



Food FOR Thought

Inspired by Cell Tech Distributors Sharing a Passion for Your Health Volume 5, Issue 10

U.S. Children Score "C" for Health



Today, at home and in school, kids are ailing more and learning less. "This country has a health-care crisis in the classroom," says Dr. Daniel Shea, president of the American Academy of Pediatrics, commenting on a 1992 national survey of U.S. children. In *Super Learning 2000*, by Sheila Ostrander, Dr. Shea claims that "poor health is leading to poor academic performance; and poor academic performance is leading to a wide array of greater social problems—school dropouts, unemployment, poverty, and crime, to name a few."



Parents are flooding into health food stores, taking workshops, and exploring the link between improved nutrition and improved learning in the classroom. Dr. Jeffrey Bruno, a psychologist at the Center for Nutritional Psychology in Pacifica, CA, states that "the brain is the 'hungeriest' organ of the body," exceeding all other organs in its demand for nutrients. High-octane fuel for the brain is available not only on your dinner plate but also microblended into supplements and liquid concentrates.

Smart Food for Super Nutrition

In his research at MIT 15 years ago, Dr. Richard Wurtman made a landmark discovery that our alertness, IQ, memory, mood, sleep, and other functions of the body can be affected by what we eat. "The brain's ability to make certain neurotransmitters depends on the amount of various nutrients circulating in the blood," he explains in the book *Super Learning 2000*.

Dr. Wurtman's team found acetylcholine to be one of the most important neurotransmitters for learning and memory. The brain manufactures it from a B vitamin called choline, which is found in blue-green algae, lecithin, egg yolks, fish, lean beef, wheat, and soybeans. The amount of acetylcholine available to the brain depends on how much choline-rich food is consumed. Choline has been found to boost memory within 90 minutes, and its effects can last four to five hours.

Another important "supernutrient" is the amino acid L-phenylalanine, which can be found in blue-green algae, cheese, milk, eggs, and meats. The brain uses this amino acid to manufacture a chemical called norepinephrine. This key chemical plays a major role in learning, memory, and concentration, as well as in helping to boost mood and relieve stress. One gram of blue-green algae contains approximately 27 mg of L-phenylalanine.

Glutamine is yet another brain/mind "superfuel." The brain uses only two nutrients for fuel: sugar (as glucose) and glutamine, which is derived from glutamic acid. In tests at Columbia College of Physicians and Surgeons, children given glutamic acid showed remarkable mental improvement. The amino acid glutamine can be found in whole wheat, soybeans, and blue-green algae.

Healthy, Quick Nutrition Tips for Parents


- Add a quick protein smoothie to your kids' morning routine. *You'll have them out the door in minutes.*
- Pack a BG Bar™ with their school lunches. *Their friends will want one, too!*
- Shake up a frothy green drink for a healthy after-school snack. *Homework will be a breeze.*
- Mix up a batch of Blue-Green Planets (see recipe below). *Tasty treats that are nutritious and fun!*
- Stir one of the liquid concentrates into water or their favorite juice. *Their immune systems will thank you!*

Mother Confident with Breakfast Routine

My daughters and their friends all LOVE smoothies made with orange or apple juice, frozen strawberries, bananas, Reality™, Our Green Drink, and Super Sun Smoothie, with a few capsules of algae tossed in for additional nutritional support. It's a great feeling to know that I'm sending them off into their day with the nutrition they need to stay focused and energized, and that they're able to keep their resistance up to maintain great health! Of course, *they* think they're just getting a delicious, quick breakfast.

—Mary Lou Smith


A Wake-Up Secret for Grouchy Bears



Dr. John Taylor, a nationally known lecturer and author of many books and tapes on children with learning and behavior challenges, has a suggestion for parents of children who wake up like "grouchy bears." His suggestion: "Wake the children a little early, give them a teaspoon of Reality (liquid Omega Sun® concentrate), and let them go back to sleep for 20 minutes." They will be in a much better mood when they next awake. A teaspoon might work as a good "treat" when they come to breakfast, too, or any time they could use some mood improvement!

Blue-Green Planet Recipe

A Great After-School Snack

- 
- 2 c puffed rice cereal
 - 1/2 c toasted wheat germ
 - 1 c almond butter
 - 1/2 c tamari-roasted almonds
 - 1/2 c raisins
 - 1/2 c liquid sweetener such as fruit concentrate, honey, or rice malt
 - 1/2 tsp vanilla
 - 1/4 tsp cinnamon
 - 1/4 tsp nutmeg
 - 3 tsp Our Green Drink -OR- 2 Tbsp Super Sun Smoothie
 - 1/2 to 2 tsp powdered algae (from opened capsules)
 - 1 to 2 tsp stevia powder (optional to adjust sweetness)
 - 1/2 c unsweetened coconut flakes (optional)

Blend all ingredients in a food processor. Adjust sweetness level to taste. Roll mixture into Ping Pong ball-sized "planets." Cover and refrigerate several hours until firm.



Families Boost Moods (and More) with Tasty Liquid Concentrates

The liquid Omega Sun concentrates Reality™, Resistance™, and Vision™ are becoming very popular among adults and children alike. Most people can feel a definite mood and energy benefit very quickly with these liquids. In a base of natural vegetable glycerin, Reality is a sweet concentrate with natural apple flavor that most children (and adults) like. Cinnamon-flavored Resistance is enhanced with WGP™ Beta Glucan (ImmuSun®) to maintain a strong immune system defense. Lemon-flavored Vision specifically supports the macula, a critical pigmented portion of the eye.

People of any age can use the additional boost whenever needed, such as during the late afternoon slump when, typically, family demands increase as energy decreases.

Parents Find Liquid Concentrates Acceptable to Children

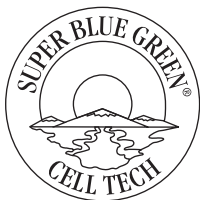
I have several customers whose children drink Reality in water or juice, and some drink it straight, as a concentrate. It is a good way to get Omega Sun into children. I suggest that the parents tell their children it's like "green eggs and ham" (if they know Dr. Suess), but I don't think children have a problem with color in food. Who else would eat blue or green ketchup or the other foods that have unusual colors in them these days!?

—Margaret Dexter

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- **Nutrition Linked to Academic Performance**
- **SBGA Provides "Brain Fuel" Nutrients**
- **Smart Food Tips for Parents**



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