

BABO News

January 1997

Some Nutrition Information

From Paul Harris

Every once in a while something comes along that is quite compelling and some kind of action must be taken. A few months ago, within a period of several days, several copies of a tape entitled, "Dead Doctors Don't Lie" were received. I didn't know any of the people who sent me the tape and I rarely have time to listen to tapes. I did happen to be driving to a meeting and popped the tape in. The speaker was excellent and made common sense.

Many of you know that for several years I have been taking a product formulated and produced by one of our ICEBO Advisory Board members, Dr. Gary Crowell. His formulation is called, "Vit-All Vision". I was impressed with the completeness of the formula and have been using it for nearly 5 years now. I highly recommend this product as a basic foundation product. It includes many ingredients to help with a number of eye problems including dry eye, cataracts, as well as a number of other nutritionally related conditions. If you want a copy of the 8 page information sheet on Vit-All Vision, give Theresa a call or fax her at 410 252 1719 in the US and she will send it to you.

The tape, "Dead Doctors Don't Lie" went much further and specifically talked about the need for a number a minerals that are not in Dr. Crowell's product. After listening a couple of times to the tape, I decided to try the product Essential Minerals from a company called New Visions. Many people asked me how I felt after I had started the minerals and to be honest I felt the same. I was not taking the minerals so much to treat a problem, but to prevent the development of any of the preventable diseases that the doctor on the tape talks about. At worst, I am sending a few extra dollars per month and at best I am improving the quality and length of my life.

In investigating making this product available to people outside of the US, I came across another line of products manufactured and distributed by a company called Life Plus. Their product, called Micro Mins, was packaged more conveniently (capsule versus a liquid) for travel (which you know I do enough of!) and seemed to have a few more minerals than the New Vision's product. In addition, Life Plus products are available in more countries around the world than the New Vision's products. If you have interest in the Micro Mins, the Essential Minerals, and/or getting a copy of the tape, "Dead Doctors Don't Lie" jut let us know.

Book Reviews

by Paul Harris

During the past year I have read a number of excellent books which have helped to shape my thinking about vision. In the future I expect our new instructors to also contribute to this section. In addition, you are encouraged to share with us your thoughts on anything you have read and we will include this in future mailings. The books read this year vary considerably in their area of interest and will be shared roughly in the order in which I experienced them.

"Don't Shoot The Dog!" by Karen Pryor. (ISBN 0-553-25388-3) The book I had always recommended as the bible on behavior modification by Barbara Woodhouse, "No Bad Dogs - The Woodhouse Way" was out of print in many areas and hard to get in others. In addition, it was totally written for dog owners and those of us who are parents had to map the dog stuff onto parenting which at times was a bit awkward. Well I was a bit concerned with the title "Don't Shoot the Dog!" that we would have to do the same thing. My concerns were totally unfounded.

Ms. Pryor has written an excellent book which covers the subject of how to put behavior modification into practice. She did animal training for years with all kinds of animals and takes her experience and directly maps it onto real life human experience. The book is written for the public and is easy to understand. She takes several real life problems and goes through all the different alternatives of how to work the problem behaviorally. As soon as I finished the book I got a copy for each of my therapists. I highly recommend this book.

"Paradigms - The Business of Discovering the Future" by Joel Barker. (ISBN 0-88730-647-0) I had seen Barker in a video from a Public Broadcasting Feature done 12 or so years ago. He describes himself as a futurist and has helped many in the business world understand the nature of change. In many ways this is an easy to read and easy to understand version of Thomas Kuhn's, "Structure of a Scientific Revolution", which I found very interesting but a bit dry. Certainly Kuhn's work is much more scholarly and includes many, many more examples than Barker's. However, I highly recommend this book. It helped me to understand many of the changes in our own field and the need for more than just a handful of people doing behavioral optometry in a country or an area of the world.

The first group doing something new he calls the pioneers. Unless several waves of new people in a field are training and educated, the new concepts and ideas will not have the needed backing to alter the future of a field. For too long behavioral vision care has had a small group of adherents sprinkled all over the world. Barker explains the critical need for the pioneers to be followed by large groups of well trained people to come into the field understanding the work of the pioneers. This is where the Kraskin & Skeffington Institute comes into behavioral vision care and in optometry in general. It can supply the critical training necessary to help our field reach the critical mass necessary to expand beyond its current horizons. Thanks to Barker we have some insight into the mechanism needed to bring about this change.

