



How Diet and Nutrition can affect Behaviour

HET: HOLISTIC EDUCATIONAL THERAPY

STEPPING STONE 4

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Throughout this book you will be directed to a fully interactive companion website for personal support and many interactive films and projects. If you are using a computer or iPad you only need click on the link to be taken to the webpage you need. However if you are on Kindle, you may need to make a copy of the link to paste into your browser bar next time you go online.

At the end of this book you will find the opening chapters to another book called HETties. This is aimed at young people aged approximately between the ages of 8 – 13 (depending on their ability levels). This is provided here for you to work in an introductory step by step, (HET stepping stone approach) with a child or young person and to help them through their challenges in a proven, positive and productive way. More materials are also available for younger children and older adolescents as well as adults.

STEPPING STONE 4 DIET AND NUTRITION



Ok.... so how many times has it been said then??

“We are what we eat!”

So, what does your child eat?

Well by now you will have completed Stepping Stone 1 and part of that parental consultation form asks you to ‘snapshot’ what your child had to eat yesterday and whether that was a typical day or not. This is a great benchmarking technique because when you come to do that consultation questionnaire again next time, this will demonstrate just how

far your child has progressed in making better lifestyle choices regarding diet and these choices will last them their life time.

Here's a little film to watch, just to get you thinking:

I made this from some interviews, taken from the radio show that I used to present for Radio Glastonbury.

Please click here: <http://www.youtube.com/watch?v=Z6BYZtf9gag>

Here is another short film to demonstrate how you can check out if your child is sensitive, intolerant or allergic to any particular food:

<http://www.youtube.com/watch?v=skm1U2IzMC0>

This is a demonstration that I did with Allan, our PHEW coach on how to check whether or not certain foods affect us. The idea is to first of all take a muscle test without holding anything; this gives you an idea of their normal muscle strength. Secondly repeat that with the person you are testing touching their heart - this will give you a weaker reaction, this is so you have 2 reference points - normal and weak. Thirdly you get them to hold the food ingredient or additive you think may be the culprit and repeat the muscle test as shown in the film. This will give you an idea of the level of how sensitive your child (or whoever you are testing) is to this food by how weak they become. Remember that you need to reduce the food to a single ingredient, if you can for accuracy - if you use a cream cake for example you are not going to know whether it is the cream, or the sugar, or the wheat or the yeast etc. that is causing the problem.

Then follow this up by eliminating the suspect from the diet for 3 weeks and then reintroduce it - you will know if this is the problem because the behaviour will get worse again - keeping a food diary will give you some ideas of what has been eaten alongside their behaviour pattern.

It's true to say that one of the most highly researched areas of children's behaviour has been into diet and many of the findings have led to a lot of information being made available that can be considered, confusing, misleading and overwhelming at best.

So what does that have to do with HET and how can diet and nutrition affect your child's behaviour in a way that you can notice a difference?

Back in the early days of HET – that's precisely what we set out to prove.

And this is how we went about it and how what we found out made such a huge difference!

There are two ways in which we approach this age old subject of dietary debate:

Firstly by looking at what we eat

- Seeing how that affects us

Secondly, by changing what we eat

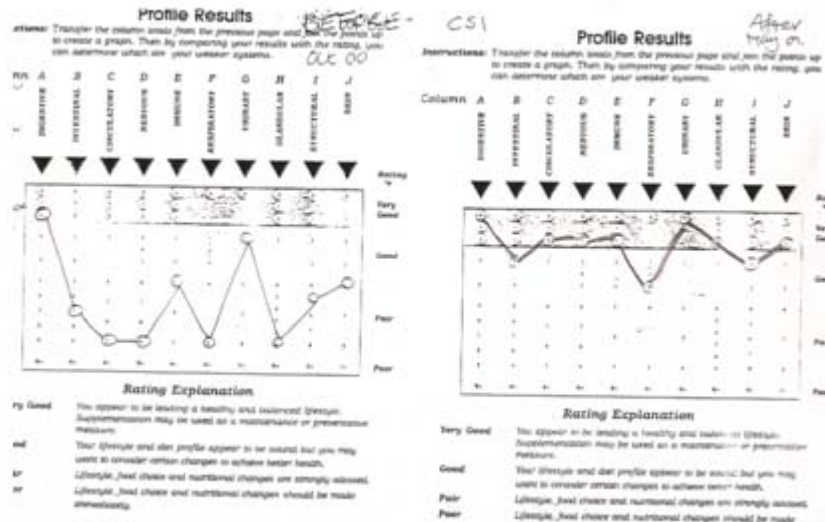
- Seeing how that benefits us

It can take a life time to redress the imbalance of a life time of dietary deficiency!

And in those early pioneering days of HET – we didn't have time to wait that long. So we started to introduce some good nutritional supplements to speed things up and to measure the improvements....and when we did just that for over 6 months, we got some staggering improvements.

The quality of nutritional products varies considerably from company to company. Whether they use processed or synthetic sources for the nutritional product or whether it is derived from pure food sources. If it is a pure food derivative, how is that food grown, stored, processed? It is organic? How much of the batch of nutritional extract has active ingredients in it? Is it a guaranteed quality and quantity or is it an average batch? These are all questions that need to be asked about nutritional products. Depending on the answer will be the level of effectiveness that the product has and how much improvement you are going to see in health, well being and behaviour.

In those early days of research one of the world's leading nutritional supplement producers got to hear about our work. This company is called Natures Sunshine Products or NSP for short. Because they have such a leading global reputation in quality assurance of their products I was delighted when given the opportunity to use their products for our research. Because the research was done with this company's products, I am obliged to reference the findings to their products. It may well be that whilst there are many good companies out there making nutritional supplements, if products do not match the stringent quality assurance criteria, inferior products may not produce the same results. Not all off the shelf products are going to match the same level of guaranteed quality and you will need to explore these issues with any company whose products you choose to use.



Background to the research:

Parents of 44 children undertook 'life style analysis questionnaires' designed NSP – Natures Sunshine Products – the company pride themselves on their high quality assurance, that backs their products, to the extent they offered a money back guarantee if they don't work. Anyway, the company stood by their claims and backed the research programme in a school for moderate learning difficulties, where I was based at the time. They sponsored us with £7,000 worth of products in 1999, which were made available to the families on the programme. 22 families did the questionnaire and took the nutritional products over 6 months, the other 22 families who did the questionnaires did not take the nutritional products- the difference between the two groups was outstanding. The group that took the nutritional supplements improved all categories of their health and behaviour considerably.

So, in this Stepping Stone module on diet and nutrition – this is going to be our approach:

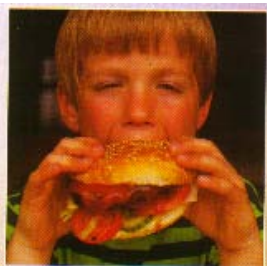
Firstly, by looking at what we eat (as well as how and when!) and then:

Secondly, how we can accelerate the feel good process through taking nutritional supplements.

Here is a video presentation to explain the background to this stepping Stone.

<http://www.holisticeducationaltherapy.co.uk/Diet/HET%20diet%20parents%20.pptx.htm>

Where do we begin?



Let's go back to the category in the original consultation questionnaire that you completed at the beginning of the first stepping stone programme...

Remember the one that asked – What did you eat yesterday (please list) and was that a typical day?

So often that one question is such an eye opener!!!

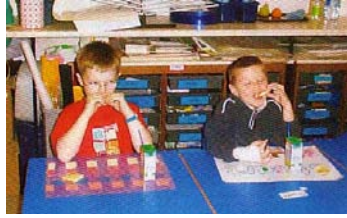
What did it tell you?

Here in the West, we suffer from a condition called 'Affluent Malnutrition', which means that the food we eat is so contrived, deprived and processed that it contains virtually no nutritional goodness at all. Whilst it still has calories in it, we do not get any nutrition from it and our body is still starved of the nutrients we need and so we are still hungry.

So.... we eat more! Any surprise that the obesity statistics are so high that it is a government priority? We shall address this more in the next stepping stone on PHEW – Physically Holistic Exercise Work out.

One little boy I worked with, had been referred to the HET programme from a school for young people with moderate learning difficulties, there were suspicions that he was neglected, but nothing could be done about it without proof. Despite the fact that he came to school some days with nothing more than a mouldy sandwich crust in a lunch box. He used to have Hyperglycaemia, which meant that some days, he would collapse because his blood sugar levels were so low from lack of food. One day, I was working with this young man and he started to unravel the wool in his jumper and he ate it as I was talking to him!

To cut a very long story short, we got him on a protein supplement drink called 'Synerprotein' and the little boy came alive – his behaviours went off through the roof at first because of all the new found energy he had, but that didn't matter – he was starting to thrive – and everyone was delighted to see that.



Protein drink breakfasts are operated in many schools operating HET around the country

Another little boy aged 5 at this school was a very picky eater. Now most parents have experienced bouts of this particular challenge with their children at some time, it seems to go with the job! However, it turned out here that his Mom was anorexic when she was expecting him, because she couldn't bear to put on weight. Although he himself had never been neglected in his diet, he had a cellular memory of starvation that was still running in every cell of his body – we will discuss this more when we come onto the core issue formulas.

HETs often work with young people predominantly girls, who have self esteem issues and start to develop eating disorders that are both emotionally related and often linked to traumatic incidents which have happened in their life.

Many times, I have personally encountered young pre adolescent boys demonstrating challenging and hyperactive behaviour, who often binge food and particularly milk prior to 'kicking off' on a period of extreme behaviours.

Other examples which I have personally worked with include children who have been diagnosed with Autism. Their reaction to food can be as diverse as being colour and texture sensitive to having a full bodily trauma at every mealtime, resulting in diarrhoea, hyperactivity and violent / anti social behaviour or withdrawal states.

The first case study is sadly, yet typically an example of a child exhibiting malnutrition as a result of a neglectful family background,

The second examples of eating disorders are typical of emotionally based perceptions and traumas. The appetite and emotional centres of the brain are very closely linked and will affect one another.

The other examples are how the body functions and feels (called physiology and psychology), but this all results in health and well - being, and how this is affected by diet and reflected in behaviour.

These are all quite extreme examples of case studies but I think you can take the point here that in situations where we compromise what we eat, it can have the same effects as not eating, a different form of malnutrition.

When we start to address the nutritional aspects of what we eat then it can start to make a big difference to our lives – the malnutrition symptoms start to subside and that person can start to feel like they have come alive again. This is a little bit like the child in the first example.

So what should we have to eat?

..... and what should we not eat?

Well, because we are all individuals and unique, with different constitutions, life styles, needs and experiences, there can be no definitive answer to that question. We can follow guidelines and recommendations – but there can be so many variables that it is difficult to take on board what they are about without a little understanding into the way food is grown, stored, processed and sold to us.



- Does taking vitamins help?
- What diet best supports bad behaviour?

These are frequently asked questions that I am asked and I hope to be able to shed some light on all of this within in this module.

A good place to start would be with the life style analysis form that we used in our initial research with the children in the school. I have included a copy of the questionnaire below:

Have a go at completing it by reading each question – if the answer is “Yes” to, for example – Do you feel you need more energy? Then put a tick in all the little boxes along that row and go onto the next question - if the answer is “no” then leave the boxes blank.

When you have answered each question go back and add up the total for each column.

Then transfer that total onto the little graph where each column represents each of the body’s major systems e.g. nervous system / glandular system / immune system and so on.

When you have marked your totals on the graph – join up the dots and it will give you an idea of whether that system falls into a ‘good’ or ‘fair’ or ‘poor’ category.

If that body system needs to be improved, it shows that it is compromising your health and this should be addressed by taking the nutrition that is appropriate for your unique and

Lifestyle Analysis - Your Personal Health Profile

Instructions: For each statement that applies to your lifestyle, tick ALL the boxes in the row going across, from A to J. After completing the analysis, add the total number of boxes ticked for each column going down. To determine your system profile, refer to the profile results.

STATEMENT	A	B	C	D	E	F	G	H	I	J
Would you like more energy?	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>			
Frequent illness (once/ twice yearly)					<input type="checkbox"/>					<input type="checkbox"/>
Body odour and/ or bad breath	<input type="checkbox"/>	<input type="checkbox"/>				<input type="checkbox"/>	<input type="checkbox"/>			
Difficulty digesting certain foods	<input type="checkbox"/>				<input type="checkbox"/>					
Eat red meat at least twice weekly		<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>				
PMS (female)		<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>		
Use of antibiotic/ medication (last 3 years)		<input type="checkbox"/>			<input type="checkbox"/>					
Regular alcohol consumption				<input type="checkbox"/>				<input type="checkbox"/>		
Mood swings				<input type="checkbox"/>				<input type="checkbox"/>		
Food allergies	<input type="checkbox"/>				<input type="checkbox"/>	<input type="checkbox"/>				<input type="checkbox"/>
Dark circles under eyes			<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>			<input type="checkbox"/>
Smoking (including passive)			<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>				<input type="checkbox"/>
Poor concentration or memory			<input type="checkbox"/>	<input type="checkbox"/>				<input type="checkbox"/>		
Poor resistance to disease	<input type="checkbox"/>				<input type="checkbox"/>					
Indigestion after meals	<input type="checkbox"/>				<input type="checkbox"/>					
Stressful lifestyle			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Skin problems	<input type="checkbox"/>	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Crave sweets/ processed foods				<input type="checkbox"/>				<input type="checkbox"/>		
Consume dairy products		<input type="checkbox"/>				<input type="checkbox"/>				
Depression or apathy		<input type="checkbox"/>		<input type="checkbox"/>				<input type="checkbox"/>		
Inadequate/ restless sleep				<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>	
Menopausal concerns				<input type="checkbox"/>					<input type="checkbox"/>	
Urination problems							<input type="checkbox"/>			
Brittle fingernails	<input type="checkbox"/>								<input type="checkbox"/>	
Sensitive/ tight skin/ fine wrinkles									<input type="checkbox"/>	<input type="checkbox"/>
Hair loss			<input type="checkbox"/>	<input type="checkbox"/>				<input type="checkbox"/>	<input type="checkbox"/>	
High fat/ cholesterol diet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
Difficulty in maintaining ideal weight				<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>	
Lack of stamina			<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	
Poor eating habits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Slow recovery from illness		<input type="checkbox"/>	<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>	
Irregular/ infrequent bowel activity	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>				<input type="checkbox"/>		<input type="checkbox"/>
Nervousness/ anxiety/ tension				<input type="checkbox"/>				<input type="checkbox"/>		
Low fibre diet (less than 30 grams/day)		<input type="checkbox"/>	<input type="checkbox"/>							
Muscle cramps			<input type="checkbox"/>	<input type="checkbox"/>					<input type="checkbox"/>	
Dry/ damaged/ dull hair	<input type="checkbox"/>						<input type="checkbox"/>			
Exposure to air pollution					<input type="checkbox"/>	<input type="checkbox"/>				<input type="checkbox"/>
Sleepiness when sitting			<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>	
Lack of appetite	<input type="checkbox"/>			<input type="checkbox"/>				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Consume more than 2 cups of tea, coffee, etc per day				<input type="checkbox"/>				<input type="checkbox"/>	<input type="checkbox"/>	
Feeling out of control				<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	
Food/ chemical sensitivities	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>				<input type="checkbox"/>	
Problems with yeast/ fungus	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>				<input type="checkbox"/>	
Muscle/ joint pain or weakness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				<input type="checkbox"/>	
Excessive worry	<input type="checkbox"/>			<input type="checkbox"/>						
Easily irritated/ angered		<input type="checkbox"/>		<input type="checkbox"/>				<input type="checkbox"/>		
Insufficient exercise		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>	
Problems with congestion/ mucus		<input type="checkbox"/>				<input type="checkbox"/>				
Large pores/ shiny skin/ blemishes										<input type="checkbox"/>
Column Totals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	A	B	C	D	E	F	G	H	I	J

individual needs.

