stabilizing drug**

**Neuroprotective Effects of Low-dose Lithium in Individuals at Ultra-high Risk for Psychosis**

Lithium orotate & chloride safety & efficacy

Lithium orotate & lithium chloride are available over the counter and bioavailable at 1/50th to 1/100th the effective dosage of prescription lithium carbonate. They appear effective for aggression at 1-5mg & for mania in bipolar disorder at 20-40mg during an active manic episode or aggressions, and lower for maintenance.

People who have moved to lithium orotate or chloride have had their damaged kidneys heal while off lithium carbonate & on the much lower & apparently safer dosages of lithium orotate/chloride.

People's maintenance dosage of lithium orotate is 10-20mg if they have bipolar disorder.

People who don't have mania get a mood & calmness benefit at 1mg or less daily.

Lithium orotate can be bought in liquid form with a dropper for dosages lower than the normal 5mg for capsule forms. People sometimes do a drop a day under the tongue for a microdose, & increase daily until they see a stable & clear benefit.

Spirulina

EPA & DHA are omega3 fatty acids essential to higher brain functioning & found in the algae spirulina and in the fish who eat spirulina. Many evolutionary biologists believe eating fish with spirulina's EPA & DHA omega 3 fatty acids helped our brains evolve much greater ability. Supplementing with spirulina increases mood, concentration, & prosocial behaviors.

Spirulina is the source of omega3 fatty acids that are so prized in fish oil supplements for their cognitive, emotional, & physical health benefits.

Spirulina can be bought organic as spirulina & far cheaper than in fish oils from fish that ate spirulina. Spirulina must be eaten with a vegetable (for it's enzymes) to break it down best for most people, as does fish/fish oil. It not only enhances all people's cognitive & emotional functioning, but helps people with autism better than any other supplement in studies & surveys.

EPA & DHA supplementation reduces aggressions, increases mood, in studies of people in prison & increases cognitive ability.

EPA & DHA fatty acids are effective in preventing emerging schizophrenia & where levels are low without the side effects of antipsychotics as well as bipolar disorder, autism, adhd, & borderline personality disorder.

<https://www.cardiotabs.com/blog/the-promise-of-omega-3-for-improving-autism/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4368577/>

<https://www.cambridge.org/core/journals/the-british-journal-of-psychiatry/article/influence-of-supplementary-vitamins-minerals-and-essential-fatty-acids-on-the-antisocial-behaviour-of-young-adult-prisoners/04CAABE56D2DE74F69460D035764A498>

<https://www.theguardian.com/politics/2006/oct/17/prisonsandprobation.ukcrime>

<https://www.karger.com/Article/Pdf/448262>

<https://pubmed.ncbi.nlm.nih.gov/15907142/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7333328/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4748485/>

Spirulina & lead & mercury & heavy metal chelation

Taking 500mg spirulina with a vegetable multiple times a day appears to increase cognition, mood, calmness, can reduce heavy metals by over 50%, reduce liver damage (fatty liver disease), improve heart functioning.

Taking a teaspoon of modified fruit pectin on an empty stomach multiple times a day appears to reduce heavy metals by over 50% in the body, & reduce inflammation/fibrosis/cancers/diarrhea.

People in spirulina studies took:

11.0g for a 150lb person

14.5g for a 200lb person

18.2g for a 250lb person

Spirulina needs to be taken with a vegetable to get its full effect. People usually increase their dosage until they maximize their benefits while minimizing any side effects. Then they may find they don't need as much after their heavy metal levels go down until they find their right maintenance dosage.

Spirulina in human & animal studies also strongly helps combat fatty liver, nasal congestion, allergies & heart disease, diabetes II, asthma, viral infections, cancer, pain & inflammation, & exercise.

[https://examine.com/supplements/spirulina/research/#interactions-with-cancer-metabolism\\_melanoma](https://examine.com/supplements/spirulina/research/#interactions-with-cancer-metabolism_melanoma)

## Interleukin 4

For people who have autism & aggression, reserpine (Respen A if in patch form) is the oldest blood pressure drug & it appears to increase social understanding by 30% in people with autism.

Interleukin 4 appears to work by the same mechanism in autism & is available online. One can add three more parts filtered water to the amount in the interleukin 4 bottle then boil the alcohol part of the tincture away if sensitive to alcohol.

<https://www.respen-a.com>

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Cannabidiol (CBD) for seizures, anxiety, autism, insomnia, pain & for schizophrenia (including paranoid) hallucinations

Like spirulina take with a vegetable, CBD oil from hemp reduces hallucinations better than antipsychotics with many more beneficial effects and without the sometimes severe side effects for clients that have paranoid schizophrenia (along with aggression).

