

United States mass shootings triggered by serotonin spikes from annual seasonal pollen level drops.

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Humans like all life are sensitive to their environment. Mentally ill or mentally unstable individuals can be triggered into impulsive and violent activities from spikes in serum serotonin. Serum histamine level is directly proportional to environmental allergen levels producing the obvious and dreaded seasonal allergic reaction symptoms. But serum serotonin level, or the control of the level, is inversely proportional to serum histamine levels and male humans have 52% more serotonin than females. Data appears to show a clear association between the date of violent acts from mentally ill individuals and dramatic decreases in environmental pollen allergen levels (especially when the allergen or pollen level decreases to zero overnight) indicating a possible precursor or triggering relationship. This knowledge could be used as a potential predictor for law enforcement and medical agencies for a given city. Mental health professionals would be advised to lower serotonin boosting meds and even supplement sedative medications to male patients in the timeframes of mid-February and March for spring tree pollen and from October to early-November for fall ragweed pollen.

Serotonin: ...serotonergic neurons ... play an important part in a variety of psychiatric conditions from anxiety disorders to schizophrenia as well as behavioral impulse-related disorders (violence, substance abuse, obsessive control, etc...)

Humans like all life are sensitive to their environment. Mentally ill or mentally unstable individuals can be triggered into impulsive and violent activities from spikes in serum serotonin (Cetin et. al., 2017). Serum histamine level is directly proportional to environmental allergen levels producing the obvious and dreaded seasonal allergic reaction symptoms. But serum serotonin level, or the control of the level, is inversely proportional to serum histamine levels (Hough, 1999, and Munari et. al., 2015, and Ryo et. al., 2006). Male humans have 52% more serotonin than females (Nishizawa et. al., 1997).

Data from public online webpages like pollen.com and weather.com of pollen levels in given cities, when compared to the dates of gun mass shootings by mentally ill human males, appears to show a clear association between the date of violent acts and dramatic decreases in environmental pollen allergen levels (especially when the allergen or pollen level decreases to zero overnight) indicating a possible precursor or triggering relationship. This knowledge could be used as a potential predictor for law enforcement and medical agencies with modern technology that can track near real-time levels per a given city. Mental health professionals would be advised to lower serotonin boosting meds and even supplement short-term sedative medications to male patients in the timeframes of mid-February and March for spring tree pollen and from October to early-November for fall ragweed pollen. This treatment can even be tailored closer depending on the latitude and pollen tracking applications.

A scientific motto, often demonstrated to be true, is that “biology drives psychology.” The advent of near real-time tracking of allergen levels in given cities has led to a possible predictive model from known human serum biochemistry of histamine and serotonin interactions versus observed year-over-year acts of violence from mentally unstable individuals. This model can be useful, if not critical, for law enforcement, general public awareness, and public safety. Knowing the heightened level of risk during the annual time of year that major allergen or pollen levels drop to zero in a given city, can theoretically help save lives. Law enforcement, emergency services (911) staff, medical staff, as well as mentally ill patients themselves, knowing the factors in play, can take actions or be in a heightened state of awareness for the noted small window of time and literally track it on simple and public websites like <https://weather.com/> and www.pollen.com. “Normal” individuals may even be able to observe, track, or understand simple impulsive behaviors from similar, albeit manageable, increases in blood serum serotonin levels leading to excess confidence and risk taking from the biochemistry of the associated crash in airborne allergens of pollen that thus lowers serum histamine levels.

There is a remarkable “pattern match” where mentally unstable individuals almost always (especially relative to those that had already been planning or staging an act of violence or terror or gun violence) will be triggered, i.e., they “cannot resist the impulse,” to act during the surge in blood (brain)

serotonin levels due to a sudden and large drop in environmental allergen levels, that crashes serum histamine, causing the aforementioned spike in blood (brain) serotonin. Thus, right after the “peak” and especially during the final “drop-off point to zero” of annual spring tree pollen (especially juniper) and fall weed (especially ragweed) pollen, we find the times of highest risk perfectly matching violent events especially single shooter male gun violence.

Events matching this prediction including the Las Vegas concert shooting 10/1/17, the Southerland Springs Texas Church shootings 11/5/17, the Parkland, Florida school shooting 2/14/18, the Pittsburgh, Pennsylvania Synagogue shooting 10/27/18, the 3/17/21 Acworth (Atlanta) Georgia Asian spa shooting, the 3/22/21 Boulder Colorado King store shooting, and possibly even the 9/11/2001 terrorist attacks known as nine-eleven, all appear to match this model with extreme precision understanding the obvious limitation of this small sample size versus actual regression analysis using valid data sample sizes.