"Thinking in Pictures and Other Reports From My Life With Autism", by Temple Grandin (ISBN 0-385-47792-9) Ms. Grandin was one of the cases that Dr. Oliver Sacks had written first about in his series of papers published in the New Yorker Magazine which was republished in his book, "An Anthropologist From Mars". In her own book, Grandin talks about her manner of thinking and visualization. I found the book very insightful and it helped me to gain better insights into autism.

Within the past month, I had the opportunity to hear Grandin give a marvelous presentation to the Autism Society of America in the Washington DC area. She not only presented about her life but about autism in general. She is very eclectic in her approach to the recommendations she makes relative to autism in general. I found her insights helpful clinically and enjoyed hearing first hand much of what I had read about in her book.

Don't be fooled by the title however. Most of the book is about autism and not about *visual thinking* per se. Her section on thinking in pictures did intrigue me. In particular is her inability, or better stated, lack of awareness of picturing prototypes or general objects. She states that she only stores specifics and does not generalize well. When thinking about something she pictures, she recalls specific objects which she has had experience with. A number of books I have read have suggested that we store things in a generalized prototypical format and when we visualize we first call up the prototype and then sort of *morph* it to the specific. She either does not do this or is not aware of doing it. I have written to her and will be interested in where our correspondence might take us. As you may know, I have no awareness of pictures but am very visual in my understanding of things. Some PET scans and some interesting tasks would be interesting to me to see how different people might think and problem solve in their unique ways.

"Evolution of the Brain - Creation of the Self", by John C. Eccles. (ISBN 0-415-03224-5) I ran into this book while browsing the shelves at our local book store. The title intrigued me. Upon quick inspection, the author seemed to relate well the evolutionary influences that have brought about the wonder that has become the human brain to behavior. Although rather technical, Eccles explains things well and explains the "why" behind what he discusses, which made it relatively easy to relate the text to life experience as well as clinical experiences.

Eccles covers the development of the neural circuitry necessary to perform the movements and manipulation of the environment that characterizes us as humans. The development of the mechanisms of attention and control of movement are covered in tremendous depth. This book is very functional and I highly recommend it. While reading this book, I found that I could not put my marking pen down. Few pages escaped my highlighter. In the future I am sure that I will do a paper highlighting the points made by Eccles.

"The Remembered Present" by Gerald M. Edelman. (ISBN 0-465-06910-X) I enjoyed Edelman's "Bright Air Brilliant Fire" and had great expectations for this book. The book actually was written and published in 1989 prior to "Bright Air Brilliant Fire" which I happened to read first. This book did not let me down and will require rereading. I also found that I could not put down the marking pen. His writing style is excellent and he helps make a very difficult and very dry topic understandable.

Edelman guides us through the neurology which supports his views that our understanding of the emergence of consciousness will come from understanding the neural circuitry and the concepts of recurrent loops and reentrant circuits. Much of the neurology he goes through is very consistent with that presented by Eccles in the book described above. I found the two works very complementary. Again I highly recommend this book.

"The Essential Tension - Selected Studies in Scientific Tradition and Change", by Thomas S. Kuhn. (ISBN 0-226-45806-7)

This book is a compilation of a number of essays and papers by Kuhn dealing with additional factors of change in the fields of science. As a historian of science he spent much of the book dealing with why the history of science has been treated like such an orphan not welcome in science departments and not welcome in departments of history. Although a great deal of additional information relative to understanding changes in science and fields of scientific exploration was presented, I found his other work, (Structure of Scientific Revolution) more meeting my needs and I found Barkers' work on Paradigms much more practical. I do recommend this book but more for completeness and depth of understanding the other two works cited here.

Please let us know if you come across anything that you would like to share with others. We will keep our eyes out for interesting works to further our thinking and understanding. The only thing that is constant is change. We must prepare ourselves to recognize the changes that can and will happen and thereby meet the ever changing needs of our patients.

Again, welcome and we reassert our pledge to provide you with all the tools you need to provide the best care for your patients.