CBD oil also is effective over 80% of the time with medication resistant epilepsy with a rough average of 50% reduction in seizures and a much lower adverse effects rate than most prescription seizure medications.

[frontiersin.org/articles/10.3389/fneur.2020.531939/full](https://frontiersin.org/articles/10.3389/fneur.2020.531939/full)

It can be gotten from the highest rated & oldest providers, the Stanley Brothers where it is NSF certified for sports like MLB, or by prescription as Epidiolex.

[epidiolex.com](https://epidiolex.com)

[stanleybrothers.com](https://stanleybrothers.com)

[charlottesweb.com/blog](https://charlottesweb.com/blog)

Pointing out that the THC in marijuana causes anxiety & that it's the CBD in pot that reduces anxiety and that increasing CBD oil (under the tongue) usage & reducing marijuana (THC) will reduce anxiety can avoid the loss of trust when suggesting they symptoms they are having are from schizophrenia.

CBD & schizophrenia

<https://onlinelibrary.wiley.com/doi/10.1111/eip.13133>

CBD & autism

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2710498/>

## Autism & aggression & supplements

Other supplements that lowered aggressions in studies:

Carnitine (amino acid, lowest side effects)- appears to boost mood, concentration, & energy

N-acetylcysteine (NAC)- used in acetaminophen/Tylenol overdoses and also effective against autism, schizophrenia, depression, bipolar disorder, OCD, skin picking/nail biting/trichotillomania, & substance & gambling addictions.

[Alienherbalist.com/N-acetylcysteine\(NAC\)](http://Alienherbalist.com/N-acetylcysteine(NAC))

Melatonin (slow release only) at night may be more effective in people who are older

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5044466/>

## Tyrosine or phenylalanine

Amino acids DL-phenylalanine (body makes into tyrosine), L-phenylalanine, L-tyrosine that body makes into dopamine, serotonin, norepinephrine, epinephrine, thyroid hormones. Very low side effects & so effective may even stop cravings/depression/anxiety in people withdrawing from opiates/benzos/alcohol/meth/nicotine.

## Vitamin D3 (high dosing)

The higher the vitamin D3 levels, the higher the functioning of people with autism in multiple studies. What is the highest safe & effective dosage for autism?

Over 2/3rds of people with autism on autopsy show the same autoimmune markers in the brain as people who die from multiple sclerosis (MS). In people with MS the motor cortex of the brain is attacked & gets lesions. In people with autism the sensory processing part of the brain may be affected by autoimmune attack as well as the part of the brain that deals with social understanding.

One group of doctors have learned to safely dose people with high vitamin D3 to great effect. Doctors in Portugal for twenty years have been able to reduce autoimmune symptoms over 95% by getting people's blood levels of vitamin D3 over 150ng/ml, most dramatically getting people with MS out of their wheelchairs for over two decades now.

Since the only serious adverse effect of high vitamin D3 levels (above 100ng/ml) is high calcium levels from increased calcium absorption, preventing calcium levels in the blood from becoming too high makes high vitamin D3 levels & supplementation appear to be safe. The doctors who use the high vitamin D3 protocol use 500mg of vitamin K2 for every 50,000 IU/1.25mg of vitamin D3 to prevent calcium buildup (and reverse osteoporosis). High blood levels of vitamin D3 also appear to prevent most viral infections & reduce many cancers by over 80% in studies (comparison from people with vitamin D3 levels below 20ng/ml to over 70ng/ml) as charted on [vitaminDwiki.com](http://vitaminDwiki.com)

What most doctors do is test blood levels of vitamin D3 & calcium before supplementation as a baseline then prescribe a 50,000 IU vitamin D3 capsule to be taken with a meal (fat soluble) weekly with the concurrent 500mg of vitamin K2. If its an adult liquid or powder vitamin D3 can be taken sublingually (under the tongue) for 2x faster

blood level increase, greater blood levels & longer duration. After a month of oral intake or 2 weeks sublingual, calcium & vitamin D3 levels are checked & the vitamin D3/K2 combination is increased to twice weekly, then if success after another month/two weeks to three times weekly, etc until vitamin D3 levels are above 150ng/ml. The doctors' chart a significant increase in mood & prosocial behaviors & a decrease in sensory processing disorder in people with autism. I know multiple people with autism who have seen a drastic lowering of sensory processing disorder & a great increase in social understanding after getting their vitamin D3 levels above 150ng/ml while keeping their calcium levels normal with sufficient vitamin K2 supplementation.

