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New Canaan Chiropractic Newsletter

"Experience the Difference"

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In the late '90's, Appleton Central School in Appleton, Wisconsin, had 120 students that were so problematic that they had to have a full-time police officer and full-time counselor on staff. The administration decided to change the school's nutrition program – they removed the candy and junk food from the vending machines, and put in kitchens and cooks that know how to prepare and serve fresh, whole foods.

The result within 5 years: Discipline problems all but disappeared, i.e., problems with dropouts, weapons, expulsions, drug use and suicides dropped to zero. Attendance skyrocketed. Academic performance improved.

These students were not being fed a "special" diet, just enjoying the benefits of quality protein, fruits and vegetables and grains, with plenty of fresh water and exercise.

This plus many other studies show that nutritional deficiencies caused by bad diet aren't just being linked to health problems – they're likely behind many societal problems, from crime to learning difficulties as well.

Unfortunately, diet alone cannot be relied upon to provide optimal control over this problem, especially since so many people (kids, adults, everyone) are now at a nutritional deficit due to years of poor diet. This means that adding basic nutritional supplementation to everyone's diet is

similarly vital to our nutritionally bankrupt country.

Bill Walsh, PhD, the chief scientist at the Health Research Institute and Pfeiffer Treatment Center in Illinois, was one of the authors of a study measuring the effectiveness of supplementation therapy on outpatients with ADD, conduct disorder, oppositional-defiant disorder and other behavior disorders. Of the 78% of patients who stayed with the program, 92% had a reduction in assaultive behavior, 88% had a reduction in destructive behavior, and over 50% the problems disappeared completely.

As many nutritional gurus have asserted for years, it's the person's genetics that are affected by nutritional deficiencies, which exacerbate the condition to its full expression.

None of these improvements happened overnight. Years of the negative impact of poor diet take time to reverse and correct. From a clinical perspective it's minimally 6 to 9 months of following and monitoring a program that designed specifically for your needs to achieve that kind of results that have been presented here.

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