Profile Results

Instructions: Transfer the column totals from the previous page and join the points up to create a graph. Then by comparing your results with the rating, you can determine which are your weaker systems.

Column	A	B	C	D	E	F	G	H	I	J	Rating
	DIGESTIVE	INTESTINAL	CIRCULATORY	NERVOUS	IMMUNE	RESPIRATORY	URINARY	GLANDULAR	STRUCTURAL	SKIN	
	0	0	0	0	0	0	0	0	0	0	Very Good
	1	1	1	1	1	1	1	1	1	1	Good
	2	2	2	2	2	2	2	2	2	2	
	3	3	3	3	3	3	3	3	3	3	Fair
	4	4	4	4	4	4	4	4	4	4	
	5	5	5	5	5	5	5	5	5	5	Poor
	6	6	6	6	6	6	6	6	6	6	
	7	7	7	7	7	7	7	7	7	7	
	8	8	8	8	8	8	8	8	8	8	
	9	9	9	9	9	9	9	9	9	9	
	10+	10+	10+	10+	10+	10+	10+	10+	10+	10+	

Rating Explanation

- Very Good** You appear to be leading a healthy and balanced lifestyle. Supplementation may be used as a maintenance or preventative measure.
- Good** Your lifestyle and diet profile appear to be sound but you may want to consider certain changes to achieve better health.
- Fair** Lifestyle, food choice and nutritional changes are strongly advised.
- Poor** Lifestyle, food choice and nutritional changes should be made immediately.

Your Independent Nature's Sunshine Distributor can help suggest products best suited to your individual lifestyle and profile.

The Nature's Sunshine Catalogue contains a brief overview of each body system and indicates which products provide optimum nutrition. Use the catalogue as a guide to determine which nutritional supplements are most appropriate for your needs. We know you will be pleased with the results. **In fact, we guarantee it!**

However.....

What we had to do with the school children was to research a programme that every single one of them could take and that would benefit the health of everyone on the programme. This is what we discovered. That it is possible to take a **BASIC** nutrition programme for a period of at least 3 months and this is guaranteed to show improvements in health, which can be demonstrated by doing the same questionnaire again 3 months later and seeing the line across the graph lift into healthier categories.

Certainly we saw improvements in behaviour; we did this by closely monitoring behaviour in the classroom and at home, through our behaviour charts that you were given in 'Stepping Stone 1'.

Try taking a nutrition programme for yourself and take the questionnaire again in 3 months – see the difference for yourself!

Supplements Yes or No?

Well, one of the biggest arguments I face when teaching HET is:

- ✓ “I have a healthy diet – I don't need to take supplements.”

The second argument is:

- ✓ “I take supplements and they don't work”

OK – First argument:



In an ideal world – that's true if we had a healthy balanced diet then we wouldn't really need to take supplements but what is it that constitutes a “Healthy well balanced diet”?

Firstly, we can look at the different types of food we can take together each day and how they should be balanced.

I have attached below, a hand out from the arterial disease clinic, which gives a generally agreed idea of what a healthy diet looks like.

The Balance of Good Health

THE FIVE FOOD GROUPS :

<p>BREAD, OTHER CEREALS AND POTATOES</p> <p>Whats included : Other cereals means things like breakfast cereals, pasta, rice, oats, noodles, maize, millet and cornmeal. Beans and pulses can be eaten as part of this group.</p> <p>Main Nutrients : Carbohydrate (starch); 'Fibre'; Some calcium and iron; B vitamins.</p> <p>How much to choose : Eat lots.</p> <p>What types to choose : Try to eat wholemeal, wholegrain, brown or high fibre versions where possible. Try to avoid • having them fried too often (eg. chips) • adding too much fat (eg. thickly spread butter, or low fat spread on bread) • adding rich sauces and dressings (eg. cream or cheese sauce on pasta).</p>
<p>FRUIT AND VEGETABLES</p> <p>Whats included : Fresh, frozen and canned fruit and vegetables and dried fruit. A glass of fruit juice can also contribute. Beans and pulses can be eaten as part of this group.</p> <p>Main Nutrients : Vitamin C; Carotenes; Foliates; 'Fibre' and some carbohydrate.</p> <p>How much to choose : Eat lots.</p> <p>What types to choose : Eat a wide variety of fruit and vegetables. Try to avoid • adding fat or rich sauces to vegetables (eg. carrots glazed with butter, roast parsnips) • adding sugar or syrupy dressings to fruit (eg. stewed apple with sugar, chocolate sauce on banana).</p>
<p>MILK AND DAIRY FOODS</p> <p>Whats included : Milk, cheese, yoghurt and fromage frais. This group does not include butter, eggs and cream.</p> <p>Main Nutrients : Calcium; Protein; Vitamin B12; vitamins A and D.</p> <p>How much to choose : Eat or drink moderate amounts and choose lower fat versions whenever you can.</p> <p>What types to choose : Lower fat versions means semi-skimmed or skimmed milk, low fat (0.1% fat) yoghurts or fromage frais, and lower fat cheeses (eg. Edam, Half-fat Cheddar, Camembert). Check the amount of fat by looking at the nutrient information on the labels. Compare similar products and choose the lowest - for example 8% fat fromage frais may be labelled low fat but is not actually the lowest available.</p>
<p>MEAT, FISH AND ALTERNATIVES</p> <p>Whats included : Meat, poultry, fish, eggs, nuts, beans and pulses. Meat includes bacon and salami and meat products such as sausages, beefburgers and pate. These are all relatively high fat choices. Beans, such as canned baked beans and pulses are in this group. Fish includes frozen and canned fish such as sardines and tuna, fish fingers and fish cakes.</p> <p>Main Nutrients : Iron; Protein; B Vitamins, especially B12; Zinc; Magnesium, Essential Fatty Acids.</p> <p>How much to choose : Eat moderate amounts and choose lower fat versions whenever you can.</p> <p>What types to choose : Lower fat versions mean things like meat with the fat cut off, poultry without the skin and fish without batter. Cook these foods without added fat. Beans and pulses are good alternatives to meat as they are naturally very low in fat.</p>
<p>FATTY AND SUGARY FOODS</p> <p>Whats included : Margarine, low fat spread, butter, other spreading fats, cooking oils, oily salad dressings or mayonnaise, cream, chocolate, crisps, biscuits, pastries, cake, puddings, ice-cream, rich sauces and fatty gravies, sweets and sugar.</p> <p>Main Nutrients : Some vitamins and essential fatty acids but also a lot of fat, sugar and salt.</p> <p>How much to choose : Eat fatty and sugary foods sparingly - that is, infrequently and/or in small amounts.</p> <p>What types to choose : Some foods from this group will be eaten every day, but should be kept to small amounts, for example: margarine, low fat spread, butter, other spreading fats, cooking oils, oily salad dressings or mayonnaise. Other foods from this group really are occasional foods, for example: cream, chocolate, crisps, biscuits, pastries, cake, puddings, ice-cream, rich sauces and fatty gravies, sweets and sugar.</p>

Fruit and vegetables
choose a wide variety



Bread, other cereals and potatoes
Eat all types and choose high fibre kinds whenever you can

Milk and dairy foods
Choose lower fat alternatives whenever you can

Meat, fish and alternatives
Choose lower fat alternatives whenever you can

Fatty and sugary foods
Try not to eat these too often, and when you do, have small amounts

A BALANCE OF GOOD HEALTH

	EAT REGULARLY	EAT IN MODERATION OCCASIONALLY	EAT IN MODERATION SPECIAL TREATS	AVOID EATING
CEREAL FOOD	Wholemeal flour, oatmeal, Wholemeal bread, whole grain cereals, porridge oats, crispbreads, brown rice, wholemeal pasta, cornmeal, untoasted sugar-free muesli. Rice cakes.	White bread. White flour. White rice & pasta. Water biscuits. Wholemeal or oat scone. Teacake. Pancake.	Sugar-coated cereals. Plain semi-sweet biscuits. Ordinary muesli.	Sweet biscuits, cream-filled biscuits, cream crackers, cheese biscuits, croissants.
FRUIT AND VEGETABLES	All fresh, frozen, dried & unsweetened tinned fruit. All fresh, frozen, dried vegetables. Baked potatoes (eat skins) Tofu.	Olives. Oven Chips labelled "cooked in sunflower oil and 40% less fat" Avocado. Canned vegetables (avoid salt)	Crystalized fruit. Chips & roast potatoes cooked in suitable oil.	Deep fat fried chips, roast potatoes. Crisps & savoury snacks. Canned fruit in syrup.
NUTS	Chestnuts. Walnuts. Pinenuts	Pistachio. Pecan. Almonds. Sesame or Sunflower seeds.	Peanuts & most other nuts e.g. Hazelnuts, Brazilnuts Cashew.	Coconut.
FISH	All fresh & frozen fish, e.g. cod, plaice, herring, mackerel	Fish fried in suitable oil. Fish fingers or fish cakes (grilled) Canned fish - Tuna.	Prawns, lobster, crab oysters, molluscs, winkles. Fish tinned in oil (drained) - Sardines.	Fish roe Taramasalata. Fried scampi.
MEAT	Chicken, turkey (without the skin). Veal. Rabbit. Game. Soya protein meat substitute.	Lean beef, pork, lamb, ham & gammon. Very lean minced meat.	Liver, kidney, tripe, sweetbreads. Grilled back bacon. Duck (without skin). Low fat pate.	Sausages, luncheon meats, corned beef, pate, salami, Streaky bacon, burgers, goose, meat pies, & sausage rolls, pasties, Scotch eggs. Visible fat on meats. Crackling, chicken skin.
EGGS AND DAIRY FOODS	Skimmed milk, soya milk, powdered skimmed milk. Cottage cheese. Low fat curd cheese. Low fat yoghurt. Egg white.	Semi-skimmed milk. Eggs.	Medium fat cheeses, e.g. Edam, Camembert, Gouda, Brie, Cheese spreads. Half fat cheeses labelled 'low fat'. Sweetened condensed skim milk.	Whole milk & cream. Full fat yoghurt. Cheese e.g. Stilton, Cheddar, Cream Cheese. Evaporated or condensed milk. Imitation cream.
FATS		Butter, sunflower oil, soya oil, safflower oil, olive olive oil, peanut (groundnut) oil.		All margarines, shortenings & oils <u>not</u> labelled "high in polyunsaturates" or monounsaturates. Lard, suet & dripping. Vegetable oil or margarine of unknown origin. All spreads not labelled 'low fat'.
PREPARED FOODS	Jelly (low sugar). Sorbet. Fat free home-made soups.	Pastry, puddings, cakes, biscuits, sauces, etc. made with wholemeal flour & fat or oil as above. Low fat ready prepared meals	Packet soups. Non Dairy Ice Cream. Custard mix made with water or skimmed milk.	Pastries, puddings, cakes, & sauces made with whole milk and fat or oil as above. Suet dumplings or puddings. Cream soups. Hydrogenated fats.
SWEETS, PRESERVES, JAMS, SPREADS	Marmite, Bovril, chutneys & pickles. Low sugar jams & marmalade.	Fish & meat pastes. Peanut Butter. Jam, marmalade, honey. Low fat soft cheese. Low fat spreads. Sugar free sweeteners.	Boiled sweets, fruit pastilles & jellies.	Chocolate spreads. Chocolate, toffees, fudge, butterscotch, Carob chocolate. Coconut bars.
DRINKS	Freshly made tea, mineral water, fruit juices (unsweetened).	Alcohol. Coffee (not too strong)	Sweetened drinks. Squashes, fruit juice. Malted milk or hot chocolate drinks made with skimmed milk.	Whole milk drinks. Cream based liqueurs. Coffee whitener.
SAUCE AND DRESSINGS	Herbs, spices, Tabasco, Worcestershire Sauce, Soy sauce, lemon juice. Garlic, pepper.	Home-made salad dressings & mayonnaise made with suitable oils as above.	'Low fat' or 'low calorie' mayonnaise & dressings. Parmesan cheese.	Ordinary or cream dressings & mayonnaises.

Note: If you are overweight, foods high in sugar should be avoided and intake of suitable fats and oils strictly limited.

1. **Eat regularly** - Choose from this group daily
2. **Eat in moderation** - Occasionally = moderate amounts 2-3 times per week
3. **Special Treats** = moderate once a week, have a "sin day" as a treat but don't overdo it !

produced for **The Arterial Health Foundation**, P.O. Box 8, Atherton, Manchester. M46 9FY Tel. 01942 683378

Now we should have a look at how much of it we should eat. Usually food will have the amount of energy it takes to burn up on the label and this is known as the calorie content. We are all familiar with the term "Calorie Counting." I have included a chart with an approximate amount of calories that are recommended daily for children.

Age	Calories per day	
	Boys	Girls
1-3	1,230	1,165
4-6	1,715	1,545
7-10	1,970	1,740
11-14	2,220	1,845
15-18	2,755	2,110
Adults	2,550	1,940



But now let's consider the quality of what we eat. I mentioned earlier that we have to consider the way food is grown, and harvested, stored, and transported long before it reaches our plate!



Back in my office, I have thousands of scientific reports and articles to back the points I am making here. But you seriously don't want to start wading through all that. What I am going to do is to insert a newspaper article where some of this research has been hard hitting enough to make the headlines. I keep a research scrapbook of this information. This will back up the point I am making and is easily accessible and readable for you!

Children's danger diets

Youngsters eating less healthy food than in the Fifties

BY RACHEL ELLIS
HEALTH CORRESPONDENT

YOUNG children are eating a less healthy diet than boys and girls in post-war Britain when rationing was still in force, new research reveals. Bread, milk and vegetables – rich in fibre, calcium and iron – were the main components of a four-year-old's diet in the 1950s. Children of the same age today fill up on crisps and sugary drinks.

The study, by the Medical Research Council, raises fears that today's children could suffer health problems in later life.

