

Addiction is a very strong habit often repeated. It is possible to call yourself addicted to breathing, but more important addictions are the optional ones. Some of these addictions are widely discussed, such as illegal drugs, videogames, cigarettes, money, or sex addictions, but these aren't the ones nobody writes about.

"Now, you needn't have studied marketing to know that there are two groups of people who can always be convinced to consume more than they need to: addicts and children. School has done a pretty good job of turning our children into addicts, but it has done a spectacular job of turning our children into children. Again, this is no accident. Theorists from Plato to Rousseau to our own Dr. Inglis knew that if children could be cloistered with other children, stripped of responsibility and independence, encouraged to develop only the trivializing emotions of greed, envy, jealousy, and fear, they would grow older but never truly grow up." John Taylor Gatto, in *The Underground History of American Education* [www.johntaylorgatto.com/chapters/index.htm to read this excellent book]

"(...) when you have let your mind loose, it is no longer in your power to recall it, either to propriety, or to modesty, or to moderation; but you do everything that comes into your mind in obedience to your inclinations." Epictetus Humans can think pleasurable thoughts, and the pleasure is real and often sought, and the easiest pleasurable thoughts to think are probably daydreams or fantasies. An unaware human can spend too much time attempting to think such thoughts even though the effort diminishes awareness of real life. If real life sucks due to McEmployment or poverty or worse, this habit is easily established.

Constantly seeking stimulation can become addictive. TV, radio, cell phone are all devices that can provide stimulation as long as there is power, unlike a human. Other thrill-seeking behaviors can consume all a human's time and resources and thus become addictive. (Some people will strap themselves to a kite and jump off a cliff. Others will attach boards to their feet and slide down steep, frozen mountainsides. But most people will sit for hours and watch computer-created 'programs' Every Day For The Rest Of Their Lives if they can.)

A lifestyle can be addictive. A Press-agent even said once that 'we're addicted to oil' rather than 'to the lifestyle that requires huge, powerful, oil-dependent vehicles, and many other petro-possible (like plastic) things.' Inactivity is addictive because humans have had little evolutionary experience with plentiful food, so conservation of bio-energy is 'hard-wired' in adult human behavior.

Some people are addicted to praise from others and spend too much effort to get it, in the opinion of an imaginary, but rational, neutral, and human observer.

In a culture as competitive as capitalism, there are people who will do unethical things in order to 'win.' Whether athletes or business people, competitiveness/'winning' can become an addiction.

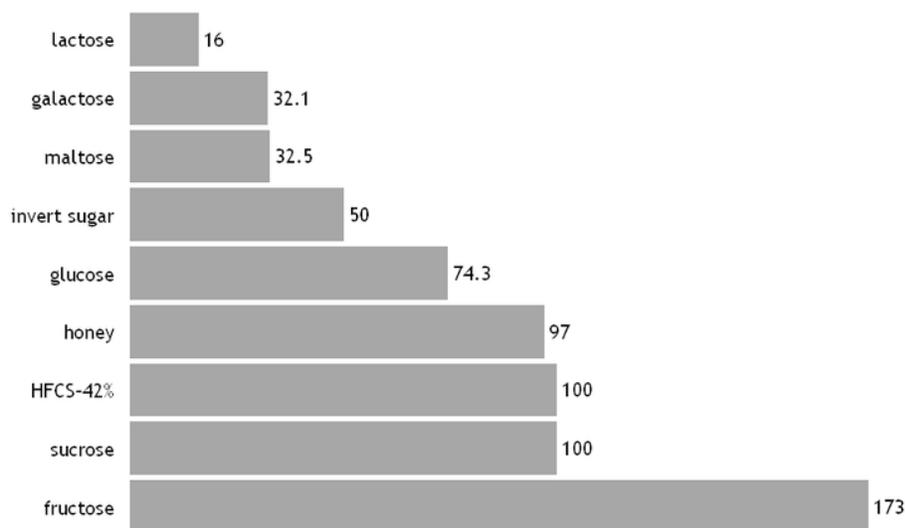
If it is possible to be addicted to things hated, then fear is addictive because it very strongly affects behavior over a long period of time, and many fearful people are unable to live unafraid.

