

ADDICTIONS, BEHAVIOR, NUTRITION, PEACE, HAPPINESS

DIET AND BEHAVIOR – APPLETON WISCONSIN STUDY

<http://www.wanttoknow.info/050520schooldietchange.shtml>

School Diet Change Brings Improved Behavior, Healthier, More Focused Students

"Before the Appleton Wisconsin high school replaced their cafeteria's processed foods with wholesome, nutritious food, the school was described as out-of-control. There were weapons violations, student disruptions, and a cop on duty full-time. After the change in school meals, the students were calm, focused, and orderly. There were no more weapons violations, and no suicides, expulsions, dropouts, or drug violations. The new diet and improved behavior has lasted for seven years, and now other schools are changing their meal programs with similar results."

NOTE: Many of the links below take you to websites where products are sold. Be prepared to by-pass commercials on products you don't want to get great free information on addictions, behavior, nutrition, peace, and happiness.

ADDICTIONS - BRAIN IMAGING SHOWS JUNK FOOD ADDICTIONS WORSE THAN COCAINE

http://articles.mercola.com/sites/articles/archive/2013/07/18/brain-imaging-confirms-food-addiction.aspx?e_cid=20130718_DNL_art_1&utm_source=dnl&utm_medium=email&utm_content=art1&utm_campaign=20130718

TREATING BEHAVIOR PROBLEMS WITH BIOCHEMISTRY

http://www.naturalnews.com/038427_behavior_disorders_biochemistry_violence.html

GOOD NUTRITION IS THE BASIS FOR HAPPINESS

http://www.naturalnews.com/041240_nutrition_happiness_brain_food.html

A LESSON IN WHOLENESS FROM HOPEWOOD CHILDREN - ALLELUIA

http://www.naturalnews.com/040626_Hopewood_children_natural_living_organic_foods.html

AT LAST – SOMETHING HEALTHY FOR AMERICA'S KIDS

http://www.naturalnews.com/035725_USDA_nutrition_guidelines_public_schools.html

PARENTS USING NATURAL METHODS TO FIX ADHD

http://www.naturalnews.com/034819_ADHD_lifestyle_parents.html

DANGERS OF WHEAT – WHOLE OR FRAGMENTED – JUDGE FOR YOURSELF

http://www.naturalnews.com/034040_grains_weight_gain.html

HOW TO RAISE HEALTHIER, SMARTER, AND FITTER KIDS by Mark Hyman M.D.

<https://drhyman.com/blog/2011/09/08/back-to-school-how-to-raise-healthier-smarter-fitter-children/>

BLOOD TESTS FOR NUTRITIONAL REQUIREMENTS

http://www.naturalnews.com/033424_blood_tests_health.html