[Alienherbalist.com/autism](http://Alienherbalist.com/autism)

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## Low dose naltrexone (LDN)

The quickest & most effective intervention by far with the lowest adverse effects for people with autism or autism & aggression has been the 3-5mg dosing of LDN at bedtime that has a large set of extra physical & cognitive benefits that aren't apparent at the more common 50mg dosing. At 3-5mg at bedtime LDN temporarily inactivates the opiate reward system, at which the brain responds by increasing levels of natural endorphins & increasing opiate receptors. This appears to improve immune response to cancer & decrease autoimmune symptoms.

A doctor & his colleague who have used LDN for autism & aggression for a couple decades reports an 80% effectiveness rate. LDN is the one thing that worked all by itself in at least one case I've followed & with other things in two other cases to get from hyperaggression to zero aggressions & much happier & more prosocial behaviors with people with autism & severe aggression.

Once it was started the aggressions ended in three individuals with/among the highest aggressions in Indiana as reported by the case managers & their state supervisor.

Custom Dosing Pharmacy in Crown Point or Valporaiso can compound low dose naltrexone to 4mg or 4.5mg from the standard 50mg dose for \$30 for 30 days & if it works \$60 for 90 days at 219-662-5602.

[alienherbalist.com/low-dose-naltrexone](http://alienherbalist.com/low-dose-naltrexone)

Any of these on the lists you try could change the lives of the people with developmental disabilities that have high aggressions. So many can't find staffing & go from one agency to the next perpetually.

## Aggressions & autism

First is the research review from Arizona State University autism center on what medications have been found to help people with autism & severe aggressions the best, then what helped all people with autism the best overall.

I've worked with people with severe aggressions & developmental disabilities. Our team got them to zero aggressions & much greater happiness by making one change per week in adding or dropping medications, nutrition, &/or supplements.

Last is a review of the half dozen medications & supplements that have lowered/stopped aggressions in studies & with the people I've worked with, some especially well for autism & aggression.

## Aggression

Best studies for people with autism & aggression-

Rating of the Effectiveness of 26 Psychiatric and Seizure Medications for Autism Spectrum Disorder: Results of a National Survey. Coleman DM, Adams JB, Anderson AL, Frye RE. J Child Adolesc Psychopharmacol. 2019 Mar;29(2):107-123. doi: 10.1089/cap.2018.0121. Epub 2019 Feb 6. PMID: 30724573; PMCID: PMC6442266.

fulltext as link on ASU website- [autism.asu.edu/about](http://autism.asu.edu/about)

[liebertpub.com/doi/full/10.1089/cap.2018.0121?url\\_ver=Z39.88-2003&rfr\\_id=ori%3Arid%3Acrossref.org&rfr\\_dat=cr\\_pub%3Dpubmed](http://liebertpub.com/doi/full/10.1089/cap.2018.0121?url_ver=Z39.88-2003&rfr_id=ori%3Arid%3Acrossref.org&rfr_dat=cr_pub%3Dpubmed)

Arizona State University autism center review of medications for autism in order of benefit/side effect-

For aggression:

Lamotrigine (0.28) (for seizures)

Guanfacine (0.21) (extended release for ADHD)

Clonidine (0.16)

Oxcarbazepine (Trileptal) (0.33) appears to reduce aggressions best but as a strong anticholinergic at moderate to high doses may significantly reduce quality of life and increase mortality. Perhaps this should only be tried only at very low dosages for aggression, lower than used for seizures & only temporarily at higher dosages after all other interventions have been tried.

Aripiprazole (0.16), Sertraline (0.14), Fluoxetine (0.13), Buspirone (0.12) – are serotonin antidepressants that can reduce aggression if aggressive but can also induce aggression if not, especially with people with autism. They are also mild anticholinergics, perhaps used last & kept close to the lowest effective dosage for aggression.

[rxfiles.ca/RxFiles/uploads/documents/Psyc-anticholinergic-Ref%20List%20SPDP-complete.pdf](http://rxfiles.ca/RxFiles/uploads/documents/Psyc-anticholinergic-Ref%20List%20SPDP-complete.pdf)

A review of medications for autism only that may help aggression as well:

[ncbi.nlm.nih.gov/pmc/articles/PMC5044466/](http://ncbi.nlm.nih.gov/pmc/articles/PMC5044466/)

This review of medications found for autism problems with the best evidence vs side effects in order:

## Medications-

Use lowest dosage first-

Guanfacine (lowers aggression also)

Clonidine (lowers aggression also)

Donepezil

Bumetanide

Galantamine

Pentoxifylline

Riluzole

Memantine

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Risperdone, Ziprasidone, Paliperidone, Celecoxib, Lurasidone (low dose 20mg)- mild anticholinergics, some serotonin antidepressants, using after the former meds have been tried & starting & keeping near lowest dosage may be best.

