Narcissism, other- wise known as Narcissistic Personality Disorder (NPD), is a personality disor- der that affects many people yet is not easily diagnosed since many people visit mental health care pro- viders for other areas in their life, such as depression, impulsivity (i.e., overspending, obsessions), irrational maladaptive coping mechanisms, mood disorders, risk-taking behaviors and anxiety. In the past, these patients could not be placed in the psychot- ic or the neurotic categories. In addition, many patients with narcissistic traits have been difficult to treat with just typical psycho- therapeutic processes, although CBT (cognitive behavioral therapy) is commonly used (Gildersleeve, 2002).

The most pervasive traits for a narcis- sit are lack of empathy, a sense of gran- diosity, super intelligence and being an absolute know-it-all in all areas, seek- ing excessive admiration, and promis- cuity (since romantic relationships are short-lived or tend to be very unhealthy). The narcissist will go through incredible cuity (since romantic relationships are absolute know-it-all in all areas, seek- diosity, super intelligence and being an

In a split second, and when they do not
serve them the way they want, they will immediately replace you and discard you. The need for control is their lifeline, and if you disagree with them just for an in-
stant you will be dismissed, belittled and ridiculed in front of others without any re-
urse. Narcissists tend to abuse substanc-
es even if they seem to be healthy and ob-
nessed with their health and looks.

The narcissist is hurting at all times—
depression and anxiety of being accept-
ed and loved or venerated is a constant on
their minds. The low-self esteem and the
insecurities they try to hide mortificat-
e, especially if they are criticized or dis-
approved of, and they will lash out at the
closest person to them with anger, aggres-
sion and unforgiveness, and play with your
mind, blaming the closest person to them,
if you allow them. Narcissists do not have
empathy so they do not care if they hurt you, trample you or disrespect you. The
DSM-V demonstrates that NPD has simi-
lar characteristics with other personality disorders such as antisocial personality dis-
order (ASPD), borderline personality disor-
der (BPD) and histrionic personality disor-
der (HPD). Also, bipolar disorder affects 5 to 11 percent of NPDs (Ronningstam & Wein-
berg, 2013). If you feel that these are traits of
your partner, please seek help at your near-
est hospital or mental health practitioner in your area. This personality disorder can-
not be changed and your life will become disastrous if you allow the NPD to control you and hurt you.

1 American Psychiatric Association (2013).
Personality disorders in Diagnostic and Statisti-
cal Manual of Mental Disorders (Fifth Edition).
Washington, D.C.: American Psychiatric Pub-
ishing, Inc.

Stubborn Infections

White Tea May Kill

By JLN Staff

New Orleans—A new study found that
white tea could kill certain bacteria that is
typically difficult to treat with antibiotics.
The study, conducted by Milton Schiffen-
bauer, Ph.D., chairman of the Biology De-
partment at Touro College, was presented
this week at the American Society of Mi-
crobiology meeting held here.

Many bacteria form a biofilm, a

tough-to-penetrate matrix of cells that
makes the bacteria more resistant to
treatment. “It’s very difficult to destroy
bacteria with a biofilm,” says Schiffen-
bauer. According to the National Insti-
tutes of Health (NIH) about 65 percent of
all microbial infections, and 80 percent of
all chronic infections, are associated with
biofilms. Biofilms are often formed in
infections surrounding medical devi-
es, such as catheters and implants, be-
cause the biofilms form when they at-
ach to surfaces.

Schiffenbauer has studied the anti-
microbial powers of white tea polyphenols
in the past. White tea is made from new
growth buds and leaves and has higher
concentrations of polyphenols than green or black tea. Schiffenbauer wanted to test
whether these polyphenols would
break through the biofilms to kill bacte-
ria. “We thought maybe white tea is so
powerful that they can destroy these bio-
films,” he says.

His team performed a laboratory ex-
periment, exposing bacteria with biofilm
to a concentrate of white tea polyphen-
ols. The bacteria used in the experi-
ment included well-known bacteria such
as Staphylococcus aureus (which causes
MRSA) and Salmonella and E.coli, which
cause gastrointestinal infections, as well
as lesser-known bacteria that are responsi-
ble for a range of hospital-acquired infec-
tions. After 24-hour incubation, 99 per-
cent of the bacteria exposed to the white
tea was destroyed.

“This is so interesting because it’s not
an antibiotic, it’s just food,” says Schiff-
enbauer. More research is needed to con-
firm the results. It is not known, for exam-
ple, if white tea can penetrate the biofilm of
chronic infections; because biofilms
tend to get thicker over time. “We have
done clinical studies, but based on my
lab work, I would suggest that if one has
a bacterial or viral infection, drinking white
tea could kill the bacteria and reduce the
symptoms.” White tea is available in tag bag
form in stores and online or as loose tea
from stores like Teavana.