Professor Michael Wadsworth, director of the charity's national survey said: "In 1950 the average diet was still influenced by post-war austerity, but this study shows that the food and nutrient intake of young children at the time was better than today."

"The higher amounts of bread, milk and vegetables consumed in 1950 are closer to the healthy eating guidelines of the 1990s."

"The children's higher calcium intake could have potential benefits for their bone health in later life, while their vegetable consumption may protect them against heart and respiratory disease and some forms of cancer."

The diet records of 4,600 youngsters living in England, Wales and Scotland, who were four in 1950 were analysed for the study and compared with the diets of children of the same age in 1992.

Researchers found that while bread and milk formed the main part of children's diet in the 1950s, by the 1990s consumption of these items was much lower.

As a result, the intake of fibre and calcium – vital for preventing digestion problems and maintaining healthy teeth and bones – was lower in modern children.

Tea was the most common drink among four-year-olds in 1950, with 55 per cent of children having a cup with their meals, and soft drinks were scarce, only drunk by one in 10. In the 1990s, however, sugary drinks similar to today's controversial Sunny Del-

THEN AND NOW: Healthy school meals have been replaced by pizza, crisps and fizzy drinks



ight, were consumed by 90 per cent of youngsters. Consequently, their sugar intake was higher and the proportion of energy derived from sugars was also much higher – 26 per cent compared with 16 per cent in the 1950s.

Vitamin C intake was similar among both groups, reveals the report, published in the journal Public Health Nutrition.

But while children in 1992 were most likely to get their daily supply from juices and drinks, children in the 1950s were more likely to get the vitamin from vege-

tables – 59 per cent compared with 22 per cent in 1992.

Intake of iron was also lower among modern children – on average 5.9mg a day compared with 7.7mg – mainly because children in 1950 ate more red meat rather than poultry. Although the 1950s diet was of greater value in terms of vitamins, minerals and fibre, the overall fat and calorie intake of the post-war children was much higher.

Professor Wadsworth said: "The fat and calorie intake was indeed higher in 1950 but it's also quite likely that the children would have been more active and consequently would have needed more energy than children today."

"Children in the 1950s were getting fibre and calcium in much better quantities as well as iron and vitamins because of the simplicity of the meals – there was rationing and the people who controlled diet were doing a good job."

"Giving children fizzy drinks and crisps is a way of filling them up. Although it is perfectly adequate food, it doesn't contain the other benefits of eating an apple."

A new study is now under way to see whether different diets have an impact on long-term health. "It is the critical question because there is such a big difference between the diets of then and now," Professor Wadsworth said.

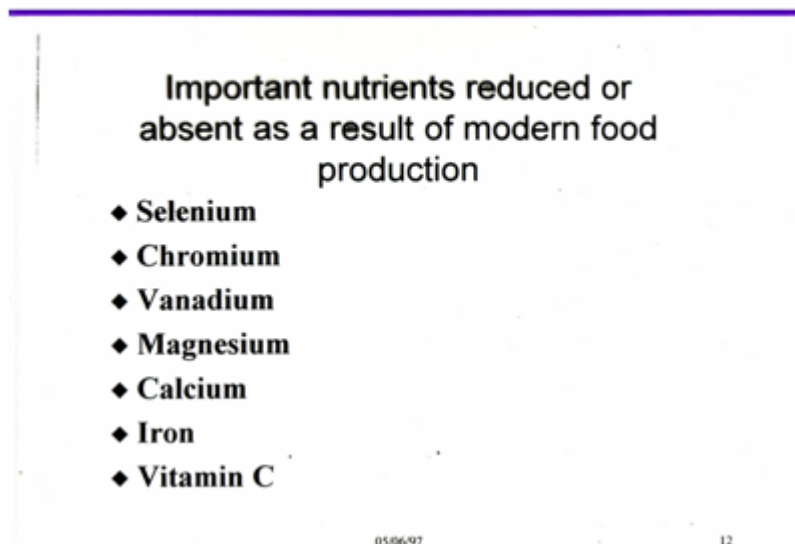
THE DIET OF AN AVERAGE FOUR YEAR-OLD	
1950s	1990s
Breakfast Eggs or cereal with bread and butter	Breakfast Cereal with fruit juice or a soft drink
Lunch Meat, potatoes and a vegetable, rice pudding	Lunch Sandwiches, crisps and yoghurt
Tea Bread, butter and jam, cake and biscuits	Tea Baked beans on toast or fish-fingers
Bedtime Milk	Bedtime Snack of crisps and biscuits

Here we go: –

To look at the beginning of this story we need a bit of a history lesson that goes back to the Second World War. Before the war all farmers grew crops by something called the rotation of crops. Do you remember reading about that in Geography lessons at school? This is where if a farmer had 4 fields then he would only grow crops on three of them each year giving one field a year of every four years. This was done to ensure the soil had plenty of nutrients left in it because the crops weren't taking them all out. What happened in the war was that they used a lot of something called NPK (Nitrogen, Phosphorous and Potassium). This was used to make ammunition. At the end of the war there was loads of this stuff left over so they put it onto crops and lo and behold they grew extremely efficiently. So much so, those farmers who didn't use NPK were soon put out of business as they couldn't compete with the ones that did. Unfortunately our bodies need more than just these elements from the soil. All of these other elements started to become deficient in the crops that were grown, in the animals that ate those crops and in the humans that ate the animals and the crops.

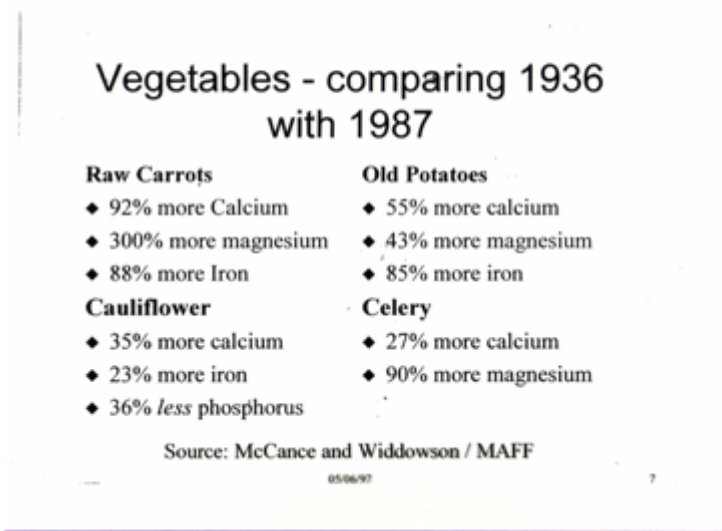
I have included a table of all the minerals that our bodies need to be able to function healthily.

NUTRIENTS

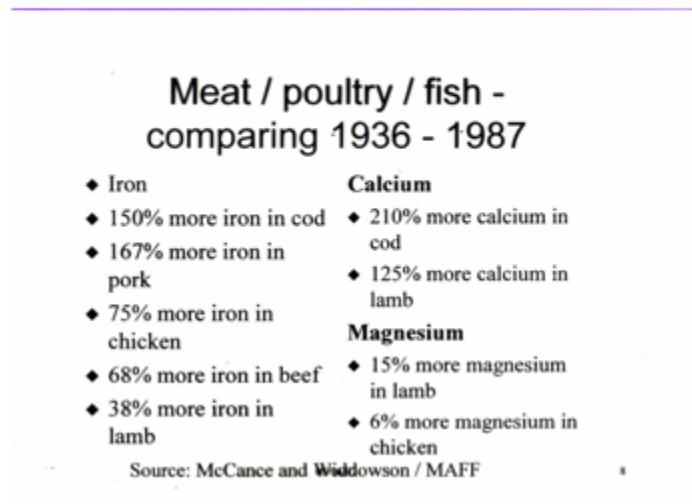


And below are some charts of some research that was done by MAFF in the UK (Formerly the ministry of agriculture, food and fisheries, now known as DEFRA).

WHAT HAPPENED TO VEGETABLES?



AND MEAT?



That shows us that a lot of our food is deficient in essential minerals that we need.

What about vitamins?

Well I've included a chart below on what vitamins we need to be healthy.

VITAMINS

Name	Main occurrence
Vitamin A (Retinol)	Cod-liver oil, liver, kidney, milk products, butter, yolk, as <u>provitamine A</u> in carrots
Vitamin B1 (<u>Thiamin</u>)	Wheat germs, wholemeal cereals, peas, heart, pork, <u>barm</u> , oatmeal, liver, brown rice
Vitamin B2 (Riboflavin)	Milk products, Meat, wholemeal cereal, cheese, eggs, liver, sea-fish, green leafy vegetables, whey powder
Vitamin B3 (Niacin, Nicotine acid)	<u>Barm</u> , peanuts, peas, liver, poultry, fish, lean meat
Vitamin B5 (<u>Pantothen acid</u>)	Liver, vegetable, wheat germs, asparagus, crabs, meat, sunflower cores, Pumpernickel
Vitamin B6 (<u>Pyridoxin</u>)	Bananas, nuts, wholemeal products, yeast, liver, potatoes, green beans, cauliflower, carrots
Vitamin B7 (Biotin, Vitamin H)	Liver, cauliflower, champignons, wholemeal products, eggs, avocado, spinach, milk
Vitamin B9 (Folic acid, Vitamin M)	Liver, wheat germs, cucurbit, champignons, spinach, avocado
Vitamin B12 (<u>Cobalamin</u>)	Liver, milk, yolk, fish, meat, oysters, quark, <u>barm</u>
Vitamin C (ascorbic acid)	Dog roses, sea buckthorn, citric fruits, black currants, potatoes, paprika, tomatoes, collard, spinach, vegetables, radish
Vitamin D (<u>Calciferol</u>)	Cod-liver oil, liver, milk, yolk, butter, sea fish, herring, champignons, avocado
Vitamin E (<u>Tocopherole</u>)	Sunflowers -, corn -, <u>Soja</u> and wheat germ oil, nuts, flaxseed, <u>salsify</u> , pepperoni, collard, avocado
Vitamin K (<u>Phyllochinone</u>)	Eggs, liver, green collard, green vegetable, bulbs, oatmeal, kiwi, tomatoes, cress

But let's look at oranges for example. We know that they are a good source of vitamin C.

Don't we?

Well that depends! For an orange to be rich in Vitamin C, it needs to ripen in ultraviolet light, in sunlight. What happens is that a lot of oranges are picked before they ripen so that they do not go off during transportation. Often they are stored in cold conditions for weeks or months before transporting them to the shops and they will have little or no vitamin C content in them.

Now it's not only the Vitamin C that works to help us with colds for example. The Vitamin C in an orange is found along something called Bio-flavonoids. These are natural substances that help the body to assimilate Vitamin C, (also it is now known that they provide health

benefits to help against cancer and heart disease). These are so often missing due to modern farming and harvesting techniques.

So – the argument is to take vitamins...right?

Errrrr....No!!!

I did mention that the issue is complicated!

A lot of vitamins that are available are chemical or synthetic copies of what should be occurring in nature. In Vitamin C for example it has sodium ascorbate and ascorbic acid to make the vitamin C tablet. However it does not have all the other bio flavonoids etc in there that make it effective.

The vitamins that you take need to be derived from natural sources to be effective and need to not be over heated in their production either as this can also damage their effectiveness.

So.... You need to be careful with the type of food and vitamins you take!!!

And the story doesn't stop there I'm afraid!

What about the whole organic debate?

Why do we need to eat organic?

Well mainly because of all the pesticides and insecticides that are sprayed onto food to make their production cheaper for the growers.

Did you know for instance that a lettuce was sprayed with known cancer causing insecticides many times before it reaches your family's table? Over 10% of lettuces tested had over the safety limit of toxic chemicals!

These toxic chemicals are known to build up in the body over a long period of time and can contribute to illness and behaviour problems. There is now research to show that young people with ADHD have higher percentages of pesticides found in their urine samples. So please make sure that you thoroughly wash all fruit and vegetables.

And here are some press cuttings illustrating the point.



Added extra on your salad.. a dozen different pesticides

By MATTHEW BELL

THEY are three of the healthiest things you can eat...apples, lettuces and tomatoes. But would you be so happy to eat them if you knew what had been sprayed on them before they reached the shop?

Unless they are organic, a THIRD of all fruit and vegetables contain detectable levels of pesticide residues, says the Pesticide Trust, a charity that looks into the potential dangers.

Up to 12 pesticides and fungicides might be applied to a tomato before it's picked. And while some chemicals act only on the surface and can be washed or peeled, systemic chemicals work by penetrating the tomato's flesh.

Now experts are concerned about the effect of consuming regular doses of pesticides with our food. "We need to reduce the use of all pesticides, not just some of them," says the Trust's Peter Beaumont.

Alexis Vaughan of the consumer group Sustain says a cocktail of chemicals have been found on lettuce leaves - even after they had been washed.

The only way to make sure you are not eating pesticides with your fruit or veg is to eat only organic food. If not, wash the fruit or vegetables in cold water and peel if possible. Also buy locally, and only those foods in season.

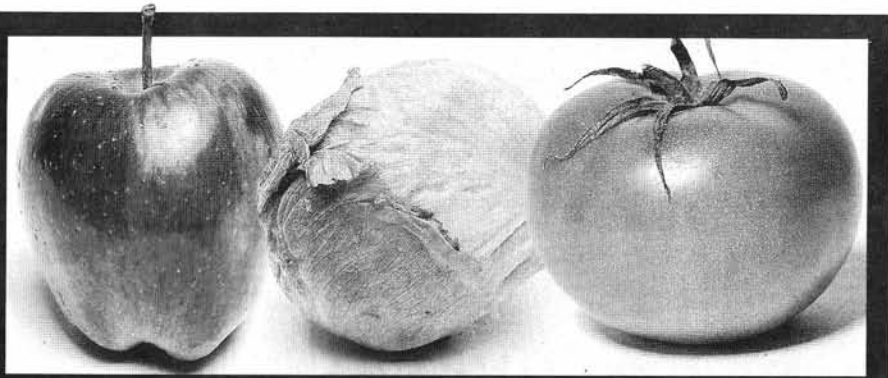
All the major supermarkets belong to the Assured Produce Scheme, which backs the limited use of pesticides and insists our fruit and veg is safe.

"To count up the number of pesticides that theoretically could be applied to any one crop would give a misleading impression," says Chris Barnes, chairman of the Assured Produce Scheme. "All stores have testing arrangements and routinely these record nil or infinitesimal levels."

Now the Sunday Mirror has charted the life of a lettuce, an apple and a tomato from the day it first started to grow to the day it arrived in a supermarket.

The warnings on pesticides "harmful to humans" and "irritant to humans" are general labels, says the Pesticides Trust.

"Broadly speaking the first means it is harmful if swallowed and the other means it will irritate the skin nose or eyes if it comes into contact with exposed tissue," says Mr Beaumont.



