

Concentration and Brain problems

Medical Professionals

- Dr. David Perlmutter, M.D. (Neurologist – ‘Brain-fog’ caused by gluten and sugar)
- Dr Alessio Fasano (genes DQ2, DQ8, DQ...., gut-brain-connection)
- Dr William Davis (Cardiologist – gluten and inflammation)
- Dr Stephanie Seneff (Vaccinations and the brain)
- Dr Tom O’Bryan (inflammation caused by food sensitivities)
- Dr Robin Pauc (developmental delay)

What to DO

Step 1 - Introduce more Water into the diet!

Step 2 - Check for food sensitivities (test ImuPro100 – MDS Laboratory)

Step 3 - Be on Correct Diet (casein free, gluten free, orange free....)

- Provide fruits and vegetables – preferably organic
- DO NOT Skip Breakfast!!!
- Add grounded seeds to porridge/smoothies
- Eat whole, unrefined foods
- Avoid caffeinated drinks and drinks high in sugar
- Avoid sugar and chemical additives - watch intake of sugars, especially high fructose, sucrose, dextrose, maltose or any "ose" sugar. These contain excitotoxins that cross the blood brain barrier disrupting production of important neurotransmitters and promote free radical damage to brain cells
- Additive free diet - no excitotoxins in diet (i.e. artificial colours, preservatives, sweeteners, MSG, hydrolysed vegetable protein, nitrates and artificial sweeteners) Nothing artificial or words you don't understand should be in your foods. Limit fast food intake dramatically.
- Limit processed food intake
- Eat foods high in fibre

Step 4

1. Supplement with BarleyLife

Research in the late 20th century revealed that young barley grass is the most nutritious of the green grasses. Researchers discovered that the young, green barley grass is an **incredibly complete source of nutrition**, containing a wide spectrum of vitamins, minerals, amino acids, proteins, enzymes, chlorophyll, and phytonutrients. **Heals Villi on Cellular level**. BarleyLife is a complete protein, it strengthens the Immune system, contains powerful Anti-Oxidants like CoQ10 and SOD, has **Anti-Inflammatory Properties**, improves blood circulation and contains live Enzymes. BarleyLife **balances the pH of the blood** and is a strong **Alkaliser!**

2. Supplement with DHA - Feed the brain myelin for faster connections and better focus. Give OmegaGenics every day!

3. Supplement with FloraFood - One way to help maintain digestive health is to be aware of and take care of our intestinal flora – the trillions of bacteria that make the digestive tract their home. **FloraFood** contains a special blend of three powerful friendly bacteria – *L. gasseri*, *B. bifidum* and *B. longum*. Friendly bacteria promote the production of B vitamins, maintain digestive and intestinal health, helps digest lactose and protein, Helps produce B1, B2, B3, B5, B6, B12, A, K, help restore friendly bacteria, help relieve anxiety and depression, for Food Sensitivities and Food Allergies etc.

4. Composure - Before and during Exams give Composure. Naturally calms the nerves and digestive system.

Step 5

Do a proper colon cleanse twice a year.

5. Herbal Fiberblend - Herbal Fiberblend is a unique and powerful combination of cleansing herbs and psyllium to sweep the digestive system clean of toxins and food debris. Excellent for constipation and diarrhoea. Also acts as de-wormer.

Step 6 - Daily Moderate EXERCISE!

Get sun exposure for vitamin D production!

Participating in a favourite sport is vital.

If struggling with Energy... provide a daily scoop of **Peak Endurance** for energy and electrolyte replenishment!

Other important factors for children's brain health:

Limit TV, screen time, and video games to NONE before age 3 and limit to 30 minutes a day after that. Near focus time should be limited to educational needs on computer and at school, not for fun. Video games should be movement based and NEVER violent.

Limit to 30 minutes as a privilege that is earned, given freely.

Formal musical training before age 4 and classical music helps a lot. Low stress environment is vital to a child's emotional, physical, and mental health and their IQ! Lots of calming touch inputs. Research shows that children who are raised in a loving environment full of loving touch with hugs, etc. have a higher IQ. Sensory Integration OT can help with this!

Provide the right school environment for your child. Create a love for learning environment where a child can learn, explore, have questions, and even make mistakes, but learn from their mistakes. Let them learn it is okay to take intellectual risks and learn from it. Children need to feel like they are succeeding, not failing all the time. Play board games and PE like games. Laugh a lot!!! Consider listening therapies. Make sure your child has regular interaction with animals and nature.

No TV in room when sleeping - a TV decreases melatonin production in the brain & you need this neurotransmitter to have good sleep cycles!

Research alternative vaccine schedules - need to be Thimerosal free and low Aluminium, if at all necessary! Also, Check vision regularly and get vision therapy if needed from a Certified Developmental Optometrist (COVD), and Check auditory processing.

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