

Deprivational Phase	Main Characters	Unconscious Reactions	Neurotransmitters and Brain Structures
Missing Physical Affection (A lack of touch, and positive words and dialogue)	Both Parents. Possibly other family members, relatives or caretakers	Poor body image Willingness to be dependent Sexuality tends towards extremes	Serotonin Ascending reticular system Brain stem
Dependence (Fulfilling expectations as the result of conditional acceptance)	Mother (most often) School Society	Loss of self-insight Self-hate Hostility Exaggerated independence Powerlessness or power-seeking Helplessness Death wish and self-destructiveness Conceit and selfishness	Catecholamines: Dopamine (especially) Epinephrine Norepinephrine Hypothalamus Thalamus Diencephalon
Repressed Rage and Anger (Not being permitted to express anger and its cumulative effects)	Father (most often) Authority	Violence Rigidity Emotional withdrawal Fight or flight response	Acetylcholine Limbic system (especially corpus callosum, amygdala, cortex and hippocampus)

Food Preferences and Nutrient Requirements	Hormonal Indications
<p>Increased need for B and C vitamins Tryptophan depleted Carbohydrate craving Increased protein Use of diuretics (water-releasing foods and drinks) Loss of water-soluble nutrients (i.e., Ca, Cu, F, Fe, I, Mg, Mn, Na, P and K, and B and C vitamins)</p>	<p>Endorphins and enkephalins (endogenous opiates) Oxytocin (love hormone) Vasopressin Stress (cortisol, adrenocorticoids and ACTH) Aldosterone Melatonin Growth hormone (STH) Prolactin</p>
<p>High fat and protein consumption Low vegetable and fruit consumption Preferences: milk products, wheat, citrus, corn, sugar, meat (especially processed), junk foods, fried foods Tyrosine and phenylalanine are depleted Imbalances of fat-soluble vitamins: A, D and E Mineral imbalances: high: Ca, Na and P Low: Cu, K, Mg and Mn Foods high in additives and Pesticides</p>	<p>Epinephrine Norepinephrine Reserpine Pancreozymin Thyroxine Thyrocalcitonin Hypothalamic-releasing factor Thyroid stimulating Parathyroid</p>
<p>Very high fat and protein consumption Very spicy foods Very high in sugar and refined carbohydrates Depleted choline Very low fruit and vegetable consumption Imbalances of chelated minerals especially Co, Cr, Cu, Fe, Mo, Se and Zn Respiratory maintenance (vitamins A, B, C, D and E are low)</p>	<p>Testosterone Estrogen Progesterone Insulin Glucagon Histamine Luteinizing Folical Stimulating Relaxin</p>

Dream Themes	Unconscious Symbolisms	Color Preference	Physical Disorders and Diseases
Animals Recognition Experiences with the skin Rejection Abandonment Sex with love Birth Family	Water Skin Animals Touch Sensuality Positive words Positive gestures	Yellow symbolizing stressful relationships	Kidneys Adrenal cortex Chicken pox Smallpox Eczema Psoriasis Acne
Being held back, tied or restrained Jail Power and Powerless Dependence Independence Fame and fortune Submission Losing control Helplessness Death Food Mother	Food Soil Mother Earth Females Physical world Nature	Green symbolizing a need to be released from stressful relationships Blue symbolizing repression and denial Blue symbolizing dependence	Digestive tract Thyroid Parathyroid Cardiovascular Pituitary gland Pineal gland Candida Hypertension Cancer Hyperactivity
Suffocation Unable speak or scream Violence Guns Knives Sex without love Father	Anger Father Males Authority Wind Explosions	Red symbolizing rage and anger Black symbolizing self-centeredness and self-destructiveness	Respiratory system Testes Ovaries Asthma Central nervous system Migraines Cancers of the lungs, sex organs and nervous system Epilepsy

Mental Disorders and Diseases	Unconscious Defenses	Learning Disabilities	Fears	Social and Physical World Outlets
All diseases and disorders Serotonin imbalances Melatonin imbalances Sleep disturbances	Tolerating conditional acceptance as if it were love Regression	Mathematics Reading Writing	Rejection Abandonment	Focus on sex (esp. men) An anti-touch and anti-nudity society High incidence of acne Increased vulnerability to mental, physical and sexual problems Increased drug use
Depression Masochism Suicide ideation Catecholamine imbalances (esp. Dopamine) Compulsions Eating disorders	Repression and denial Introjection Sublimation	Science History	Being overwhelmed Death	Objectivity in relationships Helplessness Exaggerated independence and rebelliousness Increased incidence of suicides, accidents, cancer and heart disease Destruction of wilderness Most common illnesses are digestive tract and weak immune system Focus on money, wealth and fame Hostility Subordination of females Selfishness Exploitation Separation, nationalism and racism
Schizophrenia Criminal behavior Sadism Paranoia Manic depression Extreme fears and phobias Dementia and Alzheimer's Psychosis Sexual disturbances Uncommon sexuality	Projection Displacement Fantasy-formation Isolation	Philosophy Writing poetry or prose Art Rejecting intuition or analysis	Projection of the fear of being overwhelmed (all the more specific fears) Losing your mind	Projection of self-hate (murder, war, slavery, riots, terrorism, etc.) Fascism, Sadism Extremism, Jealousy Species extinction Dogmatism in religion, science and politics Violence Uncommon sexuality Weapons stockpiling