Large public events during fall ragweed pollen and especially spring tree pollen dates of final pollen level decline can be monitored with increased awareness noting that airborne pollen levels will peak and decline following temperature drops and increases (as winter temperatures approaches in the fall they will drop especially from frost (**Fig. 1**) and as summer temperatures approach in the spring after tree pollen peak usually in March (**Fig. 2**), moving from North to South in the fall and from South to North in the spring i.e., moving down and up latitudes (**Fig. 3**). Thus, we see how the Las Vegas event precedes the Texas shooting in the fall as ragweed weed pollen levels have yet to finish further south in the United States where temperatures are still warm enough.

On late Sunday night October 1, 2017 in Las Vegas a psychopathic male shooter killed scores of individuals at a concert with sniper type guns from a hotel window. One cannot debate the status of “mental illness” here, but the observation relates to why did he choose or act on the date of 10/1 versus another day? This model or theory suggests looking at the daily levels of allergens in that season (in this case ragweed levels) that on 10/1/17 in Las Vegas were plummeting and reached zero on 10/2/17 thus causing dramatic changes in brain serotonin (in any individual in that area) but perhaps setting off a chemical instigator or trigger in the shooter or any psychopathic individual in that city of Las Vegas at that time. It must also be noted that Las Vegas is one of the “brightest” or sunniest cities in the United States and mentally unstable individuals have even been known to have seizures from the excess blue light from the flood and intensity of light, so we have yet another possible factor to monitor.

On **March 16, 2021**, eight people were killed in spas in the **Acworth** suburb of Atlanta by a single young gunman who apparently had a sexual addiction. (**Fig. 4**).
<https://www.pollen.com/forecast/historic/pollen/30101>

On **March 22, 2021**, mass shooting at King Soopers supermarket in **Boulder** Colorado with a single gunman killing ten people. (**Fig. 5**). <https://www.pollen.com/forecast/historic/pollen/80301>

On **October 1, 2017**, 60 people were killed, 411 wounded by a single male shooter in the **Las Vegas** strip Mandalay Bay Hotel in Nevada targeting audience members of the Route 91 Harvest musical festival. (**Fig. 6**).

On **November 5, 2017**, twenty-six worshippers were murdered in a shooting from a mentally unstable individual in the First Baptist Church of **Southerland** Springs in Southerland Springs, Texas. Ragweed pollen crashed to zero that day. (**Fig. 7**).

On **February 14, 2018**, seventeen school kids were killed in **Parkland** Florida by a mass shooting from an expelled student. Tree pollen spiked that day and later in that day crashed. The shooting was at the end of the school day. (**Fig. 8**).

On **October 27, 2018**, eleven innocent worshippers were murdered in **Pittsburgh**, Pennsylvania in a synagogue shooting from a mentally insane shooter. Fall ragweed pollen crashed to zero that day. (**Fig. 9**).
<https://m.accuweather.com/en/us/parkland-fl/33067/weather-forecast/337605>
<https://weather.com/>

One can speculate that higher levels of pollen in the United States than the rest of the world, especially in the spring, and the increase in the number of frost-free days (possibly from global warming via climate change) is a possible cause of higher gun violence in the United States.

This knowledge could be used as a potential predictor for law enforcement and medical agencies with modern technology that can track near real-time levels per a given city. Mental health professionals would be advised to lower serotonin boosting meds and even supplement sedative medications to male patients in the months of March and early April for spring tree pollen and from mid-September to the end of November for fall ragweed (depending on latitude).

Fig 1. Fall ragweed pollen levels by city ranked by latitude.

