

Other Points to Consider

Other factors may be contributing to the learning & behavior problems:

- Are emotional & psychological needs being met?
- Has hearing & eyesight been tested?
- Investigate the whole area of learning styles. Is your child being taught with the proper teaching techniques?
- Does your child have pinworms or parasites?
- Is hypoglycemia (low blood sugar) a problem? If so, frequent, small meals are essential as well as appropriate nutrients to strengthen the glands (B complex, Vitamin C, Zinc)
- Is faulty choline in the brain the problem? If so, therapeutic amounts of lecithin for a short period of time will be essential.
- Is oxygen starvation in the frontal regions of the brain an issue? If so, Vitamin E, Mental Acuity Plus, & Mindworks are very beneficial. Also, inflammation from ALLERGIES can cause this oxygen starvation, and MUST be addressed.
- Are trans fatty blockers an issue? Remove fried food, margarine, excessive animal fat, etc.
- Is faulty glucose metabolism an issue? (This causes varying temperatures in brain chambers = a reduced rate of metabolic activity & poor neuro-transmitter communication. Increase:
 - Soy Protein
 - Minerals (alfalfa, zinc, calcium/mag.)
 - Increase raw food



A Changed Life

My child, Nicholas, had a learning disability called Attention Deficit Disorder (ADD). He had trouble learning and focusing his attention since first grade. I was worried about his future. He was put through 21 hours of psychological tests. Ritalin was prescribed to help increase his attention span. I was told the drug was harmless, but might stunt his growth. I later learned that Ritalin is really "speed", a common street drug, and can lead to epileptic seizures.

This was MY child, and I was determined to find a way to help him naturally. I learned about a health coach who helped children with learning disabilities by giving them vitamins and minerals, and having them follow an additive free diet.

I was familiar with the QUALITY of the products made by the Shaklee Corporation. I gave Nick Vita Lea, Vitamin C and Alfalfa. In my reading, I discovered that additional Zinc (2), B Complex (2) and Lecithin (4) might be helpful. When I added 2 Calcium/Magnesium at night, I immediately saw better health. I learned that magnesium is vital in feeding nerve cells. He eats ½ of a Shaklee Protein bar with lunch each day, to provide all the amino acids in the middle of the day.

I started him on this, and he was doing better, but still having some problems. Then I started him on OmegaGuard. He started with 2, and in one week, his teacher called home and said, "I don't know what you are doing, but keep it up! Nick is focusing better, and he is also learning." I was excited at this news. I wanted to share with you how his test scores changed.

When Nick was tested for the first time, in second grade on Standardized Tests, he scored in the 13th percentile in Math - the lowest possible score. When he repeated second grade after starting the supplements, he was tested again, and scored in the 70th percentile in Math and the 54th percentile in reading. What a change in one year. NOW, in third grade, he is getting 100% on some Math tests, and is in the top reading group. This is a child who had trouble following directions and processing information in his mind! His progress absolutely astounds me. I know other children would benefit from using Shaklee supplements. They do not cure the disability, but they help the mind to function better, and give us hope for a much brighter future.

Learning & Behavior Disorders



Learning & Behavior Disorders can present themselves as OPPOSITES:

Aggressive Behavior

angry outbursts
self-mutilation
show-off
unable to complete projects
quarrelsome
can't sit still—fidgety
inability to concentrate
rash: oblivious of danger
compulsive
inability to make friends
poor sleeping habits
does not wait his turn
does not listen
bothers classmates

Passive Behavior

depression
reasoning difficulties
insecurity
withdrawn
anxious
shyness
distractible
daydreamer
mood swings
emotional instability
social loner
accident-prone
apathetic
discipline doesn't motivate

What is Ritalin?

Ritalin (or methylphenidate) is a central nervous system stimulant often prescribed to treat children diagnosed with ADD (attention deficit disorder) or ADHD (Attention Deficit Hyperactivity Disorder.)

Ritalin, like amphetamines, produce behavioral and psychological effects similar to cocaine. This means, that the human body cannot tell the difference between cocaine, amphetamines or Ritalin. In recent years, Ritalin, has become one of the most abused prescription drugs.

What about Ritalin?

The number of children taking Ritalin has doubled in the past five years according to the National Institute of Mental Health. That's one in nine!