Olanzapine, Baclofen, Amantadine, Cyproheptadine- strong anticholinergics, should perhaps be used last & at lowest effective dosage.

## Autism & aggression review

This review found the best reduction in aggression for people with autism with:

risperidone (Risperdal)– mild anticholinergic if not combined with another anticholinergic or used at high doses

propranolol- may increase depression, nightmares, & hallucinations, diabetes, asthma & COPD, perhaps best used last & at lowest effective dosage

fluvoxamine- serotonin antidepressant that can trigger extreme violence

dextromethorphan/quinidine

vigorous aerobic exercise.

Im DS. Treatment of Aggression in Adults with Autism Spectrum Disorder: A Review. Harv Rev Psychiatry. 2021 Jan-Feb 01;29(1):35-80. doi: 10.1097/HRP.0000000000000282. PMID: 33417375; PMCID: PMC7803482.  
[pubmed.ncbi.nlm.nih.gov/33417375/](https://pubmed.ncbi.nlm.nih.gov/33417375/)

Seroquel (quetiapine) low vs high dose

I have seen moderate to high (300mg +) seroquel/quetiapine increase anxiety & aggression in multiple people, likely because of it's anticholinergic effects. After getting off of it for a while, the

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lowest dose seroquel (25mg) appeared to help stop aggressions in one client until it wore off around 7pm. The next step was to add an afternoon dose of 25mg to extend the aggression free period throughout the entire day or use extended release 50mg seroquel.

It is possible at the lowest dosage the anticholinergic effects may be minimalized & the beneficial effects show stronger than at the higher dosages, & watch to see if any anticholinergics given together increase ADHD symptoms.

Divalproex

Divalproex (Depakote)-is a mild anticholinergic, but at the needed higher doses to be effective would have higher anticholinergic effects of decreased concentration. Even when it may work or at least may not increase aggressions at first, getting people off of divalproex (Depakote) who've taken it for years may see an improvement in behavior & happiness.

What worked in practice:

One medication or supplement change at a time.

Keep trying new, one change a week.

Start with lowest possible dosing to get sometimes better effects than higher doses and to eliminate being overmedicated.

Try everything in order of benefits/costs/side effects.

Taking meds/supplements under the tongue when possible may make them 2x more effective with less side effects.

Emphasize the supplements/medications that can be used at higher effective doses with the lowest side effects (lithium orotate at 40mg in place of lithium carbonate at 2000mg), spirulina 2-8g a day w/vegetable, CBD oil

80% effective in eliminating aggression in autism

Low dose naltrexone (LDN)

Naltrexone at 50mg is a medication used to help people maintain alcohol or opiate abstinence.

LDN at a dosage of 3mg, 4mg or 5mg taken at bedtime appears to reduce chronic pain, cancer, & inflammation. For clients it can reduce aggression greatly in nearly 4/5ths of people with autism, & others with aggression. For people with autism it can increase social understanding & reduce sensory processing disorder by 25%.

LDN worked in combination with other meds/supplements to completely eliminate aggressions for most consumers. 25 or 50mg was not effective as apparently there is more success with a small

window of dosing (3-5mg) taken at bedtime that in research gives an extra neurological benefit that disappears at lower or higher doses.

<https://latitudes.org/low-dose-naltrexone-ldn-for-autism/>

<https://ldnresearchtrust.org/content/ldn-and-autism>

## Beta blockers for aggression

For general aggression, beta blockers appear to work on about 40% of people with aggression at about 50% reduction in aggressions. Beta blockers appear to stop explosive aggression best, like it dampens the adrenaline of fight or flight in panic attacks.

Propranolol is the best studied but can have high side effects for some.

Then nebivolol appears to be the safest beta blocker with the least adverse effects for the high doses that are often used.

## **Nebivolol, But Not Metoprolol, Treatment Improves Endothelial Fibrinolytic Capacity in Adults With Elevated Blood Pressure**

**Brian L. Stauffer, Caitlin A. Dow, Kyle J. Diehl, Tyler D.**

**Bammert, Jared J. Greiner and Christopher A. DeSouza**

**9 Nov 2017**<https://doi.org/10.1161/JAHA.117.007437>**Journal of the American Heart Association. 2017;6:e007437**

Campbell M, Gonzalez NM, Silva RR. The pharmacologic treatment of conduct disorders and rage outbursts. Psychiatr Clin North Am.