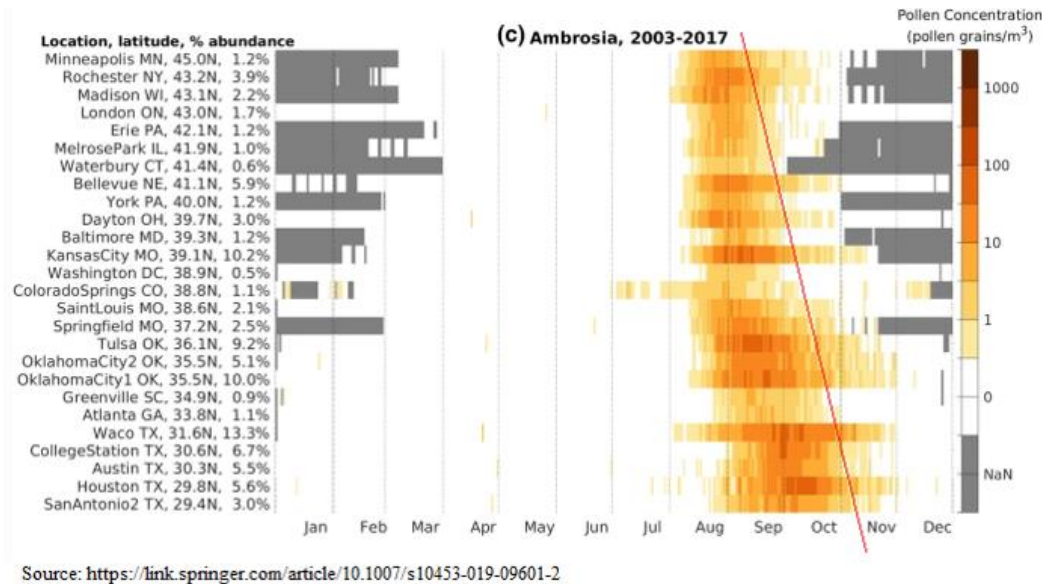


Fig. 2. Spring tree pollen levels by city ranked by latitude.

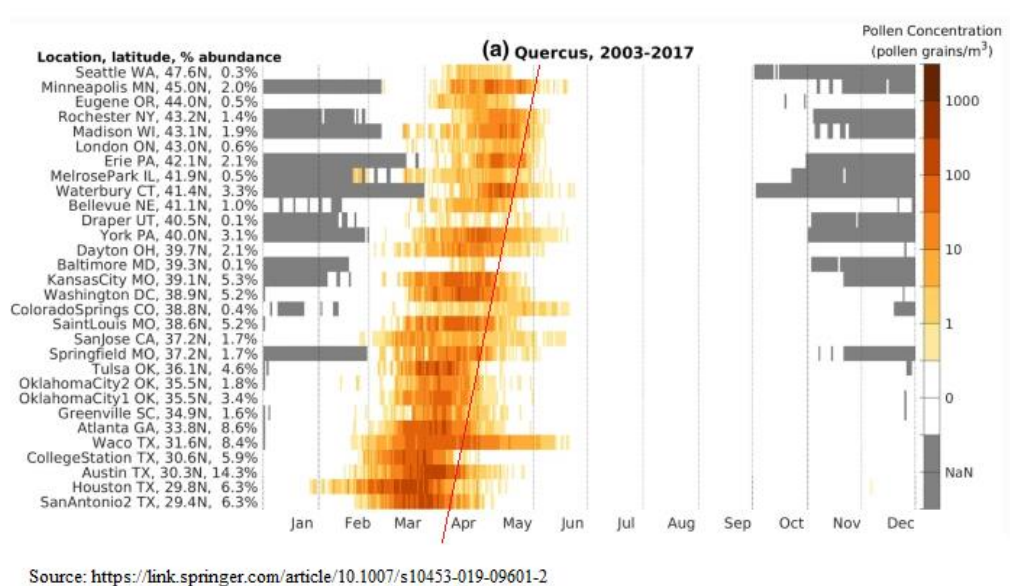


Fig. 3. United States recent mass shootings vs pollen season and city by latitude.