WHAT HAPPENS TO YOUR APPLE

THIS is the typical life of an apple on sale in a supermarket:

WEEK ONE: The buds are sprayed with the systemic pesticide bupirimate (Nimrod) to combat powdery mildew commonly caused by Britain's wet climate.

DOSE: 1.4 kg per hectare.
RISK: Harmful to humans.
WEEK TWO: To tackle scab, a form of fungi, farmers spray captan (PP Captan 80 WG).

DOSE: 3.4 kilos per hectare.
RISK: Irritant to humans.

To deal with blossom wilt, vinclozolin and pyrimethanil (Ronilan and Scala) are applied.

DOSE: 1 to 1.5 kilos per hectare.
RISK: Harmful to humans.
WEEK THREE: Growers spray systemic pirimicarb (Aphox, Phantom and Pirimisect) to deal with aphids. **DOSE:** 0.42 kilos per hectare.

RISK: Harmful to humans.
WEEK FOUR: To fight winter moth caterpillars, growers spray the bacteria bacillus thuringiensis (Ashlade Novasol).

DOSE: 2 kilos per hectare.
RISK: Irritant to humans.
WEEK FIVE: The summer fruit tortrix and the fruit tree tortrix, are two different types of moth. Both are pests and growers spray chemicals such as Fenoxycarb (Insegar).

DOSE: 0.6 kilos per hectare.
RISK: Harmful and irritant.
WEEK SIX: Insects called capsids and fruit tree red spider mite are controlled with such chemicals as Clofentezine (Apollo).

DOSE: 0.4 kilos per hectare.
RISK: Harmful and irritant.
ON SALE: Our apple was picked in August and arrived in the supermarket a week later.
IN THE HOME: If the apple has been treated with a non-systemic chemical it should be easy to remove with thorough washing.

WHAT HAPPENS TO YOUR LETTUCE

THIS lettuce, an iceberg, was planted on February 20 at a farm near Cambridge.

WEEK ONE: The lettuce crop was sprayed with a weed-killer with propachlor (Ramrod), a short-lasting chemical that should have gone by the time the lettuce is picked.

DOSE: Four kilos per hectare.
RISK: Harmful to humans.

WEEK TWO: Sprayed with systemic pirimicarb (Aphox). It kills aphids but doesn't affect ladybirds which eat them. It can't be used within three days of harvesting.

DOSE: Four kilos per hectare.
RISK: Harmful to humans.

WEEK THREE: The crop was hit by caterpillars so cypermethrin (Toppel) was applied.

DOSE: 0.25 litres per hectare.
RISK: Harmful to humans.

WEEK FOUR: Lettuce was sprayed with the fungicide iprodione (Rovral Flo). This was used to combat the fungal disease called sclerotinia which occurs as a white fluffy fungus at the base of the lettuce and can rot the plant. It is banned from use within seven days of harvesting.

DOSE: 0.2 kilos per hectare.
RISK: Irritant to humans.

WEEK FIVE: A virus spread by aphids called Beet Western Yellow attacks lettuces and makes them fall apart. Growers treat with the systemic pirimicarb (Aphox, Phantom and Pirimisect).

DOSE: Four kilos per hectare.
RISK: Harmful to humans.
WEEK SIX: The crop was then sprayed again with the chemical cypermethrin (Toppel).

ON SALE: The lettuce was finally picked on May 15 and was on sale within two days.
IN THE HOME: If the lettuce has been treated with non-systemic chemicals it's possible to wash them from the leaves. But lettuces have many nooks and crannies and this may prove to be difficult.

WHAT HAPPENS TO YOUR TOMATO

BEFORE a tomato is even planted in a greenhouse the grower will wash down the glass with a chemical-based disinfectant such as Jet 5. If an insect called leaf miner or leaf hopper has been a problem in the past a high-volume spray of pyrethroid, is used. Growers are encouraged to inspect their crops for disease at least once a week, and to take prompt action as soon as they detect any pests.

WEEK ONE: Buprofezin is sprayed over the crop to protect against whitefly.

DOSE: 1 kilo per hectare.
RISK: Harmful to humans.

WEEK TWO: Spider mites are dealt with by dicofol or tetradifon.

DOSE: 1 kilo per hectare.
RISK: Irritant to humans.

WEEK THREE: One of the biggest blights on the tomato is the fungi Botrytis. To combat this, growers spray the chemical chlorothalonil.

DOSE: 2 kilos per hectare. Only two applications of chlorothalonil are recommended per crop.
RISK: Harmful to humans.

WEEK FOUR: Aphids are not such a serious threat to tomatoes as they are to lettuces, but the tiny black insect can damage the fruit. One chemical used is verticillium lecanii (Vertalec).

DOSE: 0.5 kilos per hectare.
RISK: Irritant to humans.

WEEK FIVE: Mealybugs are attacked with a blast of petroleum oil.

DOSE: 0.5 mg per hectare.
RISK: None given.
WEEK SIX: Powdery mildew can sometimes occur around this time. If found, farmers immediately spray with sulphur (Thiovit).

DOSE: 2 kilos per hectare.
RISK: Harmful to humans.
ON SALE: Our tomato was picked from the vine in May and it was on the top shelf within two to three days.
IN THE HOME: If the tomato has been treated with a non-systemic chemical then it should be easy to remove by thorough washing.

Your survival guide for Christmas and the Millennium - see Page

Dangers in food

FROM PREVIOUS PAGE

How to avoid them: It's worth buying organic dried fruit because residues of ETU have been known to exceed desirable levels in dried apricots. The 1998 report from the Government's Working Party on Pesticide Residues showed lettuce can also be cause for concern.

ORGANOPHOSPHATES (OPs)

What are they? OPs are widely-used nerve poi-

sons which kill the target pest through inhibiting the transmission of nerve impulses. Widely used in agriculture, they are also found in household products and head lice treatments.

Hazardous effects: The World Health Organisation estimates that there are 20,000 unintentional deaths each year from pesticides, and that a large proportion of these involves OPs.

Acute toxicity causes excessive sweating, gastrointestinal symptoms, headache, poor con-

centration and tremors. Chronic toxicity is thought to cause nerve damage and possible depression but whether small doses can result in cumulative poisoning is controversial.

How to avoid them: Minimise OP use around the home by swabbing rather than spraying flies and insects, and if flea sprays are necessary on animals, using them outside.

Avoid over-the-counter head lice preparations. Highest amounts of OP residues in foods have traditionally been in carrots — hence the advice to top, tail and peel them. But recently some red peppers from Spain were also found to have very high levels.

GLUFOSINATE

What is it? A broad-spectrum herbicide which works by interfering with photosynthesis in the plant, it is also used to desiccate (dry off) crops before harvest.

Hazardous effects: Ecologists are concerned about the lack of data on the impact of glufosinate on aquatic and terrestrial wildlife. There are concerns that it could leach into drinking water sources and be toxic to beneficial soil micro-organisms.

How to avoid it: Glufosinate is increasingly being targeted for use on GM crops, so avoid eating genetically modified foods. Potatoes and dried or processed peas are also relatively likely to have residues according to the Ministry of Agriculture, Fisheries and Food.

LINDANE

What is it? An organochlorine pesticide now in restricted use due to its effects on health and persistence in the environment.

Hazardous effects: Lindane is linked with serious health problems, including a certain form of anaemia, breast cancer, and possible hormone-disrupting (gender-bending) effects.

Recently the UK banned its use as a seed treatment, but other countries have banned it altogether.

How to avoid it: Check the labels of ant and moth killers and wood preservatives for the words lindane or gamma HCH. Food-wise, choose



Choose chocolate carefully

organic dark chocolate as residues are common in the non-organic type.

PYRETHROIDS

What are they? A group of insecticides used in agriculture and in homes. They kill pests by affecting the normal function of nerve cells.

Hazardous effects: Pyrethroids are of low acute toxicity to birds and mammals, but chronic exposure is now thought to contribute to nerve and muscle symptoms and suppression of the immune system. Pyrethroids aren't persistent in so, so contamination of food or water is unlikely.

How to avoid them: Look for ingredients such as permethrin and permethrin in bug sprays, flea-repelling and head lice shampoos. If there is a natural alternative, use it.

How safe is organic?

THE Daily Mail commissioned its own pesticide analysis, checking for residues in a shopping basket of ten commonly eaten foods. In each case, an organic and conventionally-produced version of the same food was screened for as many as 80-90 different chemicals. Our results showed no detectable pesticides in either the organic or non-organic versions of the following eight foods: wholemeal bread, broccoli, carrots, chicken, milk, pork, rice cakes and spaghetti. Neither could pesticides be found in organic samples of chocolate and apples. However, in both of the conventional samples of these foods, residues were detected.

Dark chocolate with a cocoa solid content of 70pc contained traces of the organochlorine lindane, while English Spartan apples contained three separate residues —

chlorpyrifos (a moderately hazardous organophosphate), carbendazim and bupirimate.

None of the pesticides was above the MRL (the maximum residue level legally permitted) and for a 60kg adult to exceed the Acceptable Daily Intake of any of the chemicals they

would have needed to consume at least 8kg of the apples or 3kg of the chocolate.

However, pesticides are contributed by many other foods in the daily diet, and the potential cocktail effect of repeatedly ingesting tiny amounts of a wide variety of chemicals is largely untested.

One report published in the U.S. journal *Nature* showed that combinations of two or three common pesticides at low levels that might be found in the environment, are up to 1,600 times as powerful as the individual pesticides alone.

VERDICT: None of the organic foods sampled in our random test had any detectable pesticides. However 50pc of the conventionally produced foods still contain significant residues in our sample. While the amounts of such residues are usually very small, their additive effect on health is still poorly understood.

For sensitive groups, such as children, choosing organic versions of staple foods must still be the safest option.

GOOD HEALTH

10 reasons to go organic

We reveal the most common pesticides that contaminate our top foods

GOVERNMENT figures suggest that up to a quarter of the foods we eat may contain detectable pesticide residues, and that around one in 100 foods contain more than the legally allowable level.

By ANGELA DOWDEN

CARBENDAZIM

What is it? A fungicide (also known as benomyl) which blocks cell division in micro-organisms and its earthworms and other invertebrates. Used on arable and vegetable crops and as a post-harvest dip or dust. Sold for garden use under the name Benlate.

Hazardous effects: Generally of low toxicity, but occupational exposure has been known to cause skin and eye irritation and in one report, headaches, diarrhoea and sexual dysfunction. Eye defects have occurred in offspring born to animals exposed to high doses of the fungicide.

How to avoid it: Out of season English apples are most likely to contain residues because of treatments during storage. Buying organic English or freshly imported New Zealand apples gets round the problem.

CARBARYL

What is it? An insecticide belonging to the same family as aldicarb, used on more than 100 crops worldwide. Also the active ingredient in prescription-only head lice preparations.

Hazardous effects: The UK, as an Advisory Committee on Pesticides, considers carbaryl a potential human carcinogen. It can only be applied to fruits a minimum of three weeks before harvest, but traces are still routinely found in food.



Food fears: Make sure you know exactly what your family is eating for complete peace of mind

How to avoid it: Eat organic apples and pears as traces show up most commonly in these fruits. Use non-chemical methods (eg fine-combing) rather than carbaryl treatments for head lice.

2,4-D

What is it? It's a herbicide (full chemical name 2,4-dichlorophenoxy acetic acid) used for the control of broad leaf weeds in crops. It is also used to strip citrus trees falling from the tree.

Hazardous effects: Despite decades of usage, there are still data gaps concerning 2,4-D's effects on human health and the environment. The main concern is water contamination and occupational exposure, which can lead to eye

and skin irritation, weakness and fatigue.

How to avoid it: The most likely place to find 2,4-D is on the skin of oranges, grapefruit and Clementines. Peeling removes it, but if you need to use the zest, buy organic fruit.

DICOPOL

What is it? An organochlorine chemical that kills mites.

Hazardous effects: It is highly toxic to aquatic life and can cause egg-shell thinning in some bird species. The US Environmental Protection Agency has also expressed concerns that dicofol may cause hormonal disruption, but this isn't proven.

How to avoid it: In the UK it is

licensed for use on apples, pears, blackcurrants, strawberries and cucumbers, so choose organic versions.

EBDCs

What are they? Ethylenebisdithiocarbamates (EBDCs) are a group of surface acting fungicides that control diseases such as blight, leaf spot, mildew and scab.

Hazardous effects: Ethylenebithiourea (ETU), a breakdown product of EBDCs, is a possible human carcinogen and produces thyroid disorders in animals given high doses. ETU can be produced when foods containing EBDCs are stored or cooked.

TURN TO NEXT PAGE

What about how we cook our food?

Well let's have a think about microwaves (I threw mine away by the way!)

Russian, Swiss and German scientists have come with 10 good reasons not to use microwave ovens:

- 1) Continually eating food processed from a microwave oven causes long term -permanent- brain damage by 'shorting out' electrical impulses in the brain
- 2) The human body cannot break down the unknown by-products created in micro waved food.
- 3) Male and female hormone production is shut down and/or altered by continually eating micro waved foods.
- 4) The effects of micro waved food by-products are long term and permanent within the human body.
- 5) Minerals, vitamins, and other nutrients of all micro waved food is reduced or altered so that the human body gets little or no benefit, or the human body absorbs altered compounds that cannot be broken down.
- 6) The minerals in vegetables are altered into cancerous free radicals when cooked in microwave ovens.
- 7) Micro waved foods cause stomach and intestinal cancerous growths. This may explain the rapidly increasing rate of colon cancer in America.
- 8) The prolonged eating of micro waved foods causes cancerous cells to increase in human blood.
- 9) Continual ingestion of micro waved foods causes immune system deficiencies through lymph gland and blood serum alterations.
- 10) Eating micro waved food causes loss of memory, concentration, emotional instability, and a decrease of intelligence.

Quoted from <http://www.profoundarticles.com>

Additives

Now lets' get onto the thorny issue of additives:

The Hyperactive Children's support group (<http://www.hacsg.org.uk/>) have done a lot of research into something called The Feingold Diet. This involves looking at particular additives in food which are known to cause sensitivity in children and which lead to hyperactive or disruptive behaviour. They produce a range of publications which advise parents on how to eliminate these from your child's diet and reintroduce them in one at a time in order to find out if your child is affected by these additives.

Here are some other websites to help you with the food additives that you need to avoid;

<http://www.netmums.com>

<http://altmedangel.com/additive.htm>

I would at this point, like to draw your attention to the artificial sweetener called ASPARTAME also labelled as a source of phenylalanine, Canderelle, Nutrasweet, E951. This is known as a 'neuro-toxin' which means it can potentially destroy the brain, the optic nerve

and the nervous system. It has been identified as contributing to hyperactive behaviours especially when mixed with a flavour enhancer called MSG. For more information on this please visit www.dorway.com

Here is a list of other dangerous things to avoid in your fridge!