Needed Life Experiences

- *Love expressed through touch, words and dialogue.
 - *Express love physically, sexually and for other living things.
 - *Define love, including that it is giving and being given to, not give and take.
 - *Develop sensory perception and body image.
 - *Recognize and face the fears of rejection and abandonment.
 - *Read and write more often.
 - *Develop relaxation techniques and stress tolerance.
 - *Develop child-like qualities.
 - *Develop perceptual love – i.e., knowing what is most loving in any given situation.
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- *Realize love is unconditional and without expectations.
 - *Understand independence and practice it.
 - *Develop mutual independence, which involves two or more people independently working towards fulfilling the other(s) needs. By other(s) it is meant people and other living things.
 - *Develop individuality and self-image to include altruism, egolessness, unselfishness, helpfulness and commitment.
 - *Appreciate individuality and uniqueness in others.
 - *Recognize the fear of being overwhelmed and face it.
 - *Preserve and nurture wildlife and wilderness.
 - *Recognize women, girls and mother as equals and value them.
 - *Develop the perception of time as here and now or infinity.
 - *Be self-preserving and self-affirming.
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- *Understand and practice justified anger, which is non-violent and occurs only when ordinary communication fails.
 - *Balance the use of the left brain with the right brain (see Table 8).
 - *Experience selfless, sexually-expressed love.
 - *Put thoughts of love and visualizations into words; write, discuss, clarify and create.
 - *Develop spirituality, which involves knowledge, love, and nurturing and protecting all life, but not rituals, separatism or dogma.
 - *Occasionally fast with prayer or mediation.
 - *Develop talents in art, music (especially improvised music), and philosophy.
 - *Develop clear perception through the use of research and discussion.
 - *Write poetry or prose.
 - *Nurture living things.
 - *Practice breathing exercise.

Eliminating Self-Destructive Urges

- *Anxiety about the under or over use of touch, words and/or dialogue.
- *Fears of rejection and abandonment.
- *Consuming foods with drug-like effects (including diuretics, cola, coffee, tea, additives, pesticides, etc).
- *The erroneous perception that conditional acceptance is love.

- *Expectations and fulfilling them.
- *Exaggerated independence, including rebellion and negative will.
- *Externalized values, such as striving for status, material possessions, money and so forth.
- *Jealousy
- *Hostility
- *Selfishness
- *Helplessness, including powerlessness, shyness, non-assertiveness, and seeking help when it's not really needed.
- *Seeking power.
- *Self-defeating attributes, such as self-hate and self-destructiveness.
- *Separatism, including racism, nationalism and so forth.
- *Repression and denial of problems or needs; often manifested in physical disease

- *Over- or under-expressed anger.
- *Extremes in sex drive, such as promiscuity, sexual addiction, and so on.
- *Violence
- *Delusion and illusion.
- *Isolation and emotional withdrawal.
- *Rigidity
- *Over fantasizing
- *The Use of projection and displacement.
- *Dogma
- *Strong drugs and drug abuse.
- *Smoking
- *Cruelty and sadism.

Needed Dietary Improvements	Probable Supplements	Probable Mineral Imbalance
<ul style="list-style-type: none"> *Lower excess protein *Eliminate refined carbohydrates *Eliminate diuretics 	<ul style="list-style-type: none"> *B-complex, especially B3 (niacin or niacinamide), B6 (pyridoxine) and B1 (thiamine) *Vitamin C *Tryptophan 	<ul style="list-style-type: none"> *Water-soluble (Mg, I, Mn, K, Ca, Fe, and Na) *Typically low are Mg, Mn and K *Typically high are Ca and Na
<ul style="list-style-type: none"> *Eat wild and organic foods *Increase fresh vegetables and fruits *Lower fat intake *Eliminate junk and processed foods *Increase fiber 	<ul style="list-style-type: none"> *Magnesium *Manganese *Potassium *Fat-soluble vitamins (A, E and D) *Phenylalanine *Tyrosine *Cysteine 	<ul style="list-style-type: none"> *Typically low are K, Mg and Mn *Typically high are Cu, P and Na *Typically high or low are Ca and Fe
<ul style="list-style-type: none"> *Eliminate sugar *Lower intake of milk products *Limit level and frequency of spicy foods *Increase the consumption of nuts, seeds, beans, fish and whole grains 	<ul style="list-style-type: none"> *Choline or lecithin *Zinc *Chromium *Vitamin B12 (Cobalamin) 	<ul style="list-style-type: none"> *Typically low are Co, Cr, Se and Zn *Typically high are Ca, Cu, Fe and Na