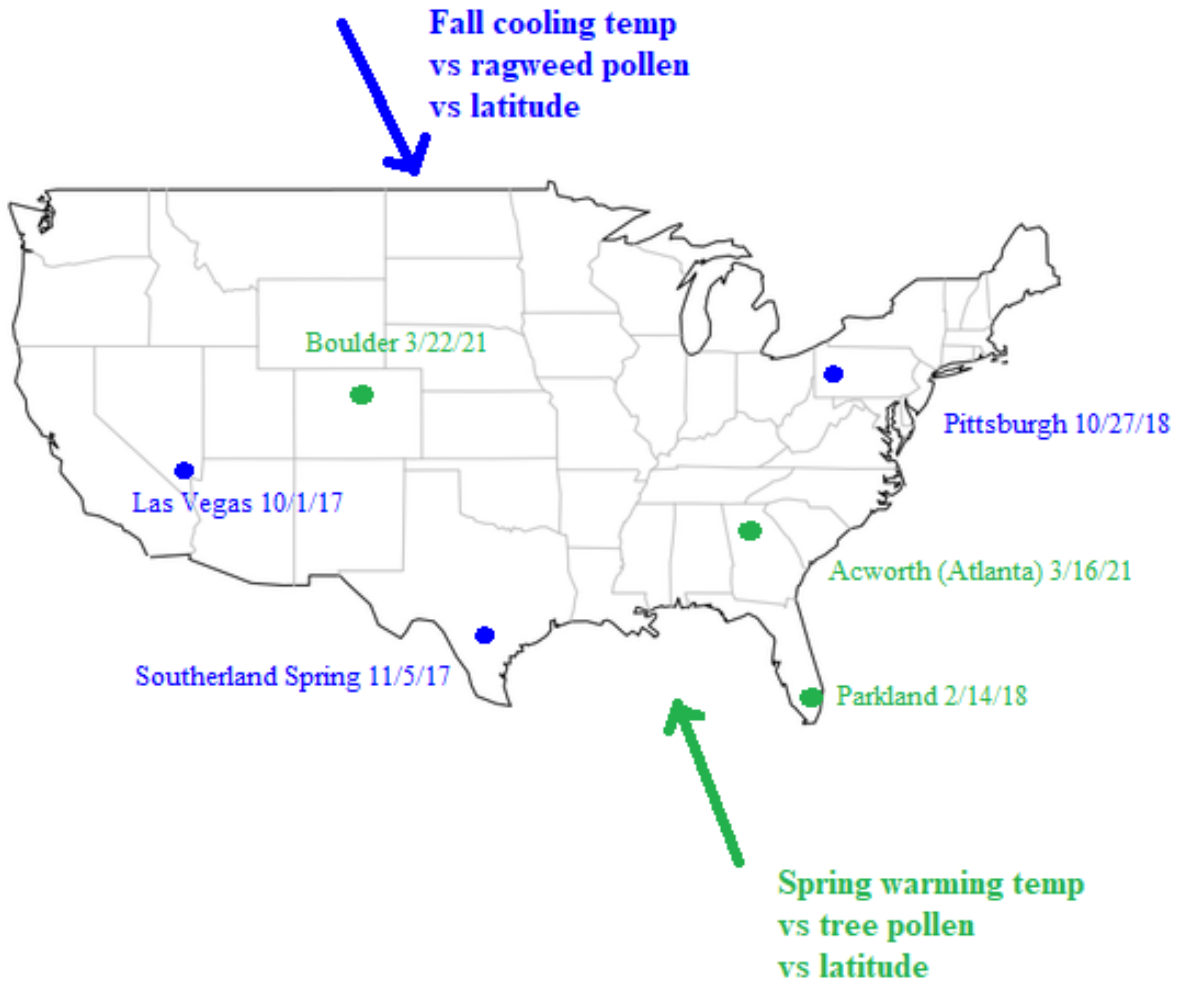


Fig. 2.

Acworth (Atlanta) Georgia Asian spa shooting 3/16/21 vs spring tree pollen level decline



Fig. 3.

Boulder Colorado King store shooting 3/22/21 vs spring tree pollen level decline



Fig. 6.



Fig. 7.

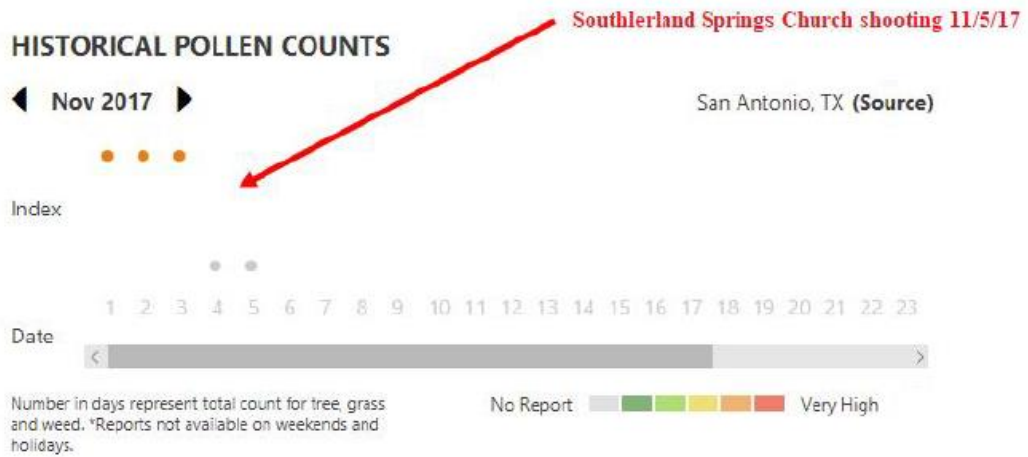


Fig. 8.

