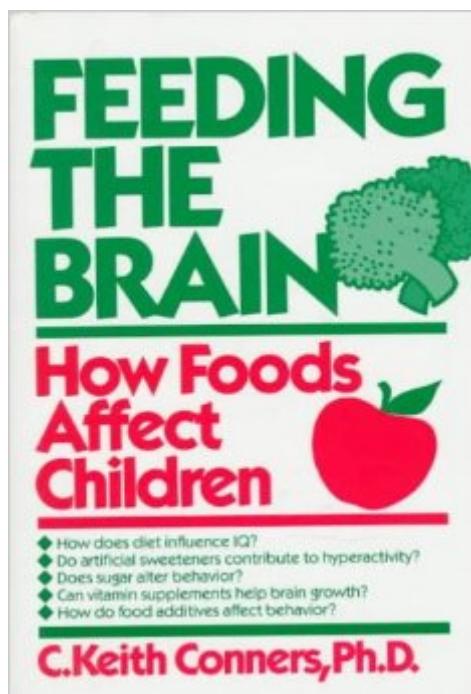


The book was found

Feeding The Brain



Synopsis

In this ground-breaking book, Dr. C. Keith Conners, a world-renowned authority on children's mental health, reveals startling new evidence on the critical impact foods can have on a child's behavior and even I.Q.

Book Information

Hardcover: 277 pages

Publisher: Da Capo Press; 1 edition (August 21, 1989)

Language: English

ISBN-10: 0306433060

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Product Dimensions: 1.2 x 5.8 x 8.2 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.2 out of 5 starsÂ [See all reviewsÂ \(4 customer reviews\)](#)

Best Sellers Rank: #2,297,883 in Books (See Top 100 in Books) #75 inÂ Books > Health, Fitness & Dieting > Children's Health > Allergies #351 inÂ Books > Health, Fitness & Dieting > Nutrition > Food Allergies #12863 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

If you have a child who is sensitive to different foods that may be affecting behavior, this is the book for you. Was very helpful in addressing behavior that can be caused by foods. I used it for my child and found good results. It is not the easiest thing to change your child's diet, but if the behavior difference becomes apparent even to the child, then you have won half the battle. A must try before you put your child on meds!!

One of the mains of this book is that food is basically chemicals, and is turned into the chemicals are brains use -- therefore, the foods we eat can affect our behavior. Makes sense to me! Foods can affect us just as drugs/medications do. The author also recognizes that diet changes may not be the answer for everything. It would be nice that one facet of life could be optimized and fix everything, but it's not that way (just see my boy on too little sleep!). But food choices can make improvements. This book brought up a lot of interesting things I would never have thought of on my own, and gives pretty specific advice on how to do your own trials with children's diets. I haven't tried anything specifically yet, but I'm going to and look forward to evaluating my data. Besides bringing to light several specific food issues (food additives, aspartame, high sugar diets, etc.), this

book also talks a lot about making observations, being critical and questioning of studies reported and our own jumped-to conclusions. My 7-year-old already thinks he's a scientist, so he is excited to experiment, which is helpful, but his knowledge of the experiments can also get in the way (the whole placebo effect); however, I think with this book's advice I'll know how to handle it. I also like how it critically looks at all sorts of studies and gives the pros and cons of how they were administered, reported, and conclusions made from them. It helped me remember to look at things more carefully. I would've liked to see more on cortisol, serotonin, tryptophan, etc. I also would've liked to have more detailed guidelines for doing home trials. After all the discussion leading up to that chapter, I thought there would've been more charts, lists, and such. But I still think I have enough to go on, and it gave me a lot to think about and look into. Definitely recommend this to anyone, but especially people with behavior problems in their families.

For such an advanced world that we live in we seem to be missing instruction on how our body best operates. This book helps make it clear that there are scientific ways that we can benefit our bodies our brains our functioning and our lives as well as others lives by eating foods that will provide our body the chemicals we need to function more optimally. How to provide the body what it chemically needs through eating should be taught in school in many different ways in every grade. I hope this author will consider writing texts and work sheets on the subject for grades K-12. Good Luck and Have Fun!

not what I expected

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