



The Biology of Learning and Behavior

Kids Act How They Feel...Dr. Sydney Walker, MD

"The GUT is the Second BRAIN", Columbia University, Dr. Michael Gershon, MD

Johnny is a constant motion machine. Tom cries in frustration over minor matters. Susie has mood swings. Joey is nicknamed, "Eeyore" because of his negative attitude towards things. The three year old gets so angry that his rages are almost scary. Carol acts so "spacey" and forgets the things she knew the day before. Harold lays awake a long time each night before he can fall asleep. Could all of these behaviors be caused by an upset "gut ecology"? Could they be related to multiple antibiotic use when the child was young, or other factors that affected the child's intestinal health? Could such common physical symptoms such as athlete's foot, rashes, canker sores, sinus problems and stomach aches be related to these children's behavior and learning issues? The answer is a resounding, "YES"! The Brain and Body are connected!

Early and prolonged use of antibiotics can cause an imbalance in a child's body, upsetting his nervous system. Serotonin production is decreased because the manufacturing place has been upset. Serotonin is manufactured in the gut! Then, these kinds of symptoms can appear:

Serotonin

(a neurotransmitter manufactured in the child's 'gut')

- * relaxes the mind
- * instills a sense of well-being
- * helps handle stress
- * keeps mind focused
- * promotes good sleep
- * perceptions of life are more positive than negative

SI CHECKLIST

The following are some of the typical symptoms of sensory dysfunction.

Auditory

- Sensitive to loud noises
- Dislikes being in a group
- Language was delayed

Taste

- Food textures bother them
- Won't eat meat
- Chews on clothing
- Very selective eater
- Foods can't touch on plate

Touch

- Clothing tags bother them
- Socks have to have soft seams
- Dislikes non-soft clothing (like jeans)

Many parents report that these 'SI' symptoms are greatly reduced using a natural supplement program.

BEHAVIORAL CHARACTERISTICS of upset "gut" ecology:

- * mood swings
- * "spaciness"
- * anger/irritability/aggression
- * inconsistent performance (knows it one day, then forgets it)
- * inattention
- * memory problems (math facts, spelling)
- * SI symptoms
- * depression (seeing more negatives than positives)
- * many Asperger's and Autistic like behaviors
- * inappropriate behavior (talking loudly, etc.)

PHYSICAL CHARACTERISTICS of upset “gut” ecology:

- * canker sores
- * stomach-aches
- * leg pains
- * sugar cravings
- * food allergies (especially dairy)
- * enuresis (bed wetting)
- * nervousness
- * difficulty falling asleep
- * nervousness/anxiety
- * difficulty falling asleep
- * constipation
- * repeated ear infections
- * thrush, athlete’s foot, etc.
- * rashes, eczema

Children can have yeast overgrowth without having taken anti-biotics if he/she eats mainly carbohydrates and sweets. These foods directly feed the yeast in the body, causing the same intestinal upset that antibiotics or steroids would do. Also, if mom took antibiotics when she was pregnant, or had a yeast infection while pregnant, the child is much more susceptible to yeast/fungus issues later on.

Some Solutions to Rebalance “Gut” Ecology:

☺ ☺ ☺ Many parents report that by following the step by step supplement program as outlined in the ‘Biology of Behavior’ CD set, that they see many behavioral and focusing changes in their children. The enclosed Study Guide gives amounts, brands, resources, etc., and is easy to follow. This is especially helpful for a child with ‘SI’ characteristics, moodiness, meltdowns, focusing problems and inconsistent performance! Parents often say that they have a ‘different child’ to work with, after following this program.

CD set available at www.diannecraft.org

◆ Acidophilus (the good bacteria in the gut), given 3 TIMES A DAY (always use a refrigerated brand - like Primadophilus by Nature’s Way)....not chewable or liquid. Taking acidophilus one time day only won’t yield much change. Continue for 3 months.

◆ Grapefruitseed Extract (Nutri-Biotics) tablets 3 times a day (if over age 6). Give the acidophilus and grapefruitseed extract together, after the first week. Continue for 3 months. Increase water intake. Do not use the liquid or capsule form.

◆ Reduce sugar and carbohydrates by increasing fruit, vegetables and protein. Change snacks and breakfast food. Superimmunity for Kids, by Leo Galland, M.D. Boxed cereals, pancakes (even whole wheat) aren’t helpful.

◇ If your child has had multiple ear infections (more than 3), do a dairy free trial. For 6 weeks, replace dairy products. Dairy allergy is the most common reason for repeated ear infections. In her books, No More Ritalin and No More Amoxicillin, Dr. Mary Ann Block gives more info. Dairy allergy can cause a real focusing issue.

* *Always check with your health professional before starting any vitamin or exercise program.*

*For more information on nutrition and learning, go to Dianne’s website: www.diannecraft.org. Dianne’s consulting firm, CHILD DIAGNOSTICS, Inc., is located in Littleton, CO. When she conducts private consultations, she videotapes the sessions so that parents can follow **the interventions easily at home**. Dianne is also a Learning Specialist for the Homeschool Legal Defense Association based in Virginia.*

For more information on teaching resources, go to: www.hslda.org and click on Struggling Learner. You’ll find ways to evaluate and help your child at home. Joining the Homeschool Legal Defense Association has many benefits for your family, including personal direction by learning specialists for your struggling learner.