

Nourishing Your Child's Health and IQ

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Some factors adversely influencing brain health

- **Vaccinations** (Thimerosal /mercury, viral), DPT, MMR + genetic/nutritional
- **Antibiotic overuse** → **yeast overgrowth**→ **leaky gut**→**impaired detox**, ↑**allergies**
- **Hypoglycemia** (low blood sugar) **genetically related to alcoholism /diabetes**
 - ~80% of ADHD kids are hypoglycemic (sugar cravers)

2. **Hidden allergy Sx:** fatigue, depression, brain fog, hyperactivity, GI and skin (eczema?)

Allergy testing is helpful IF done for delayed-type hypersensitivities.

ALCAT and ELIZA/ACT allergy tests very accurate, but most MD's unfamiliar with.

3. **Top Food Allergies:** dairy, wheat, corn, sugar, yeast, orange, peanut, soy, egg, salicylates*.

Avoid commonly demanded foods: (Allergy-Addiction cycle)

- *artificial colors (Red #40, Yellow #5—salicylates--↑ ADHD), sweets, pop, fruit juice, bakery/bread, dairy, pizza, PB & J, French fries, corn chips, popcorn, cheese curls, nachos,

4. **Toxic fats, excess saturated fats** → ↑ **inflammation** and disrupts neurotransmitters

(French Fries, donuts, sweet rolls, chick nuggets, nachos, shortening, margarine, etc.)

5. **General diet suggestions**

- **Essential Fatty Acids** EPA and DHA most important **for mind, mood and memory**
 - **DHA-rich eggs and oils (NOW and Udo's), Cod Liver/ Fish Oils, salmon, sardines**
- **Whey or rice protein smoothies** with EFA oil + fruit such as berries and banana
- **Goat milk, rice milk, soy milk or almond milk as preferred beverages**
- **High protein diet usually helpful:** eggs(?), fish, turkey, chicken, beef
- **High complex carbs/high fiber/low allergy potential:** oatmeal, Ezekiel Bread®, spelt bread(?), brown rice, rice bread, brown rice cereal, rice-based pancakes, etc.
- **Snacks:** nuts and seeds, almond butter on apple or celery stick, gluten-free cookies, fresh fruit (not juice), Fruit Leather® to replace Fruit Roll-ups®.
- **Xylitol** or Stevia: add cinnamon- tastes like cinnamon-sugar.

5. Nutrients for Improved Brain and Body

- **B- vitamins** (deficiency Sx: irritability, depression, insomnia, fatigue, poor appetite)
 - Especially folic acid, B-6, B-12, niacin
- **Zinc (Do liquid zinc taste test)** little or no taste implies deficiency
 - **Zinc, chromium, iron;** aid thinking, memory, mood, appetite, sweet cravings
- **Magnesium a.k.a. “nature’s tranquilizer”**
 - **Liquid Cal-Mag or powdered/flavored mag citrate:** relaxes, soothes, aids sleep
- **L-Glutamine: amino acid, aids in repair of leaky gut and helps sugar cravings**
- **Probiotics (acidophilus/ bifidus etc.):** Aids gut, liver, immune, combats candida yeast
- **Phosphatidyl Serine (PS)** – natural brain constituent. Aids memory, mood, insomnia
- **DMAE (dimethyl-amino-ethinol):** increases acetylcholine, aids alertness and concentration (Several brands for kids have PS and DMAE together in chewable form)

6. Homeopathic Medicines: Safe and Effective (check for various brands at HFS)

- **KB Attention and Learning Enhancement**
- **KB Appetite Enhancer**
- **B-A Mold/Yeast /Dust, or Grain or Dairy**
- **BHI Calming tablets**

Suggested References

1. The Diet Cure by Julia Ross, M.A.
2. Is This Your Child by Doris Rapp M.D.
3. No More Ritalin by Mary Ann Block D.O.
4. Smart Medicine for a Healthier Child by J. Zand O.M.D., and R. Rountree M.D.

