

February 12, 2008

To: James and Lynne Spears

[Address Redacted]

Dear James and Lynne:

On behalf of everyone at PETA, please accept our best wishes for Britney, and I hope you'll allow me to share some information that could be helpful to you in your admirable efforts to look after her mental and emotional health. The media have speculated that Britney might be suffering from schizophrenia or bipolar disorder. I certainly realize that the media's reports might have no basis in fact, but I'd rather send this information than not—just in case it could help.

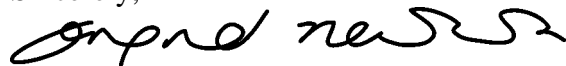
We also have heard that Britney asked for ice cream while she was in the hospital. There could, in fact, be a connection between her diet and her mental-health problems. Numerous reports indicate that in bipolar patients who have hidden dairy sensitivities (a fairly common condition), the disorder can worsen if the patient consumes dairy products. And a significant body of research—including evidence cited by the Centers for Disease Control and Prevention—has linked parasites that are often found in undercooked meat (*Toxoplasma gondii*) to the development of schizophrenia.

In addition, the Royal College of Psychiatrists in the U.K. studied the relationship between mental disorders and the consumption of meat, dairy, and other animal products and concluded that "a higher national dietary intake of ... dairy products predicted a worse two-year outcome of schizophrenia." They also concluded that a higher consumption of meat was linked to a worsening of schizophrenia, while consumption of beans—a vegetarian protein source—was linked to improvements. In addition, the Mental Health Sanctuary in Washington advises people with bipolar disorder to avoid dairy products.

While the medical link between mental illness and meat and dairy consumption is still evolving, there is no doubt that eating animal products is a major factor in causing other diseases, including the top killers in the U.S. According to the American Dietetic Association, vegetarians are less prone to heart disease, specific types of cancer, diabetes, and obesity than meat-eaters. While switching to a vegan diet might very well benefit Britney's mental health, it would undoubtedly benefit her physical health.

I have enclosed a copy of PETA's free "Vegetarian Starter Kit." I hope that the information will be helpful to you, and please don't hesitate to contact me if you would like further information or assistance.

Sincerely,



Ingrid E. Newkirk
President



PETA

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