Some too-often-prescribed legal drugs are addictive. There are natural substances in certain foods that are classically addictive, like casomorphins (opiate-like products found after the digestion of protein found in cow's milk) found in dairy proteins or caffeine found in coffee and chocolate; other foods are rich in fat, sodium, sugars, and proprietary chemical concoctions that are all human feeding stimulants.

Table sugar (sucrose) is half fructose and half glucose. Every living cell in your body can use glucose, and starch is quickly digested into glucose (human saliva can do the job). A primitive human can usually find starch since plants often store chemical energy in that form. Fructose is also found in plants, but much less often. Ancient peoples did not often have much fructose in their diets, yet modern plant cultivars have been selected to produce high levels of sucrose and/or fructose. Why?

Low blood sugar makes a human hungry, and when a human eats, rising blood sugar levels help the human decide when it has eaten enough. ('Blood sugar' means the amount of glucose found in the blood.) When a human eats glucose, blood sugar rises soon afterwards. Fructose has a low 'glycemic index' (it raises blood sugar levels very little) because fructose must be metabolized in the liver, for only liver cells can process it. Sadly, it tastes much sweeter than glucose. These facts mean that a fructose-sweetened food may trick a human body into consuming more than it needs, especially if water has been sweetened with high-fructose corn syrup (or sucrose) and has tiny bubbles. (Distant human ancestors rarely had liquids to drink that contained any calories.) [Fructose, when metabolized with a meal, is often turned into fat and uric acid (which raises blood pressure) but a profits-first organization cannot care about that. It should be no surprise that the nation with the fattest population also has corporations that seem to this mortal to be above the law.]

Relative sweetness of sugars and sweeteners



- Fructose increases food intake whereas glucose decreases food intake. This is because glucose leads to an increase in hypothalamic ATP which gives rise to a suppression of food intake. Whereas fructose requires an enzyme that requires ATP, which causes ATP depletion thereby giving rise to an increase in food intake.
 - The rise in consumption of high-fructose sweeteners, soft drinks and corn syrup parallels the rise in the obesity epidemic.
 - High fructose diets promote insulin resistance and glucose intolerance which increases the rate of hepatic lipogenesis.
 - On average Americans consume 140lbs of high fructose sweeteners per year, of which 77lbs is high fructose corn syrup.
- Excessive consumption of fructose has been linked to insulin resistance, obesity and non-alcoholic liver disease. Studies suggest that it leads to added fat in the belly, which is linked to an increased risk for heart disease and diabetes. Fructose also leads to higher cholesterol. Studies suggest that fructose lowers activity in the cortical control areas of the brain."

From http://www.diffen.com/difference/Fructose_vs_Glucose

In the hypercaloric glycogen-replete state, intermediary metabolites from fructose metabolism overwhelm hepatic mitochondrial capacity, which promotes de novo lipogenesis and leads to hepatic insulin resistance, which drives chronic metabolic disease. Fructose also promotes reactive oxygen species formation, which leads to cellular dysfunction and aging, and promotes changes in the brain's reward system, which drives excessive consumption. From the abstract of [Fructose: It's "Alcohol Without the Buzz"](#) by Robert H. Lustig*

Assume that cultures and their technologies can change rapidly, much faster than human nature. Assume that if there are levers of power, the wrong hands will eventually find them. Assume addicts are extremely profitable, and that some humans seek only to profit. Perhaps the Union of \$ervant\$ and Slaves of Addictions is close to the corpwhore and/or tyrant ideal.

If the assumptions are valid, then we can expect that people's minds and bodies are pounded into \$trange£¥ shaped cultural molds, bearing tooth-marks and the expectorations of the paper dragon, FIAT. We can expect that many people are unable to dodge the addiction harpoons and propaganda bombs. We can expect too many addicts and children.

A rational human would think that doctors would be telling their patients these facts, but most human doctors are no match for the best media ©Ørp\$€-£ ¥ currency can buy. Many doctors don't know these facts, and the ones that do are maligned or ignored. Medicine has been altered to suit for-profit enterprises, which excludes findings like the following:

"In 1985, [Dr.] Esselstyn recruited patients with advanced but not immediately life-threatening heart disease for a clinical trial to explore whether heart disease might be reversed using diet. He confirmed the severity of the coronary artery disease with angiograms to be sure that their disease progression was advanced. The only other requirement for admission into the study was a willingness to attempt the dietary changes he proposed: effectively, a WHPB [Whole Food Plant Based] diet.

