

## The Effect of Diet

The effect diet has on behavioral and cognitive function is profound. Everything ingested by a person is broken down into its essential ingredients. Essential ingredients in “whole foods” are proteins, fats, or carbohydrates. Proteins are used by the body as the building blocks to manufacture, store, and transport its own “stuff.” Fats are used to make hormones, assist in nerve conduction, and are stored as a long term energy source. Carbohydrates are the body’s primary fast energy source. Additionally, in the midst of these three substances there needs to be vitamins and minerals to make “it” all happen. Ideally, an equal ratio of these three substances are ingested and integrated into an extremely complex network that allows our bodies to maintain a delicate balance and function in our daily lives.

However, there are many ingredients found in processed foods that can dramatically retard the body’s ability to function on a normal biochemical level. Substances such as dyes, binders, fillers, preservatives and even chemicals used to create desired flavors are all extremely taxing on the body’s ability to use and regulate the substance of “whole foods” discussed previously. These “foreign” substances can even be so poisonous to the body, they can disrupt normal brain function entirely. For this reason, diet has to be a major concern with your child or children. Their normal development and daily ability to function is dependent on a diet that is balanced and free of the ingredients that disrupts the complexity of a maturing child.