Food packed with flavour, colour... and 100 additives

HEALTH CHECK

HIGH consumption of olive oil and cooked vegetables may protect against rheumatoid arthritis. A recent study found that people who had only a little olive oil and few vegetables in their diet had a two-and-a-half times greater risk of developing the condition than those who had high amounts in their diet.

IF you're suffering from a blocked nose or aching muscles, then try the natural vapours of eucalyptus, peppermint and other plant oils to clear your head and soothe your body. The Sunday Mirror has teamed up with Lanes, the makers of Olbas Bath, to give away 100 bottles of the foam worth £3.45 each. Write to Sunday Mirror/Olbas bath offer, c/o Lanes Health products Ltd, FREEPOST SWB 30706, Exeter EX2 7ZY before February 27.

SCIENTISTS have discovered why we can't resist fattening meals and snacks. It seems the higher the fat content, the fuller the flavour. Low and reduced-fat meat products may smell much stronger than full-fat versions, but their "flavour reservoir" is much smaller. Fat slows down the release of aroma compounds, substances which give foods their flavour, so they taste better for longer.

Web Watch

THIS newly-launched website offers detailed information about pills and medicines. It's the same information that is contained in the leaflets that accompany all medicines when they are dispensed. Already hundreds of medicines are covered and it is planned that the site will eventually make available information on more than 10,000 prescription and over-the-counter items licensed in the UK.

Launched by the Association of the British Pharmaceutical Industry, a stand-alone CD-ROM is also being planned for those people without internet access.

Eye Knight of the British Cardiac Patients Association said: "We welcome this tremendously. The more information patients have, the more informed decisions they can make."

WHAT'S IN YOUR SHOPPING TROLLEY

Goodfella's Pizza

AMERICAN Style Deep Pan has 28 ingredients including 10 additives: sodium nitrate, sodium ascorbate, sodium polyphosphates, mono and di-glycerides of fatty acids, sodium stearoyl lactylate, L-cysteine hydrochloride, and L-ascorbic acid.

Ross Admiral's Pie

FISH pie has 22 ingredients including six additives: annatto, diphosphates, citric acid, flavour, capsanthin, circumin.

Richmond's sausages

IRISH recipe sausages have 13 ingredients, including these six additives: diphosphate, guar gum, Vitamin C (E300) and Vitamin E (E307), sodium metabisulphate, Red 2G.

Kingsmill Bread

WHITE, medium-sliced loaf has 12 ingredients, including seven additives: E471, E481, calcium propionate, potassium sorbate, ascorbic acid, E920.

Fromage Frais

ST Ivel Shape Thick 'n' Creamy has 19 ingredients, including 11 additives: guar gum, aspartame, acesulfame K, citric acid, potassium sorbate, lutein, anthocyanins, beta carotene, ascorbic acid.

Bird's Trifle

STRAWBERRY version has 10 ingredients, including 15 additives: carrageenan, dipotassium phosphate, potassium chloride, adipic acid, cream of tartar, carboxymethylcellulose, flavourings, sodium saccharin, annatto, betanin, propylene glycol mono-stearate, soya lecithin, beta carotene, ammonium bicarbonate, cochineal.

Pepsi Max

SOFT drink has 10 ingredients, including 8 additives: E50d, aspartame, acesulfame K, phosphoric acid, sodium benzoate, caffeine, flavourings, citric acid.

Nestle Fab

FROZEN ice lollies have 22 ingredients, including 12 additives: flavourings, betanin, circumin, beta carotene, copper chlorophyll, citric acid, guar gum, gelatine, carboxymethylcellulose, carrageenan, E471, lecithin.

Jammie Dodgers

BURTON'S biscuits have 26 ingredients, including 8 additives: pectin, citric acid, carmellose, trisodium citrate, flavouring, ammonium hydrogen carbonate, sodium hydrogen carbonate, disodium diphosphates.

Wrigley's Gum

EXTRA Spearmint chewing gum has 13 ingredients of which 11 are additives: xylitol, sorbitol, mannitol, aspartame, calcium carbonate, glycerine, gum arabic, flavourings, E171, E903, E920.

By SHARON COLLINS
Health Correspondent

FOOD additives provide extra flavour, colour, shape, texture, smell and a longer shelf life...but do we really know what we're eating?

There is growing concern about just what effects these additives in processed food can have on us — some have been linked through lab tests on animals to birth defects, stunted growth and cancer.

Others have been found to trigger asthma attacks and allergic reactions such as headaches, skin rashes, diarrhoea and giddiness in some people.

Take just 10 supermarket food items like those on this page and, amazingly, they contain nearly 100 additives between them.

The sweetest products have been found to have the highest number of additives in a survey of dozens of processed foods and drinks carried out by The Food Commission.

One E number in particular — E250, found in cured meats such as bacon, ham and salami — is sodium nitrite, which produces agents capable of producing cancer in animals.

Government advisers recommended as far back as 1978 that it should stop being used as soon as practicable. But food manufacturers argue that it stops bacteria growing in meat and they are unable to find a suitable alternative.

Food industry spokesman Martin Paterson said: "By law, all food on sale in the UK should be safe and every food ingredient and additive is subject to strict safety controls."



TEMPTING: But just what are we eating?

ADDITIVES AND THEIR EFFECTS

ACESULFAME K (E950) is banned in the USA as a suspected cancer-causing agent. It's permitted in the EU in limited amounts.

ANNATTO (E160b) has caused allergy symptoms. BUTYLATED HYDROXYANISOLE (E320) has caused birth defects in laboratory animals. It is also linked to hyperactivity.

CAFFEINE can cross the placenta and cause foetal damage during pregnancy according to tests on animals. In high doses it also causes sleeplessness, irregular heart beats and epileptic convulsions in humans.

CARAMEL COLOURING (E150) can lower vitamin levels and destroy white blood cells. CARBOXYMETHYLCELLULOSE (E461) can cause gut irritation in large quantities.

CARMOISINE (E122) may cause reactions in asthma sufferers.

CARRAGEENAN (E407) has been linked to stomach ulcers in animals. There are some reports of damage to the immune system.

COCHINEAL (E120) is toxic to embryos, and is linked to hyperactivity in children.

GUM ARABIC (E414) can cause allergy reactions. MANNITOL (E421) has a laxative effect and is a risk to people with bowel disorders.

POLY-PHOSPHATES (E450-E452) also have a laxative effect.

PHOSPHORIC ACID (E338) can deplete the body of calcium and contribute to osteoporosis.

RED 2G (E128) is a possible hazard to people suffering blood enzyme disorders. It is reportedly linked to food intolerance reactions and allergies.

SACCHARIN (E954) has been linked to cancer in laboratory animals. It must carry a cancer health warning in the USA.

SODIUM BENZOATE (E211) is linked to allergic reactions and hyperactivity in sensitive people.

SODIUM GUANYLATE (E627), SODIUM INOSINATE (E631) and SODIUM RIBONUCLEOTIDE (E635) change to uric acid, so could cause problems for people suffering from gout.

SODIUM METABISULPHATE (E223) destroys vitamin B1. Provokes asthma attack in some sufferers.

SORBITOL (E420) has a laxative effect causing a risk to people suffering bowel disorders.

SUNSET YELLOW (E110) can provoke intolerance or allergies in sensitive people. It is also linked to hyperactivity in children.

VANILLIN showed stunted growth and damage to internal organs of animals in laboratory experiments. It was lethal in high doses.

XYLITOL (E967) has a laxative effect — a risk to people suffering bowel disorders.

OK — well that's the bad news! Some of it anyway!!!

GOOD HE Hidden dangers

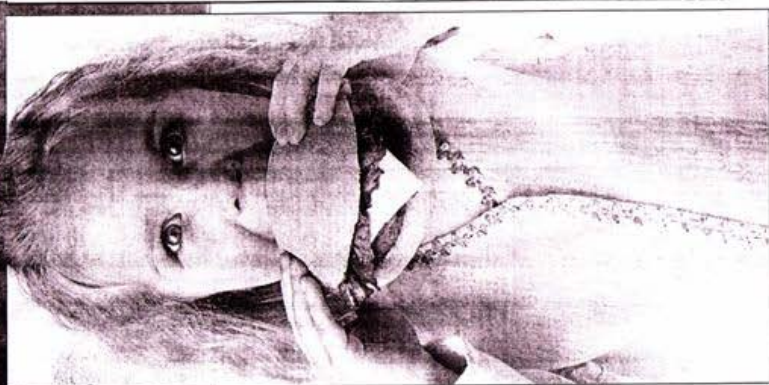
Starting today, a major new series exposes the harmful ingredients our children are eating - and offers a brilliant 7-day menu to avoid them...

By JOANNA BLYTHMAN

CHILDREN no longer eat the same food as their parents. In fact, they eat a very different diet. A typical day for the average child in the UK involves a breakfast of cereal, a lunch of a sandwich or a hot drink, and a dinner of a meat and vegetable. This is a far cry from the diet of their parents, which was dominated by meat and potatoes. Children's diets are now dominated by fast food, soft drinks, and processed foods. This is a diet that is high in fat, sugar, and salt, and low in fibre and essential nutrients. It is a diet that is linked to obesity, diabetes, and heart disease. In this series, we will expose the hidden dangers of the food that our children are eating, and offer a 7-day menu to avoid them.

The average child in the UK now eats a diet that is high in fat, sugar, and salt, and low in fibre and essential nutrients. This is a diet that is linked to obesity, diabetes, and heart disease. In this series, we will expose the hidden dangers of the food that our children are eating, and offer a 7-day menu to avoid them.

News: Mark Lancaster
Hazard warning: Burgers may be her favourite food but what do they really contain?
And over the page is the start of the menu plan for the week to help you avoid them.



ALTHOUGH 12 PAGES TO HELP YOU GET THE MOST OUT OF LIFE

In your child's food

FROM BISCUITS TO BURGERS, CHIPS TO CRISPS - WHAT YOUR CHILD IS REALLY EATING

BREAKFAST CEREAL

INGREDIENTS: Dried cereals, sugar, salt, and artificial colours. Many cereals are fortified with iron, zinc, and vitamins. Some cereals contain added sugar and salt.

HAZARD: High sugar and salt content. Some cereals contain artificial colours and flavours.

ADVICE: Choose whole grain cereals with low sugar and salt content. Avoid cereals with artificial colours and flavours.

COATED POULTRY

INGREDIENTS: Poultry, flour, oil, salt, and artificial colours. Some coatings contain added sugar and salt.

HAZARD: High fat and salt content. Some coatings contain artificial colours and flavours.

ADVICE: Choose poultry with a light coating. Avoid coatings with artificial colours and flavours.

FISH FINGERS

INGREDIENTS: Fish, flour, oil, salt, and artificial colours. Some coatings contain added sugar and salt.

HAZARD: High fat and salt content. Some coatings contain artificial colours and flavours.

ADVICE: Choose fish with a light coating. Avoid coatings with artificial colours and flavours.

PIZZA

INGREDIENTS: Flour, oil, salt, and artificial colours. Some pizzas contain added sugar and salt.

HAZARD: High fat and salt content. Some pizzas contain artificial colours and flavours.

ADVICE: Choose pizza with a light coating. Avoid pizzas with artificial colours and flavours.

BISCUITS

INGREDIENTS: Flour, oil, salt, and artificial colours. Some biscuits contain added sugar and salt.

HAZARD: High fat and salt content. Some biscuits contain artificial colours and flavours.

ADVICE: Choose biscuits with low sugar and salt content. Avoid biscuits with artificial colours and flavours.

ICE CREAM

INGREDIENTS: Milk, sugar, and artificial colours. Some ice creams contain added salt.

HAZARD: High sugar and salt content. Some ice creams contain artificial colours and flavours.

ADVICE: Choose ice cream with low sugar and salt content. Avoid ice cream with artificial colours and flavours.

TOAST

INGREDIENTS: Bread, butter, and artificial colours. Some toasts contain added sugar and salt.

HAZARD: High fat and salt content. Some toasts contain artificial colours and flavours.

ADVICE: Choose toast with low sugar and salt content. Avoid toast with artificial colours and flavours.

SOFT DRINKS

INGREDIENTS: Sugar, artificial colours, and caffeine. Some soft drinks contain added salt.

HAZARD: High sugar and salt content. Some soft drinks contain artificial colours and flavours.

ADVICE: Choose soft drinks with low sugar and salt content. Avoid soft drinks with artificial colours and flavours.

SMELTS

INGREDIENTS: Smelts, flour, oil, salt, and artificial colours. Some smelts contain added sugar and salt.

HAZARD: High fat and salt content. Some smelts contain artificial colours and flavours.

ADVICE: Choose smelts with a light coating. Avoid smelts with artificial colours and flavours.

YOGHURT

INGREDIENTS: Milk, sugar, and artificial colours. Some yoghurts contain added salt.

HAZARD: High sugar and salt content. Some yoghurts contain artificial colours and flavours.

ADVICE: Choose yoghurt with low sugar and salt content. Avoid yoghurt with artificial colours and flavours.

CRISPS

INGREDIENTS: Potatoes, oil, salt, and artificial colours. Some crisps contain added sugar.

HAZARD: High fat and salt content. Some crisps contain artificial colours and flavours.

ADVICE: Choose crisps with low sugar and salt content. Avoid crisps with artificial colours and flavours.

STURGES

INGREDIENTS: Sturges, flour, oil, salt, and artificial colours. Some sturges contain added sugar and salt.

HAZARD: High fat and salt content. Some sturges contain artificial colours and flavours.

ADVICE: Choose sturges with a light coating. Avoid sturges with artificial colours and flavours.

BAKED BEANS

INGREDIENTS: Beans, flour, oil, salt, and artificial colours. Some baked beans contain added sugar and salt.

HAZARD: High fat and salt content. Some baked beans contain artificial colours and flavours.

ADVICE: Choose baked beans with low sugar and salt content. Avoid baked beans with artificial colours and flavours.

SWEETS

INGREDIENTS: Sugar, artificial colours, and caffeine. Some sweets contain added salt.

HAZARD: High sugar and salt content. Some sweets contain artificial colours and flavours.

ADVICE: Choose sweets with low sugar and salt content. Avoid sweets with artificial colours and flavours.

SQUASH

INGREDIENTS: Fruit, sugar, and artificial colours. Some squashes contain added salt.

HAZARD: High sugar and salt content. Some squashes contain artificial colours and flavours.

ADVICE: Choose squash with low sugar and salt content. Avoid squash with artificial colours and flavours.

VOUCHERS

INGREDIENTS: Milk, sugar, and artificial colours. Some vouchers contain added salt.

HAZARD: High sugar and salt content. Some vouchers contain artificial colours and flavours.

ADVICE: Choose vouchers with low sugar and salt content. Avoid vouchers with artificial colours and flavours.

TURN THE PAGE FOR THE START OF YOUR MENU PLANNER

What can YOU do about it right now and how can the way your family eat start to make a difference today?

As Dietary improvements take a life time to take effect, and affect a life time...you will need to involve your child in all of these exercises as much as possible.






