Ritalin is a Class II Narcotic. According to the "Essential Guide to Prescription Drugs", epilepsy may be activated from the use of Ritalin. Other possible risks are:

- Abnormally low red & white blood cell counts
- Rare blood cell disorders
- Suppression of growth in childhood
- Joint pain
- Headaches
- Rapid heart palpitations

Root causes of Learning & Behavior Disorders

The four main causes of learning & behavior disorders are:

- Nutrition Imbalances or Malnutrition
- Allergies
- Candida
- Toxic Accumulation of Chemicals, (especially in the brain)

What Should Parents Do Seven Steps to Wellness

Step 1: Since allergies are a very common cause, this issue **MUST** be addressed. (Milk, eggs, corn, wheat, & cocoa tend to be the most problematic foods, but get checked for specific uniqueness's.)

Step 2: Diet: What is your child eating? Health is gained or lost at the cellular tissue level - eat accordingly! Avoid aspartame, white sugar, white flour, artificial coloring, etc. Eat lots of RAW food. Drink lots of water.

Step 3: Many symptoms are related to nutritional deficiencies due to depleted soils, processed foods, and our polluted environment. Supplementation is **NO LONGER AN OPTION!**

- To ensure DAILY availability of ALL the ESSENTIAL amino acids in the proper balance, use Shaklee Soy Protein / Shaklee Life Shakes
- To ensure DAILY availability of ALL the known & unknown vitamins & minerals in balance as they are found in nature, use Shaklee multi-vitamin
 - * Incredivites - Chewable US
 - * Ocean Wonders - Chewable CA
 - * Vita-Lea
- The brain is 60% FAT. To ensure DAILY availability of the essential fatty acids in the RAW form, eat lots of RAW nuts and seeds and/or supplement with Shaklee Lecithin and OmegaGuard (or Mighty Smart).

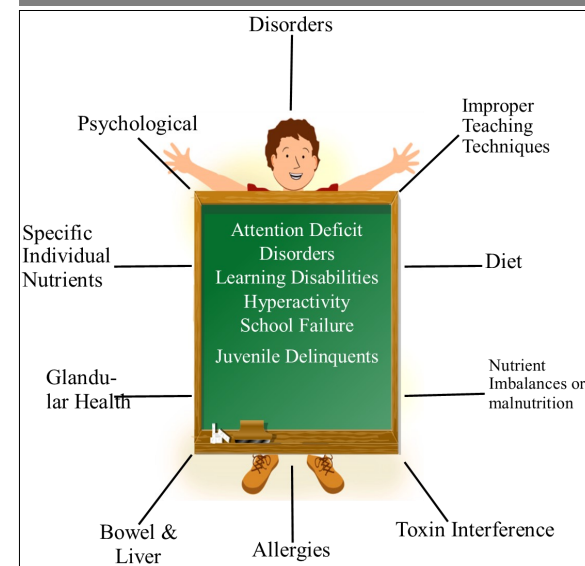
Step 4: If a child was not breast fed, or if antibiotics have been used, microflora (the good bacteria in the intestines) must be increased & maintained. Use Shaklee Optiflora pearl/Optiflora Di. (This prevents or helps overcome allergies and candida.)

Step 5: Use ONLY Toxin-Free Cleaners in the home. Toxins accumulate in and poison the brain. Choose Shaklee's complete line of Toxin-Free Cleaners.

Step 6: Make sure your child's bowels are moving well. Bulk-in should equal bulk-out. (If this is not happening, use Shaklee Herb-Lax)

Step 7: Use ONLY Toxin-Free Personal Care Products. Anything that comes in contact with the skin absorbs into the blood and, therefore, must be toxin-free. Choose Shaklee's complete line of personal care products.

Areas to Address



Supplement Program

How to start your child's Shaklee Wellness Program?

Step 1:

1. Raw Soy Protein Powder - 2-3 level Tbls. in juice, milk, or cereal
2. Multi-vitamin (See Step 3)
3. OmegaGuard - 1-3 per day

Step 2:

For greater improvement:

4. Stress Relief (nick-named nature's Ritalin)
5. Optiflora Pearl/Optiflora DI - 1 per day or rotation
6. Mental Acuity (Ginkgo) - 1 or 2 daily
7. Mindworks (1 daily)

Step 3:

Some need larger amounts of:

8. B Complex - 1-3 daily
9. Zinc - 1-3 daily
10. Calcium/Magnesium - 1-4 daily

Disclaimer: The content of this literature has been gathered from Natural Health Consultants across the country. It is not published by Shaklee Corporation. The information is not intended to prescribe, diagnose, or replace care by a health practitioner. The recommendations are not provided or published by Shaklee Corporation.