

3 WAYS TO AID LEARNING AND BEHAVIOR

Experiencing *extra challenges in learning, behaving well, sleeping and attention*, is hard on a child. A child wants to behave well. A child wants to learn. **Make it easier** for your child by avoiding these ingredients:



Artificial Colors

- RED (#1, #2, #3, #40)
- YELLOW (#5, #6 & tartrazine)
- BLUE (#1, #2)
- annato, bixin & caramel coloring
- Brown HT



Preservatives

- BHA (butylated hydroxy anisol)
- BHT (butylated hydroxy toluene)
- packaged and processed meats
- TBHQ -tertiary butylhydroquinone



Artificial Flavors & Sweeteners

- MSG (monosodium glutamate)
- aspartame (NutraSweet)
- sucralose

70% improvement



WHAT DO I ADD IN?

- whole foods
- healthier recipes of their favorites
- consider an elimination diet
- dietary trial without salicylates