<https://m.accuweather.com/en/us/parkland-fl/33067/weather-forecast/337605>

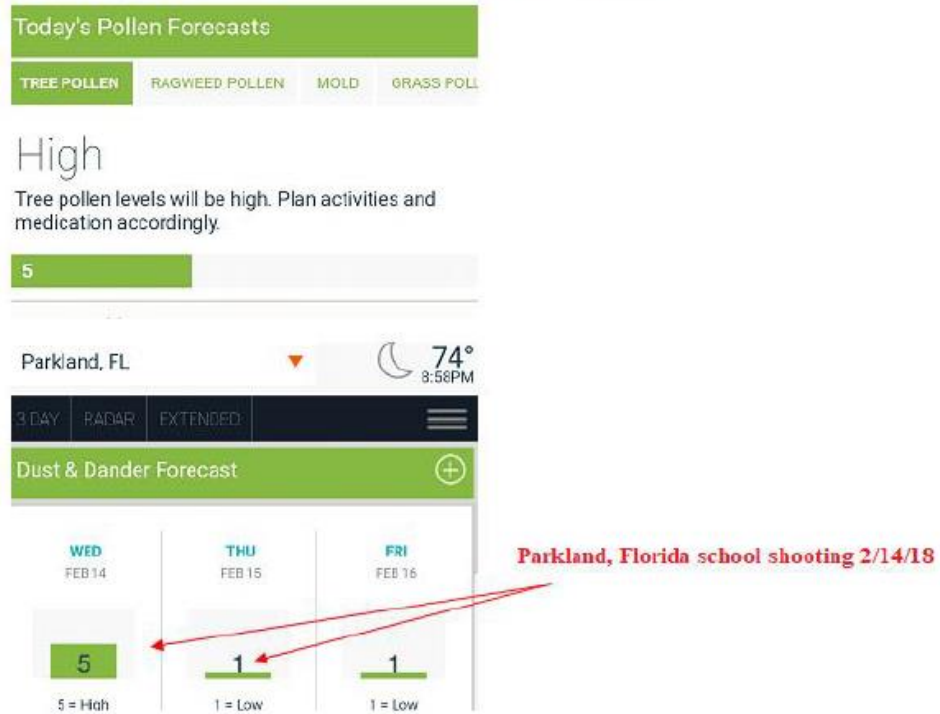
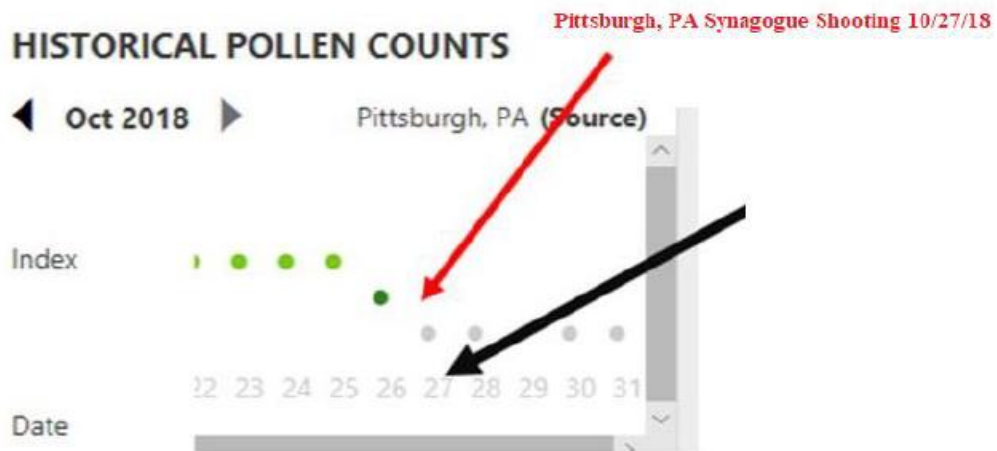


Fig. 9.



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