

BIOLOGY OF BEHAVIOR

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DIANNE CRAFT LEARNING SYSTEM

“Kids act how they feel,” Dr. Sydney Walker, MD
“The GUT is the second BRAIN,” Dr. Michael Gershon, MD

“Early and prolonged use of antibiotics causes imbalance in a child's body, upsetting the nervous system. Over 85% of children who struggle with focusing later on, had multiple antibiotics when younger.”

-William Crook, MD, Help for the Hyperactive Child

IS IT CHARACTER OR IS IT CHEMISTRY?

Serotonin – “Over 95% of the calming neurotransmitter, Serotonin, is manufactured in the gut.”
– Dr. Gershon

- Relaxed mind
- Sense of well being
- Handle stress
- Promotes good sleep
- Stay focused
- Controls impulsivity
- More positive than negative

Sensory Checklist:

Auditory -

- Sensitive to loud noises
- Dislikes being in a group
- Language was delayed

Taste –

- Food textures
- Won't eat meat
- Foods can't touch on plate
- Chews on clothing

Very selective eater

Touch –

- Clothing tags
- Socks seams
- Dislikes non-soft clothing (e.g., jeans)
- Dislikes hair being combed, washed, cut
- Doctor's visits are stressful

Physical Characteristics of an upset gut ecology:

- Thrush
- Allergy to antibiotics (hives)
- Athlete's foot (recurring)
- Rashes
- Eczema
- Cradle cap
- Diaper rash
- Lactose intolerance

Behavioral Characteristics of an upset gut ecology:

- Mood swings
- Spaciness
- Anger/irritability/aggression
- Inconsistent performance
- Inattention
- Memory problems
- Inappropriate behavior
- Depression

Children can have yeast overgrowth without having taken antibiotics if they eat mainly carbohydrates and sweets. These foods directly feed the yeast in the body, causing the same

intestinal upset that antibiotics or steroids would do. Also, if mom took antibiotics when she was pregnant, or had a yeast infection while pregnant, the child is much more susceptible to yeast/fungus issues later on.

*** Always check with your health professional before starting any vitamin or exercise program.** These products are intended to support general well-being and are not intended to treat, diagnose, mitigate, prevent, or cure any condition or disease.

Some suggestions regarding rebalancing gut ecology. One way to begin the healing program:

1. Take a good probiotic. Primadophilus (Original or with Bifidus) by Nature's Way (refrigerated capsule only) 3 times a day for 3 months. In our experience, chewable and liquid forms don't work well. We don't see real change with one time a day, no matter what the bottle says.
2. For children 6 years old and above, take a natural anti-fungal like Grapefruit Seed Extract by Nutriotics (125 mg tablets only - no liquid) 3 times a day for 3 months. Can open Paramicrocidin capsules (tasteless GSE) for kids who have trouble swallowing tablets.
3. Change diet, greatly reducing sugars and carbs (cereals and juices) that feed the yeast/fungus. Use less processed food, and more fresh food. Have raw fruits and vegetables daily.
4. Continue with addition of other supplements, such as magnesium (noise sensitivity, irritability, racing thoughts) and possibly 5-HTP (the "cooperation" vitamin, insomnia, fears), EFAs (attention/dyslexia), etc., for three months to see full effects of what healing nutritional deficiencies in children can really do.

☺ ☺ ☺ **Many parents report that by following the 3 month step-by-step supplement program as outlined in the 'Biology of Behavior' CD set, they see many behavioral and focusing changes in their children. The enclosed Study Guide gives the order to add the supplements, amounts, brands, resources, etc., and is easy to follow. There is much more in this CD set than I can explain in my convention talks! This nutritional regimen is especially helpful for a child with 'SI' characteristics, moodiness, meltdowns, focusing problems, sleep issues, noise sensitivity, mild depression, racing thoughts and inconsistent performance! Parents often say that they have a 'different child' to work with after following this program. CD set can be ordered from www.diannecraft.org.**

Pamela Gates is a Certified Learning Specialist in Dianne Craft's Right Brain Learning System. She and her daughter Breanna are co-owners of Connect Education, offering consultations and tutoring services in Denver, CO. www.connectededucationco.com Dianne Craft's easy-to-use, illustrated home therapy found in the Brain Integration Therapy Manual has helped thousands of children overcome dyslexia, dysgraphia, and auditory processing problems very inexpensively. Her Right Brain Teaching products, help make learning so much easier for your struggling learner at home. Dianne's Right Brain Reading Program will help your child experience leaps in reading you never saw before. Dianne offers Telephone Consultations providing Personal Learning Plans for your child. Just download the forms on her website." www.diannecraft.org www.diannecraft.org