



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 causes imbalance in a child's body, upsetting the nervous system. Over 85% of children who struggle with focusing later on, had multiple antibiotics when younger." William Crook, MD, Help for the Hyperactive Child

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
- * "spacey-ness"
- * 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...one way to begin the healing program is to:

1. Take a good probiotic...Primadophilus by Nature’s Way (refrigerated only) 3 times a day for 3 months (chewable or liquid forms won’t work). One time a day doesn’t work, no matter what the bottle says, in my experience.
2. Take a natural anti-fungal like Grapefruitseed extract...Nutribiotics (tablets only...no liquid) 3 times a day for 3 months, if child is 6 years old or so. Can open Paramicrocidin capsules (tasteless grapefruitseed extract available at our website) for younger or SI kids (kids who have trouble swallowing tablets).
3. Change diet, greatly reducing sugars and carbs (cereals and juices) that feed the yeast/fungus. Use less processed food, and more fresh food. Have raw fruits and vegetables daily.
4. Continue with addition of other supplements, such as magnesium (noise sensitivity, irritability, racing thoughts) and possibly 5HTP (the “cooperation” vitamin, insomnia, fears), EFAs (attention/dyslexia), etc. for three months to see full effects of what healing nutritional deficiencies in children can really do.

☺ ☺ ☺ Many parents report that by following the 3 month step-by-step supplement program as outlined in the ‘Biology of Behavior’ CD set, they see many behavioral and focusing changes in their children. The enclosed Study Guide gives the order to add the supplements, amounts, brands, resources, etc., and is easy to follow. There is much more in this CD set than I can explain in my convention talks! This nutritional regimen is especially helpful for a child with ‘SI’ characteristics, moodiness, meltdowns, focusing problems, sleep issues, noise sensitivity, mild depression, racing thoughts and inconsistent performance! Parents often say that they have a ‘different child’ to work with after following this program. CD set can be ordered from www.diannecraft.org.

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

Dianne has developed many Right Brain Teaching products to help make learning so much easier for your struggling learner at home. Her easy-to-use, illustrated home therapy found in the Brain Integration Therapy Manual has helped thousands of children overcome dyslexia, dysgraphia, and auditory processing problems very inexpensively. Her Right Brain Reading Program will help your child experience leaps in reading you never saw before. Her DVDs are like having Dianne train you in your own home. As you use these products, you can email Dianne for direction and guidance. www.diannecraft.org Download her free Daily Lesson Plans for the Struggling Learner and free Right Brain Writing Instructions.