Try to make your child a food 'coach' for the rest of the family – so they can gather reward points:

- 1) For improving their own diet. (*this can be as simple as having '5-a-day', or checking for additives. One young man I worked with suffered from Tourette's syndrome and turned it around himself by monitoring additives on labels that he found out made him feel bad!*)
- 2) For improving the diet of other members of the family (*helping other people to monitor their diet in different ways e.g. cutting out 'bad foods' and habits. Having balanced diets, increasing the intake of good foods*)
- 3) For helping to get better food produce for the family, (*Check out a list of local producers. Local food is fresher and full of more nutrients and better still if it is organic. Visit sites to help you such as - <http://www.bigbarn.co.uk> and <http://www.goodfoodpages.co.uk> and <http://www.abelandcole.co.uk>)*
- 4) Grow your own food. (*See the project below on growing food*)
- 5) For helping to prepare better food. (*see the project below on Rainbow Cooking*)
- 6) For taking supplements on a regular daily basis (*See basic HET researched programme information below*)

Let's start with a food diary:

Food Diary Chart

Week beginning/...../.....

DAY	AM	PM	EVENING	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

Now that you have completed your food diary, have a go at answering these questions:

1) What was your favourite meal and why?

.....
.....
.....

2) How often did you have snacks between your meals?

Never	Sometimes	Often	Always
-------	-----------	-------	--------

3) What kind of snacks did you have?

.....
.....
.....

4) What were the healthiest and unhealthiest meals that you had?

.....
.....
.....

5) Draw and label them here:

Healthiest meal	Unhealthiest meal

6) Find 3 types of food from your diary that fit into the food groups below:

Protein	Carbohydrates	Fats	Fibre	Fruit and Veg
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3

7) What could you do to make your food healthier?

.....
.....
.....

This is an example of a food diary that you and your child can fill in for your child and for each family member throughout ONE week.

- ✓ Check through your food diary and for each day:
- ✓ See if it is a balanced diet and has all the necessary food groups, vitamins and minerals. You can use the handout given above to help you with this.
- ✓ See if there are any additives included in what you have eaten (always keep the labels from the food that you have used to check this off). Below is a list of the Top 20 additives that you need to avoid!

Name	E #	Usage	Facts you need to know
Allura Red AC	E129	Food coloring in snacks, sauces, preserves, soups, wine, cider, etc.	Avoid if you suffer from asthma, rhinitis (including hay fever), or urticaria (hives).
Amaranth	E123	Food coloring in wine, spirits, fish roe.	Banned in the U.S. Avoid if you suffer from asthma, rhinitis, urticaria or other allergies.
Aspartame	E951	Sweetener in snacks, sweets, alcohol, desserts, "diet" foods	May affect people with PKU (phenylketonuria). Recent reports show possibility of headaches, blindness, and seizures with long-term high doses of aspartame.
Benzoic acid	E210	Preservative in many foods, including drinks, low sugar products, cereals, meat products.	Can temporarily inhibit the function of digestive enzymes. May deplete glycine levels. Avoid if you suffer from asthma, rhinitis, urticaria or other allergies.
Brilliant Black BN	E151	In drinks, sauces, snacks, wines, cheese, etc.	Avoid if you suffer from asthma, rhinitis, urticaria, or other allergies.
Butylated Hydroxyanisole	E320	Preservative, particularly in fat-containing foods, confectionery, meats.	The International Agency for Research on Cancer says BHA is possibly carcinogenic to humans. BHA also interacts with nitrites to form chemicals known to cause changes in the DNA of cells.

Calcium benzoate	E213	Preservative in many foods, including drinks, low-sugar products, cereals, meat products.	Can temporarily inhibit function of digestive enzymes and may deplete levels of the amino acid glycine. Should be avoided by those with hay fever, hives, and asthma.
Calcium sulphite	E226	Preservative in a vast array of foods-from burgers to biscuits, from frozen mushrooms to horseradish. Used to make old produce look fresh.	Sulphites are banned from many foods, including meat. They can cause bronchial problems, flushing, low blood pressure, tingling, and anaphylactic shock. The International Labour Organization says avoid them if you suffer from bronchial asthma, cardiovascular or respiratory problems and emphysema.
Monosodium glutamate (MSG)	E621	Flavour enhancer.	Has been known to cause pressure on the head, seizures, chest pains, headache, nausea, burning sensations, and tightness of face. Many baby food producers have stopped adding MSG to their products.
Ponceau 4R, Cochineal Red A	E124	Food colouring.	People who suffer from asthma, rhinitis or urticaria may find their symptoms become worse following consumption of foods containing this colouring.
Potassium benzoate	E212	See calcium benzoate.	See calcium benzoate.
Potassium nitrate	E249	Preservative in cured meats and canned meat products.	It can lower the oxygen-carrying capacity of the blood; it may combine with other substances to form nitrosamines, which are carcinogenic; and it may have an atrophying effect on the adrenal gland.
Propyl p-hydroxybenzoate, propylparaben, and paraben	F216	Preservative in cereals, snacks, pate, meat products, confectionery.	Parabens have been identified as the cause of chronic dermatitis in numerous instances.
Saccharin & its Na, K and Ca salts	E954	Sweetener in diet, and no-sugar products.	The International Agency for Research on Cancer has concluded that saccharin is possibly carcinogenic to humans.
Sodium metabisulphite		Preservative and antioxidant.	May provoke life-threatening asthma.
Sodium sulphite	E221	Preservative used in wine-making and other processed foods.	Sulphites have been associated with triggering asthma attacks. Most asthmatics are sensitive to sulphites in food.

Stannous chloride (tin)	E512	Antioxidant and colour-retention agent in canned and bottled foods, fruit juices.	Acute poisoning has been reported from ingestion of fruit juices containing concentrations of tin greater than 250 mg per litre.
Sulphur dioxide	E220	Preservative.	Sulphur dioxide reacts with a wide range of substances found in food, including various essential vitamins, minerals, enzymes and essential fatty acids. Adverse reactions: bronchial problems particularly in those prone to asthma, hypotension (low blood pressure), flushing tingling sensations or anaphylactic shock. International Labour Organization says to avoid E220 if you suffer from conjunctivitis, bronchitis, emphysema, bronchial asthma, or cardiovascular disease.
Sunset Yellow FCF, Orange Yellow S	E110	Food colouring.	Some animal studies have indicated growth retardation and severe weight loss. People with asthma, rhinitis, or urticaria should avoid this product.
Tartrazine	E102	Yellow food colouring.	May cause allergic reactions and asthmatic attacks and has been implicated in bouts of hyperactivity disorder in children. Those who suffer from asthma, rhinitis and urticaria may find symptoms worsen after consumption.

NOW.....

For next week you can start to plan what you can have to eat that will be an improvement on last week.

From last week – work out the things that you should avoid. Below is a list to help you with things that should be avoided!

FOODS TO AVOID

Include:

REFINED CARBOHYDRATES - white flour, sugar, confectioner and bakery is very draining on the body. They require more vitamin B1 to metabolise and often this is used up at the expense of the nervous system.

SUGAR -contains no nutrients - only calories. When introduced in excess in can affect blood sugar levels, which affect brain function, and mood swings.

ALCOHOL - One of the most destructive of all. This destroys brain nutrients and devastates vital vitamins and minerals necessary for brain function.

TEA & COFFEE - In excess (i.e. more than 3 cups per day) these products can promote anxiety depression and insomnia. They also use up vital minerals. Chocolate of course contains caffeine, which has the same effect.

SWEETENED COMMERCIAL DRINKS - These can be very destabilising for blood sugar levels and artificially sweetened drinks contain toxins and poisons, which can be building up in the body. They can also lead to mood swings and symptoms of anxiety.

Make sure that you DO include things that you should include: like foods from each food type, vitamins, minerals, anti – oxidants.

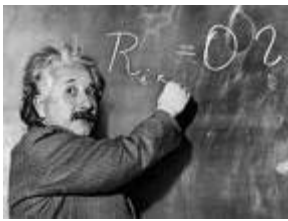
REMEMBER: The basic constituents of a balanced diet include:

- Carbohydrates
- Proteins
- Fatty acids
- Fibre
- Vitamins
- Minerals

Together they all play a vital part in the body's growth, survival and health.

Now let's look at the HET healthy diets - the Einstein Diet and the Rainbow Diet. You can combine these two diets:

THE EINSTEIN DIET



First, a bit of Year 6 science!

We eat to get energy.

On our planet, energy comes from the Sun.

Plants are producers; they get their energy direct from the Sun (through photosynthesis).

People and animals can't do that, so they have to get their energy through food chains that start with plants.

The longer the food chain, the less sunshine energy we're getting and the more chance manufacturers have to stick nasty additives into the food to make it last longer or 'improve' the colour or whatever.

Here's a good food chain:



The sunshine ripens the organic fruit and fills it with energy, which we eat.

Here's a not-so-good food chain:




The sunshine ripens the grass which is sprayed with pesticides and fed to the cow. The sunshine energy is digested by the cow (passing through 4 stomachs!). The cow is also fed antibiotics, hormones, and steroids to encourage fast growth and increased yield. Then the cow is killed and minced up. The mushed up cow meat may be mixed with additives before being shaped into a burger, cooked and put in a bun (which has bleach added to make it white). We won't even think about the ingredients of the sauce or the chemicals sprayed over the salad...

So you don't have to be Einstein to see which is better for you!

Here is a report from a parent (the column on the right) about her sons and additives:

This ladder shows which foods are best for you. The nearer they are to the sun, the more good they do your body:

 Fruit
Vegetables
Pasta, rice, potatoes
Wholegrain bread, cereals
Nuts, olive oil
Fish
Chicken or turkey
Beef, pork, lamb
Low fat dairy foods
Ordinary dairy foods
Eggs
Chocolate, sugar

Loads of research has been done into how diet can affect behaviour.

When my sons were young, they went totally hyper if they had any food with red or yellow food colouring. I was always careful to buy food without artificial colouring.

One day it was Joe's birthday and I bought a cake. It said on the box that it was free from artificial colours and flavours.

Ten minutes after eating it, both the boys were going mental! Matt was swinging round lamp posts yelling and Joe was darting out in front of traffic. I knew they must have eaten some colouring. We took them home and I sent the rest of the cake, and a very rude letter, back to the shop. Sure enough, there was red colouring in the jam inside the cake.

I once had a boy in my class who was unteachable if he'd eaten chocolate. He discovered that carob was just about as nice and his behaviour transformed!

Food additives have been linked to ADD, ADHD, autism and difficulties with concentration and behaviour.

Handy hints for **cheap** healthy eating:

- Grow your own veg if you have a garden (and don't spray it!)
- Use a window box, grow bag or pots if you haven't
- Offer to keep an elderly or disabled neighbour's garden tidy in return for being allowed to have a small fruit or vegetable plot
- Get an allotment – or share one with a group of friends or relatives
- Go shopping little and often and pick up reduced price fruit or veg to eat within the next day or two
- Try out some easy veggie recipes on the family – Glamorgan sausages, for example, are grated cheese, breadcrumbs, chopped leek, parsley and seasoning mixed with beaten egg, made into sausages and grilled or baked. There are many others.

- Look for special offers: Tesco do one special fruit and vegetable each week. Waitrose do a bumper pack of seasonal veg.



Short cut to a healthy diet:

Taking supplements isn't cheap but it helps to quickly make up deficiencies in your diet that are affecting our health, well being and behaviour. I mentioned earlier that as a result of our research that was sponsored by NSP, we were able to define a basic nutrition programme that everyone benefitted from. This is the result of our recommended basic nutrition programme which we proved could make such a big difference:

- vitamins and minerals (TNT)
- fatty acids (organic flax seed oil)
- anti-oxidants
- soya protein drink

More details about these products and how they help is given later in this book

Here is more information about the second diet that we recommend in HET

THE RAINBOW DIET

FOOD RAINBOW:

This is exactly what it says – it is about making a:

ONE rainbow

The idea is to have at least a day!

Here are some quick and simple breakfast ideas;

Fruity Breakfast:

Use 1 cup full of Organic Jumbo oats per person
(soak in water for 1 hour ...Just cover)

1/2 cup full of sultanas

Add Juice from 1 lemon

Add teaspoon of honey

Grate 1 bramley apple + 1 braeburn / granny smith (a sweet apple and 1 sour one)

Prepare fruit of the season to put on top (trying to include fruits of the rainbow!)



Smoothie



Our Smoothie contained:

Cherries

Grapes

Blueberries

Strawberries

Bananas

Oranges

Bee Pollen

Soya Milk

Be brave and have a go at experimenting - like some of these ideas:



6 dessertspoons of Kamut flour (wholegrain - an ancient wheat)

2 eggs

Add a bit of soya milk and mix - continue to add soya mil and whisk to get the right thickness. Leave for 20 minutes to thicken more. Add a drop of vanilla essence

Cream for pancakes: Provome soy custard vanilla.

Chop fruit in season.

Maple syrup / chocolate topping

orange or juice on side

HOW about growing a **RAINBOW**?

Check out the project below for growing foods and see if you can find 7 different foods that you can buy the seeds for and have a go at growing them on your window sills or in your garden.



- Redesign your garden to grow food for your family.
- How could you utilise your window sills or window boxes?
- Are there any allotments available in your area?

- How about offering to use someone else's garden who isn't able to garden for themselves?
- How about setting up a 'food co-operative' with your friends? This means that you will grow one thing say for example the colour red for tomatoes and you will swap half of your crop with other people who are perhaps growing green - cucumbers or someone else growing yellow - peppers or someone else growing orange carrots – set up a food cooperative in your neighbourhood or even your school.



We look at how to grow our own food in more details in Stepping stone 12 Eco therapy and on the Eco projects page www.HETwebsite.com/Eco

Filling in your **'rainbow plan'**

Firstly you need to think of foods that are different colours and make a list of them

Then divide them into 2 columns healthy foods (these are more or less as they grown, probably not in jars or tins and do NOT have other things added to them like additives and sweeteners and are not cooked

..... And unhealthy foods:

These tend to be well packaged in plastic / boxes / tins – they will have other things mixed with them and will probably have been cooked or partially cooked and will usually have additives and preservatives added to them if you check the labels.

Then find out which of the healthy foods you like and put your initials by them in the family favourites column.

And find out which of the **HEALTHY** foods other members of your family like.











Chose a healthy food from each colour category, making sure that all the family have chosen a favourite food to put into it and have a go at cooking or preparing it. You might have another member of the family to help you.

COLOURS	HEALTHY FOODS	UNHEALTHY FOODS	FAMILY FAVOURITES
RED			
ORANGE			
YELLOW			
GREEN			
BLUE			
INDIGO			
VIOLET			






















Here is another diary for NEXT week. For at least one meal a day, plan a healthy meal with good foods that you like. **EARN yourself reward points or stickers (you can make stickers from the pictures below):**

These can be used as part of the behavioural reward chart programme that you have set up.