Dr. Esselstyn formally reported his findings at five and twelve years. In the eight years prior to the study, his eighteen subjects had had forty-nine coronary episodes (e.g., heart attacks, angioplasty, bypass surgery), but during the twelve years after adopting a WFPB diet, there was only one event, involving a patient who strayed from his diet. (...) This life-and-death finding is about as profound as any health benefit I [Dr. Campbell] have ever known. Nothing else in medicine comes close." Dr. T. Colin Campbell, co-author of [The China Study](#), from his book [Whole: Rethinking The Science of Nutrition](#)

"[Dr. Alan Goldhammer and Dr. T. Colin Campbell] coauthored a retrospective analysis of the dramatic effects of his [Dr. Goldhammer's] fasting program on his clients with hypertension. Every one of the 176 successive patients who were analyzed for the paper experienced a drop in blood pressure, most of which began within a few days of beginning the fast. The effect occurred relatively rapidly, was more substantial than that produced by any antihypertensive drug ever tested, and was free of side effects. It proved to be an unusually effective intervention. But journals like JAMA and NEJM, whose income depends on heavy advertising from antihypertensive medicines, declined publication in spite of reviewer recommendations to publish. They chose their wealth over your health." Dr. T. Colin Campbell, Ph.D., co-author of [The China Study](#), from his book [Whole: Rethinking The Science of Nutrition](#)

Various other evidence indicate unhealthy corpgov alliances that might be willing to sacrifice even children upon the altar of Profits:

"In 1987, there were 16,200 children under eighteen years of age who received an SSI payment because they were disabled by a serious mental illness. Such children comprised only 5.5 percent of the 293,000 children on the disability rolls--mental illness was not, at that time, a leading cause of disability among the country's children. But starting in 1990, the number of mentally ill children began to rise dramatically, and by the end of 2008, there were 561,569 such children on the SSI disability rolls. In the short span of twenty years, the number of disabled mentally ill children rose thirty-five fold. Mental illness is now the leading cause of disability in children..." Robert Whitaker [_Anatomy of an Epidemic_](#)

"A report from the Healthcare Cost and Utilization Project finds that hospital stays for a diagnosis of bipolar disorder in children aged 5-9 increased 696% from 1997 to 2010, 475% in children aged 10-14, and 345% in those aged 15-17. By 2010, mood disorders had become the most frequent principal diagnosis in children aged 1-17."

<http://www.madinamerica.com/2013/03/hospital-stays-for-bipolar-in-children-under-18-jumps-434/>
[<http://www.hcup-us.ahrq.gov/reports/statbriefs/sb148.jsp> has the raw data]

"Upon thorough review of the scientific literature and internal documents from government and industry, the Committee did in fact find evidence that thimerosal posed a risk. The possible risk for harm from either low dose chronic or one time high level (bolus dose) exposure to thimerosal is not 'theoretical,' but very real and documented in the medical literature." Subcommittee on Human Rights and Wellness in the House's Committee on Government Reform, published May 2003, in an 80-page report, "Mercury in Medicine: Taking Unnecessary Risks"

(...) the more television children watched before age three, the more likely they were to actually have attentional problems at school age. Specifically, for each [daily] hour that they watched before the age of three, their chances for having attentional problems was increased by about ten percent. so a child that watched two hours of tv a day before the age of three, would be 20% more likely to have attention problems compared to a child who watched none. Dr. Dimitri Christakis http://www.youtube.com/watch?v=BoT7qH_uVNo&feature=player_embedded#1

More obedience-compelling superstimuli: Authority figures (hat tip, the Milgram experiment), participating in a large crowd of humans, credit/currency/ money, drugs (including cigs, alcohol, coffee), playing with fire, music, high speed transport, operating heavy equipment, human pheromones, storytelling, kittens, techno-fool fake foods, computer games, weapons, tv, and gambling... and nearly ineffable stories like honor, truth, and justice.

"The life of self indulgence is indeed a kind of sleep. Endless physical gratification is no more fulfilling than a dream, and its pursuit has tied us to an economic system that Gandhi warned nearly a century ago is based on the "multiplication of wants," and was for that reason doomed." Berkeley professor Dr. Michael Nadler