



BIOLOGY OF BEHAVIOR PART II

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Brain and Child's

Immune System

"Children ACT how they FEEL" Sydney Walker, III, M.D.

The brain is 60% FAT, with 30% of it in the front part of the brain where focusing and attention takes place. For the brain synapses (connections) to be made properly, proper fats are required. (french fries and doughnuts don't count). Dyslexia, dyspraxia (motor coordination), ADD, hyperactivity, bipolar and depression are conditions of essential fatty acid deficiency. Kids often comment that they can "think better" when they take essential fatty acids. Get the real skinny on fats! Learn how to help your child feel better, and thus act and learn better. Knowledge is power!

Essential Fatty Acids run two important body systems: **1. Serotonin system** (the brain neurotransmitter that helps us focus, handle stress, have a sense of calm and well-being, and fall asleep easily). **2. Immune system** (keeping us free from allergies, asthma and infections).

BEHAVIORAL CHARACTERISTICS of Essential Fatty Deficiency:

- * inattention (loses focus easily)
- * impulsivity
- * anxiety
- * dyslexia, dyspraxia (coordination problem) ADD
- * sensory integration problems
- * hyperactivity
- * speech problems
- * auditory processing problems

Eat more fish. Use real butter and mayonnaise. Drink more water!

PHYSICAL CHARACTERISTICS of EFA Deficiency:

- * excessively thirsty
- * dry skin (face, feet, elbows, patches)
- * asthma / eczema
- * warts
- * bumps on back of arms
- * dry hair (many "cowlicks")
- * chapped lips (chronically chapped, or split)
- * prematurity (see study online at www.denverpost.com "DHA and babies")
- * white spots on fingernails (zinc deficiency...zinc is vital to help the body use the essential fatty acids)
- * LOVES butter, mayonnaise, skin of chicken, etc.

Dr. Michael Norden, M.D, author of Beyond Prozac, uses a combination of fish oils and primrose oil to increase levels of the neurotransmitter Serotonin in his patients, with good success. Dr. Andrew Stoll, M.D., in his book, The Omega Connection, uses fish oil to treat bi-polar patients in his Harvard medical Practice. He also says that the biggest cause of post-partum depression is a deficiency of DHA, which is the brain active ingredient in fish oil. Dr. Stordy uses fish and primrose oil for dyslexia, dyspraxia, ADD and ADHD.

Some Solutions for Essential Fatty Acid Deficiency:

According to Dr. Jacqueline Stordy of England, and Dr. Michael Norden, it is best to take all three essential fatty acids together, if possible. The three essential fatty acids are: 1. Fish oil (500mgs. of DHA for kids 4-18); 2. Evening Primrose Oil (1,300 mg. of GLA); 3. Vitamin E to protect the oils from becoming rancid in the body. If a child can swallow small gelcaps, it is easiest to get all three of the oils in a form such as in **EFA Blend for Children, by Nature's Way**. A child 4-6 years old would take 4 small gel caps a day. A child 6-18 would take about 8 capsules a day to get the researched amounts that bring changes.

If a child cannot swallow capsules, you can combine the three oils using a liquid form. Vitamin E and Primrose oil can easily be taken in a liquid. It has a neutral taste, so is easy to disguise. The fish oil (which is far more neurologically active than flaxseed oil) has a stronger taste. Dale Alexander's Orange Flavored Cod Liver oil is inexpensive, and younger children usually take it quite easily, as is Nordic Naturals Cod Liver Oil. Or you can get a pudding-like tasting form called of fish oil called Coromega. Many children love the taste of this fish oil product.

Flaxseed oil is a great oil, but has not been found to be as helpful for learning issues. All the research shows that the LONG CHAIN FATTY ACIDS ARE NEEDED FOR THE BRAIN AND RETINA OF THE EYE. Flaxseed oil is a very short chain fatty acid, and needs to convert to the longer chain DHA in the body. Kids often cannot make this important conversion.

Many kids say they can "think better" when taking the Essential Fatty Acids.

For a copy of Dianne's new article: "Asperger's Syndrome", go to Dianne's booth, Child Diagnostics, Inc. or email her at: craft@ecentral.com

Dianne teaches a graduate level class, "Asperger's, Autism and SI: The Current Nutritional Treatments" at the University of Colorado, Denver.

*For a **COMPLETE** step by step nutritional program that you can follow for your family, order the CD set, *The Biology of Behavior*. It has a study guide which includes brands, amounts, ages, etc., for children.*

*For more information on nutrition and learning, go to Dianne's website: www.diannecraft.org. Dianne's company, **CHILD DIAGNOSTICS, Inc.**, is located in Littleton, CO. She conducts private consultations with families of struggling learners daily. As both an educator and a nutritionist, she can give help to families in unique ways. 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 and find out the many benefits you receive for your struggling learner.

Please check with your Health Care Professional before implementing any nutritional supplement program.