These can be used as part of the behavioural reward chart programme that you have set up.

✓ 1 point if it is a healthy balanced meal which includes all food types	
✓ 1 point for 5 a day (fruit and veg)	
✓ 1 point if it is a rainbow meal	
✓ 1 point if you have helped someone else's diet to be improved today	
✓ 1 point for organic / local produce	
✓ 1 point if you went shopping for healthy food	
✓ 1 point if you have grown anything that you have eaten	
✓ 1 point if you have helped to prepare it	
✓ 1 point if you have taken supplements	
✓ 1 point for drinking water everyday.	

Week beginning...../...../.....

DAY	AM	PM	EVENING
MONDAY			
Points:			
TUESDAY			
Points:			
WEDNESDAY			
Points:			
THURSDAY			
Points:			
FRIDAY			
Points:			
SATURDAY			
Points:			
SUNDAY			
Points:			

Now we have talked a lot about food but not said very much about what you drink.

Remember the first consultation questionnaire that you did where we asked about the food – I mentioned it earlier?

Well if you remember, we also asked about what you have to drink every day?

Unless you are drinking pure water, then your body thinks it is taking in more food and it has to work hard to take the water out of things like cups of tea and squash.

Better health on tap

By EMILY WILSON
Medical Reporter

FOUR out of five people risk health problems because they do not drink enough water, research suggested yesterday.

Most Britons drink less than the eight large glasses a day recommended by doctors.

Two-thirds said they drank less than half that and almost half did not know that beer, coffee and tea were not good substitutes for water.

Dr Susan Shireffs, an expert on dehydration at the University of Aberdeen, said last night: 'Even small levels of dehydration can cause headaches, lethargy, an overall lack of alertness and changes in our moods.'

'In the longer term, the implications of dehydration can be more severe with problems in the renal and cardiovascular systems, as well as mental functioning.'

The Gallup poll, commissioned by the Natural Mineral Water Information Service, found that the 43 per cent of those questioned believed a cup of tea was

Four out of
five 'need
to drink
more water'

as rehydrating as water. But like coffee, it contains caffeine and dehydrates the body. Some also believed alcohol was as refreshing as water, even though it is more dehydrating than coffee.

The survey found that water intake fell steadily with age, although dehydration in the elderly can quickly lead to poor mental function, a risk of developing infectious disease, kidney stones and constipation.

Ian Hall, chairman of the NMWIS, which is sponsored by five leading mineral water companies, said: 'We all know about healthy eating and yet the simplest element of all – naturally

wholesome water – is often ignored. A healthy diet amounts to nothing if you persistently suffer from even mild dehydration.' Water is essential for the body to cool and lubricate, and to flush out waste and toxins. All chemical reactions depend on it.

Symptoms of dehydration include skin on the back of the hand being slow to spring back when pinched, a dry or discoloured tongue and darker urine than normal.

A person's daily need for water can be calculated by converting body weight into pounds, dividing by two and drinking the equivalent number of fluid ounces. For example, someone weighing 120lb should drink 60 fl oz or three pints. Sweating heavily will increase demand.

The World Health Organisation recommends that adults drink eight large glasses a day. Each person loses six pints of water daily: a pint perspiring, two in breathing out and three in urine.

Some doctors and health gurus claim a reluctance to drink water causes many of society's most common serious ailments, such as asthma, high blood pressure, diabetes and obesity.

Most of us do not drink enough water and dehydration contributes to hyperactive and disruptive behaviours.

Did you know that most fruit squashes and pops have that 'neuro – toxin' called ASPARTAME in them, which we mentioned earlier – check the label for this. Just eliminating this artificial sweetener alone from your diet can help to improve your health and well being!

Now we did mention about getting extra points for being a family food coach!

The next session is about helping adults in the family to improve their diet and lifestyle – here is a helpful section that you can work with adults.

If you get them to make a lifestyle change in their diet – you can get an extra reward point for the day!

Healthy eating for adults in the family:

Whilst many guidelines exist regarding diet, even government recommended daily allowances, we are all individual and what we eat depends very much on our constitution and personal lifestyle.

We can focus on the effects of our diet on how, what and when we eat. For example, the euphoria, rage or depression that accompanies the intake of too much alcohol, the gloom at the end of a long day at work, being wound up and jittery after too many cups of coffee.

There are very few people nowadays, who can claim to have a healthy diet without some form of herbal or nutritional supplements, simply because of the way food is grown and processed and the type of lifestyle that we all tend to lead. This not only undermines our physical health but also our mental and emotional well being, the way we behave, our ability to concentrate, think, reason and also our co-ordination. This can build up as a vicious circle and - stress created, creates more stress.

There are of course various definitions for what constitutes a balanced diet and also there are many modifications for adjusting a diet which is imbalanced with stress related problems:

Hay diet or food combining is recommended for those who have bowel related problems; Candida diet is recommended for those suffering from the symptoms of this fungal infection; wheat free diets are suggested for those with inflammatory disorders and dairy free diets for those suffering from excessive mucous production. This is only a very rough overview and obviously anyone suffering from bowel or digestive related symptoms would need to refer to an appropriately qualified practitioner.

Avoid eating after 8.00 p.m. at night; you should refrain from eating by at least 2 hours before going to bed. Failure to do this over stimulates the metabolic system and is not the most efficient way of utilising the body's energy apart from contributing to poor sleep patterns.

Avoid cow's milk - it was designed for baby cows!

Prioritise your eating of food categories from the list below. The categories are rated in descending order. The top five categories represent the healthiest options:

FRUITS

Provide optimal energy – ideally, they should be locally grown and free from pesticides and pollutants

VEGETABLES

Abundant in life giving energy - ideally they should be locally grown and free from pesticides and pollutants

PASTA - RICE – POTATOES

These are efficient fuels for the body as they are slow burning

WHOLEGRAIN BREADS & CEREALS

A pure and efficient form of energy giving complex carbohydrates

NUTS - AVOCARDOS - OLIVE OIL

Moderate quantities are healthy and support the body's endocrine system amongst other functions. They contain no harmful cholesterol.

FISH

Apart from being related to the level of pollution in the seas where they are fished, they are a more healthy option to meat for people who cannot do without flesh.

POULTRY



Strange, I thought humans always came pre-packed in boiler suits

This is dead energy but is lighter than red meat. Obviously humanely kept poultry will contain a purer vibration of energy, which will not be as incompatible with our own system

BEEF - PORK -LAMB - VEAL

This is dead meat and represents a heavy burden on the body's energy system to assimilate.

LOW FAT DAIRY PRODUCTS

Whilst preferable to full fat alternative, they are not a natural product for the human energy system and can overload it.

REGULAR DAIRY PRODUCTS

Can create an over mucous producing tendency within the body which can affect, the bowels and the respiratory system

EGGS

Represent an occasional food but the yolks should be avoided. Again they can clog up the system. Preference should always be given to the free-range variety that has been kept under humane circumstances.

CHOCOLATE & SUGAR

These are dead foods and actually drain the body's system of energy. They can sap your strength and vitality as well as causing tiredness and addiction like symptoms, both mentally and physically.

Things to AVOID

ALUMINIUM - This highly toxic metal accumulates in the body and is linked with Alzheimer's disease. Pans and containers made of this material should be avoided

Whatever we take into our bodies can be affected by the environment in which the body functions. These may reflect in food sensitivities, intolerances or full-blown allergies, which can vary in intensity. Environment can be internal or external to the physical body.

External environment includes such factors as noise, pollution, chemicals, and geopathic stress, environmental toxins and can all drain energy from the body as it tries to balance and deal with these distractions.

Internal environment can include emotions, anxiety, and electrical impulses from the nervous system. Acidity levels

Some ways of overcoming these detrimental environmental influences include:

ELECTROMAGNETIC POLLUTION

Keep your distance and usage of electrical and electronic gadgets to a minimum. Sit as far away as possible from a VDU and television. Do not use a microwave. Sleep on a magnetic bed.

HEAVY METAL POLLUTION

Replace all aluminium pots and pans. Drink plenty of spring water. Check out mercury amalgams in teeth. Use sea algae supplements. Eat plenty of apples (pectin helps to remove heavy metals from the body)

WEATHER

Shifts in barometric pressure can cause differences in behaviour. Also the winter months can bring about depression in some people. Using a negative ioniser can help alleviate the

impact of changing weather conditions and using full spectrum lighting can help with the lighting conditions.

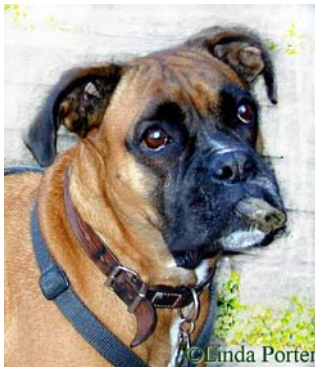
OFFICE POLLUTION

Sick syndrome buildings can affect people's health. This can be due to concrete buildings, synthetic furnishings and overuse of electrical appliances as well as inefficient conditioning and heating systems. These effects can be combated by the use of negative ionisers, full spectrum lighting, and minimal use of all electrical equipment not to mention taking regular breaks from using VDUs. Also introduce plants! NASA have researched how powerful they are in taking toxins out of the environment.

CONVENIENCE FOODS

Processed foods not only have the valuable nutrients stripped from them but also tend to be high in toxins, which can build up in the body affecting many of its functions. It is preferable to buy organic washing fruits and vegetables thoroughly and keeping cooking times down to a minimum

ADDICTIONS



Cigarettes, narcotics, alcohol, sugar, chocolate and caffeine are all substances which when introduced into the body will deplete the energy flow and programme it at the same time. This process can rob the body of valuable nutrients and also create chronic fatigue symptoms. Once addictions have been acknowledged then the help of an appropriate therapy can alleviate dependency.

OVEREATING

This is the result of taking in more food than the body needs or is able to cope with; this process overloads the digestive system and confuses the body's enzyme system. Again this can lead to various symptoms and also chronic fatigue. Eliminating cravings by getting rid of junk food and appropriate food combining can help.

CRASH DIETS

Deplete the body of essential nutrients and can lead to fatigue and deficiency related illnesses. Personal nutritional profiles available from appropriate therapists are very helpful.

SEDENTARY LIFESTYLE

This undermines the body's flow of electromagnetic energy and can result in vital minerals being sapped from the body. This can particularly affect stress levels. A brisk walk or alternative form of exercise for 30 minutes each day can help to combat this.

We started off this Stepping stone by mentioning some of the research I did to find out which nutritional supplements worked best that everyone could benefit from. I have included this information below.

So, just to finish off stepping stone 4 – Here are a few notes on the supplements we recommend as part of our basic nutrition programme available from Nature Sunshine:

Synerprotein

Here is an example of some of the research done on the protein drink

THE BASIC PROGRAMME

Soy Protein Beverage

An Excellent Daily Start

A Skipped Protein Breakfast Counts

- **Reduced Attention Span**
Lopez, L. European Journal of Clinical Nutrition: 1993.
- **Poor Academic Performance**
Nicklas, T. A. Journal of the American Dietetic Association.: 1993.
- **High-Protein Breakfast Improves Performance in Low-Income Children**

Sanders-Phillips, K. Prev. Med.: 1994.

RESEARCH ON SYNERPROTEIN

SynerProtein is a dairy-free, fat-free, low-calorie protein drink mix. SynerProtein provides only high-quality, certified non-GMO (genetically-modified organism) soy protein, combined with essential vitamins and minerals. In addition, SynerProtein contains the unique SynerPro blend of cruciferous vegetables and herbs—nutrients with proven antioxidant and anti-cancer benefits. Furthermore, SynerProtein is gluten-free, wheat-free and yeast-free.

SynerProtein is a low-fat source of all 9 essential amino acids

SynerProtein provides the following essential vitamins and minerals:

Vitamin A	Vitamin B6
Vitamin C	Vitamin B12
Calcium	Pantothenic Acid
Iron	Phosphorus
Thiamine (vitamin B1)	Iodine
Riboflavin (vitamin B2)	Magnesium
Niacin	Chromium

Each serving of SynerProtein provides the following typical amino acid profile:

Histidine - 320mg	Phenylalanine - 660mg
Isoleucine - 650mg	Threonine - 500mg
Leucine - 1,060mg	Tryptophan - 190mg
Lysine - 850mg	Valine - 660mg
Methionine - 360mg	

Each serving of SynerProtein also contains:

SynerPro Concentrate base (cruciferous vegetables and herbs blend) provides cruciferous vegetables, which contain an anticancer compound that stimulates production of cancer-fighting enzymes

The SynerPro blend also provides a variety of—powerful antioxidants—and citrus fruit bioflavonoids, which enhance the effectiveness of vitamin C and help protect against heart disease. Bioflavonoids also possess potent anti-allergy, anti-carcinogenic, anti-inflammatory and antiviral properties. It contains Lecithin, which aids concentration, memory and bipolar depression

TOTAL NUTRITION TODAY:

See handout below:

A FULL VITAMIN AND MINERAL SUPPLEMENT

TOTAL NUTRITION TODAY

A recent study by the Food and Nutrition Science Alliance (FNISA) reveals that your diet causes cancer as often as smoking. How can this be, when Mother Nature provides a balance of elements crucial to the human diet?

Poor eating habits, modern cultivation techniques, and over-processing of foods prevent many of us from getting the nutrients we need daily through the diet. Furthermore, many people can benefit from higher levels of most nutrients than are recommended.

That's why Nature's Sunshine offers TNT Drink Nutrition Today. Providing a balance of vitamins, minerals, energy-boosting nutrients and 18 different sources of fiber, TNT can get you out of the danger zone and on the road to better health today. TNT also ensures that you get your daily requirement of essential nutrients at a reasonable cost, regardless of what else you choose to eat.

WHAT DID YOU EAT YESTERDAY?

If you don't get at least six servings of fruits and grains, three servings of vegetables, two servings of fruits and two servings of dairy & proteins every day, you should seriously consider adding TNT to your diet.

DO YOU NEED TNT? ANSWER THE FOLLOWING QUESTIONS.

- Do you ever skip breakfast? Yes/No
- Do you regularly eat at fast-food restaurants? Yes/No
- Do you drink alcoholic beverages? Yes/No
- Do you ever experience muscle cramps? Yes/No
- Do you have infrequent or painful bowel movements? Yes/No
- Do you sometimes choose fatty foods over vegetables? Yes/No
- Do you suffer from anxiety or nervousness? Yes/No
- Do you get sick often? Yes/No
- Do you eat fatty foods regularly? Yes/No
- Do you suffer from depression? Yes/No
- Do you smoke? Yes/No
- Do you eat less than five servings of fruits each every day? Yes/No
- Do you eat less than five servings of vegetables each every day? Yes/No
- Do you have allergies? Yes/No
- Do you suffer from poor concentration? Yes/No
- Do you eat meats or processed foods? Yes/No
- Do you prefer to eat white bread and cereal? Yes/No
- Have processed grains rather than whole grain varieties? Yes/No

IF YOU SAID YES TO ANY OF THESE QUESTIONS, YOU COULD BENEFIT FROM A DAILY SERVING OF TNT!