1992 Mar;15(1):69-85. PMID: 1549549.

## Propranolol Treatment of Chronically Hospitalized Aggressive Patients

Jonathan M. Silver, M.D., Stuart C. Yudofsky, M.D., Jonathan A. Slater, M.D., Ruth Kugelmass Gold, M.D., Barri L. Katz Stryer, M.D., Daniel T. Williams, M.D., Henrietta Wolland, M.A., and Jean Endicott, Ph.D.

Published Online: 1 Aug 1999 [doi.org/10.1176/jnp.11.3.328](https://doi.org/10.1176/jnp.11.3.328)  
[neuro.psychiatryonline.org/doi/full/10.1176/jnp.11.3.328](https://neuro.psychiatryonline.org/doi/full/10.1176/jnp.11.3.328)

## Mayo Clinic Proceedings

REVIEW ARTICLE | VOLUME 62, ISSUE 3, P204-214, MARCH 1987  
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Therapeutic Use of Propranolol for Intermittent Explosive Disorder  
SUSAN C. JENKINS, M.D. \*TOSHIHIKO MARUTA, M.D.

[doi.org/10.1016/S0025-6196\(12\)62444-6](https://doi.org/10.1016/S0025-6196(12)62444-6)

[mayoclinicproceedings.org/article/S0025-6196\(12\)62444-6/fulltext](https://mayoclinicproceedings.org/article/S0025-6196(12)62444-6/fulltext)

## Gourmet cooking organic

Stimulating all six taste buds by adding celtic salt, raw honey (causes weight loss) for sweet, apple cider & red wine vinegar for sour, black pepper for bitter, a fat like only organic coconut oil or organic ghee or butter or lard if cooking or any unrefined organic

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vegetable oil (except canola) if not cooking for the fat, & something like mixed medicinal mushrooms or tomato paste for the savory/umami will make any vegetable dish taste gourmet.

Eating organic food spiced as above tastes better and is far cheaper than any restaurant food.

## Pressure cooking

Using a pressure cooker with the new timers (like Instapots) are far safer than older ones & much more convenient. They only start their cooking timer after getting to maximum pressure so the amount of food doesn't matter as much, just the amount of time cooked at maximum pressure.

Pressure cookers retain 90% of the vitamins (saving & using the liquid) while slow cookers retain less than 50% because it is the amount of time cooking not the amount of temporary heat that matters. Pressure cooking also makes legumes (beans) & grains & vegetables much more digestible & less reactive by killing phytic acid & lectins.

Using (microwave) radiation to cook or heat food like all radiation appears to reduce the benefits of the foods as well as heating food unevenly & incompletely. Induction cooktops are more efficient & safer & an induction hotplate is as little as \$65.

Ceramic nonstick appears to be far safer than other nonsticks, that can damage the lungs so much that birds near the kitchen can die when cooking food with nonceramic nonstick pans.

*Altered Genes, Twisted Truth by Steven Druker, foreward by Jane Goodall*

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Here's nonGMOs

[nongmoproject.org/find-non-gmo/verified-products/#](https://nongmoproject.org/find-non-gmo/verified-products/#)

When antiepileptic drugs (AEDs) decrease aggressions

The AEDs clonazepam (Klonopin), clobazam (Onfi), levetiracetam (Keppra), tiagabine (Gabitril), valproic acid (Depakene), phenytoin (Dilantin), gabapentin (Neurontin), topiramate (Topamax), have been shown to reduce aggressions in some people who don't have epilepsy , but likely should be the last choice & only for severe aggressions uncontrollable through other means. If used they can be started at their lowest dosage (even lower than used for seizure control) if at all to avoid their often severe & even deadly side effects, including causing seizures in those who don't have them before starting the medication & upon withdrawal of the medication.

Haloperidol (Haldol)

Haloperidol is sometimes used as a last option in people with severe aggressions & also for Tourette's because it can have permanent severe side effects (including extra pyramidal movement disorders). The lowest possible dose should likely be tried first & in combination with other effective & lower side effect interventions.

Brodie MJ, Besag F, Ettinger AB, Mula M, Gobbi G, Comai S, Aldenkamp AP, Steinhoff BJ. Epilepsy, Antiepileptic Drugs, and Aggression: An Evidence-Based Review. *Pharmacol Rev.* 2016 Jul;68(3):563-602. doi: 10.1124/pr.115.012021. PMID: 27255267; PMCID: PMC4931873. [ncbi.nlm.nih.gov/pmc/articles/PMC4931873/](https://ncbi.nlm.nih.gov/pmc/articles/PMC4931873/)

**Category**

1. Uncategorized

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