TNT DRINK, MIX
Order Stock Code: 4386

NUTRITIONAL FACTS

Serving Size 2 oz (56g)
Servings per container 12
Amount per serving

Calories 100	Total Fat 1g
Total Carbohydrate 20g	Total Protein 10g
Dietary Fiber 2g	Total Cholesterol 0g
Sodium 10mg	Total Iron 10mg
Total Sugar 10g	

THE EXPERTS AGREE
We all need nutritional support - TNT will give you the support you need for a healthier, happier lifestyle.

AN EXPLOSION OF ENERGY AND NUTRITION!

Research shows that 21% of adults and 36% of children are deficient in 10 or more of the vitamins, 11 minerals and 18 amino acids.

Nutrition is essential in the cause or treatment of half of the 10 leading causes of death among women, including the top four: heart disease and cancer, and two conditions "approaching epidemic proportions" osteoporosis and sedentary lifestyle.

Protein is essential in the cause or treatment of half of the 10 leading causes of death among women, including the top four: heart disease and cancer, and two conditions "approaching epidemic proportions" osteoporosis and sedentary lifestyle.

Vitamin and mineral supplements reduce stress & anxiety.

"The world must trace every sickness, every disease, and every ailment to a mineral deficiency."

AMINO ACIDS - Contains high amounts of amino acids which promote regular absorption and which may reduce the risk of cancer.

VITAMINS - Provides essential vitamins for proper growth and health.

MINERALS - Contains nutrients essential for muscle development and energy production.

ANTIOXIDANTS - Contains beta carotene, lycopene and other antioxidants which slow the rate of cellular damage.

NATURE'S SUNSHINE PRODUCTS, INC. © 2001
Unit 5, Scarborough, IL, USA, 61151, England
Tel: 800 474 6868 Fax: 815 474 6868
www.naturesunshine.co.uk

As HETs we do not recommend the use of fish oils due to contamination – instead we recommend flax seed oil which is a pure and well balanced source of essential fatty acids.

FLAX SEED RESEARCH

Flax seed oil, an excellent source of essential fatty acids (EFAs), has been praised for its beneficial effects in the treatment of more than 60 major health concerns.

EFAs, which are not produced by the body and must be supplied in the diet, are necessary for the production and balance of prostaglandins—hormone-like substances that regulate all cellular processes within the body. Prostaglandins influence every aspect of human health, produce energy, build nerve sheaths, and improve eczema and psoriasis. In addition, EFAs (found in high amounts in the brain) are also essential for normal brain function and the regulation of mood and perception—EFA deficiency can reduce the number and size of brain cells and disrupt communication between brain cells, thus affecting growth, learning and thinking.

Flax seed oil provides nature's richest supply of the omega-3 EFA alpha-linolenic acid and has also been found to improve numerous health problems ranging from PMS to schizophrenia

FLAX SEED OIL...EFAs

Fatty acid from fish passes school test as miracle drug for struggling children



FOCUS
By
Suzanne

A study of 100 children with autism and other developmental disabilities found that a diet rich in omega-3 fatty acids from fish improved their behavior and cognitive skills.



How EFAs 'flicked a switch' in autistic Matthew

Now 10 years old, Matthew was a non-verbal, autistic child who spent most of his life in a special needs classroom. But after his mother, Susan, started giving him a daily supplement of omega-3 fatty acids from fish, Matthew began to show signs of improvement.

The study, led by researchers at the University of Colorado, Denver, found that children who received the supplement showed significant improvements in their behavior and cognitive skills. The researchers noted that the supplement helped to reduce the children's hyperactivity and aggression, and improved their ability to communicate and learn.

ANTI- OXIDANTS



The Amazing Benefits of Zambroza

- Clinically Proven to be the Most Powerful Antioxidant Drink on the Market
- Dramatically Reduces Free Radical Damage in the Body
- Increases Your Energy and Enhances Your Immunity Levels.
- Helps Protect Against Numerous Diseases
- Can be taken by People of All Ages.

Contains NO Artificial Colours, Sweeteners or Flavourings the rich supply of antioxidants in Zambroza gives great protection to the body from the daily onslaught of free-radical damage. It is estimated that each of your trillion cells are bombarded by thousands of free radicals every day.

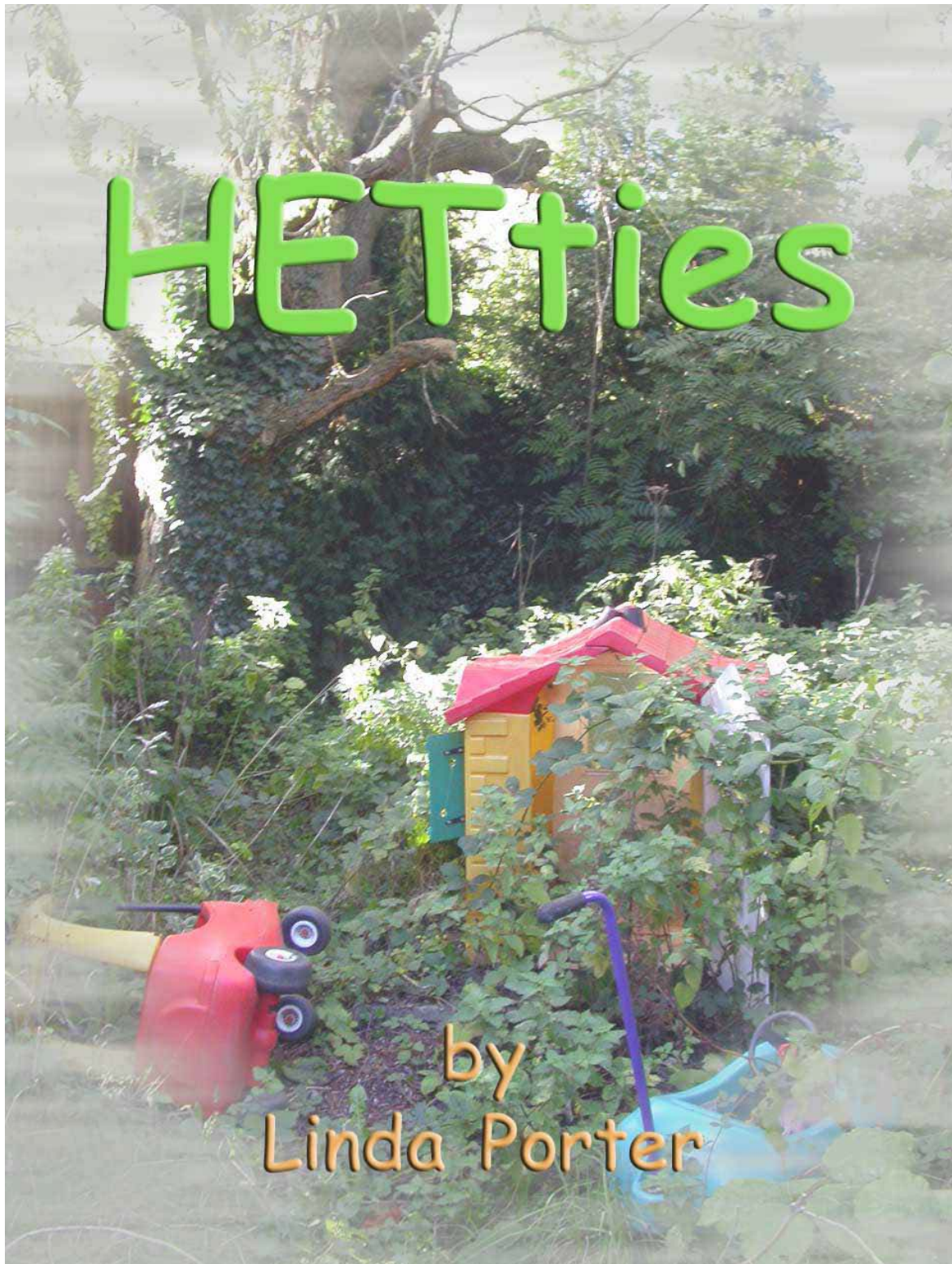
Excess free radicals are one of the greatest threats to our health, attacking each cell in the human body, weakening it and making it susceptible to sickness and disease. Excess free-radicals are also responsible for the effects of premature ageing, both in the body and the brain. The powerful ingredients in Zambroza help neutralise free radicals and therefore reduce the risk of numerous diseases.

For those of you who wish to access Natures sunshine products, they are available from:

www.naturessunshine.co.uk

HETTIES

We include the corresponding chapter from Hetties the children's book so you can work with them directly and includes all the main features used in this book.



At the end of Tommy's story, we saw him 10 years later when he was taking boys and girls to the animal sanctuary. This became a real life place to help young people and their families called Willow Bridge and you will find out more about this in Stepping Stone 12. However, at the animal sanctuary was a little rescue pig called Daisy who had some real 'attitude' as pigs do and because she could behave very badly sometimes, many people said she had ADHD.

Well anyway, what has Daisy got to tell us about how eating better can help you?

You will need your HET helper to check out this link with you:

http://www.youtube.com/watch?v=F_xuSB432SE

So sometimes the things that we eat can affect your behaviour and you find yourself doing things that you can't help yourself doing and then end up in trouble. This is just how; some of the additives that are put into our foods can affect us. For some people, different things can affect them in different ways. They can cause stomach problems or headaches and even to behave in ways that they have no control over. It is important to try and find out what it is that causes this and then takes these things out of the diet and see what improvements there are when you do not eat them.

Your HET helper will help you with this.

First of all you need to find out what sort of additives are in food that can cause problems.

There can be colourings that are added to make foods look tastier (one called tartrazine yellow) is a problem for some people.

There can be preservatives to help keep the food longer (one called sodium benzoate can be a problem)

There can be flavour enhancers to make the food taste tastier! (one called MSG or monosodium glutamate can be a problem)

There can be an artificial sweetener to make food taste sweet (one called aspartame is a big problem)

There can be chemicals sprayed onto your fruit and vegetables to keep the insects and bugs off the food. These are not good for humans either, so always make sure that your family gets organic food where possible (this means that they are not allowed to be sprayed) and if not make sure that it is always washed very thoroughly before being prepared for food.

These are major culprits on the behavioural front but anything can be a problem including milk or sugar or wheat and it is important to find out what is causing the problem and to stop eating them for a while.

Here is a really simple way to find out what is bad for you. Remember everyone is different and different things affect different people in different ways.



Here is a little film to watch with your HET helper so you can find out together what is bad for you. It uses a special technique called 'muscle testing'.

Click here to find out how to do this:

<http://www.youtube.com/watch?v=skm1U2IzMCO>

Ok, so now we have found out what you might be eating that could be causing problems. Remember that it is important that you cut these things out of your diet for a while to see how things improve. If you want more information on how to eliminate additives from your diet, ask your HET helper to go on the internet and Google 'Feingold' diet for you. It is mentioned in Stepping Stone 4.






















Now you need to look at what you are eating and make sure that you are regularly eating healthy foods. This is an opportunity for you to really help your family.

First of all you need to keep another diary. This one is a food diary. It shows what you eat and drink and when.

Again you can ask your HET helper to help you with this:

Here is a diary for you to fill in:

Week beginning...../...../.....

DAY	AM	PM	EVENING	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

When you have completed your diary you can answer these questions:

Which meal did you enjoy most? Why was that?

How many times did you have snacks between your meals? What were they?

What was the healthiest meal you ate? Why was it healthy?

What was the unhealthiest meal you ate? Why was it unhealthy?

To have a balanced diet you need to eat from different groups of food. Choose foods from your diary and fill in the following table:

Protein	Carbohydrates	Fats	Fibre	Vitamins	Minerals

What could you do now to make your diet healthier?

How could you help your family to have a healthier diet?

One way is to have a Rainbow Diet;

THE RAINBOW DIET

FOOD RAINBOW.

This is exactly what it says – it is about making a:

ONE rainbow

The idea is to have at least a day!

Here are some quick and simple breakfast ideas;

Fruity Breakfast:

Use 1 cup full of Organic Jumbo oats per person (soak in water for 1 hour ...Just cover)

1/2 cup full of sultanas

Add Juice from 1 lemon

Add teaspoon of honey

Grate 1 bramley apple + 1 braeburn / granny smith (a sweet apple and 1 sour one)

Prepare fruit of the season to put on top (trying to include fruits of the rainbow!)



Smoothie



Our Smoothie contained:

Cherries

Grapes

Blueberries

Strawberries

Bananas

Oranges

Bee Pollen

Soya Milk

Be brave and have a go at experimenting - like some of these ideas:



6 dessertspoons of Kamut flour
(wholegrain - an ancient wheat)

2 eggs

Add a bit of Soya milk and mix - continue to add Soya mil and whisk to get the right thickness. Leave for 20 minutes to thicken more. Add a drop of vanilla essence

Cream for pancakes: Provomel soy custard
vanilla.

Chop fruit in season.

Maple syrup / chocolate topping

orange or juice on side

HOW about growing a **RAINBOW** ?

- Check out the project below for growing foods and see if you can find 7 different foods that you can buy the seeds for and have a go at growing them on your window sills or in your garden.



- Redesign your garden to grow food for your family.
- How could you utilise your window sills or window boxes?
- Are there any allotments available in your area?

- How about offering to use someone else's garden who isn't able to garden for themselves?
- How about setting up a 'food co-operative' with your friends? This means that you will grow one thing say for example the colour red for tomatoes and you will swap half of your crop with other people who are perhaps growing green - cucumbers or someone else growing yellow - peppers or someone else growing orange carrots – set up a food cooperative in your neighbourhood or even your school.



'rainbow plan'

Filling in your

Firstly, you need to think of foods that are different colours and make a list of them

Then divide them into 2 columns healthy foods (these are more or less as they grown, probably not in jars or tins and do NOT have other things added to them like additives and sweeteners and are not cooked

..... And unhealthy foods:

These tend to be well packaged in plastic / boxed / tins – they will have other things mixed with them and will probably have been cooked or partially cooked and will usually have additives and preservatives added to them if you check the labels.

Then find out which of the healthy foods you like and put your initial by them in the family favourites column.











And find out which of the **HEALTHY** foods other members of your family like.

Chose a healthy food from each colour category, making sure that all the family have chosen a favourite food to put into it and have a go at cooking or preparing it. You might have another member of the family to help you.






















COLOURS	HEALTHY FOODS	UNHEALTHY FOODS	FAMILY FAVOURITES
RED			
ORANGE			
YELLOW			
GREEN			
BLUE			
INDIGO			
VIOLET			

Here is another diary for NEXT week. For at least one meal a day, plan a healthy meal with good foods that you like. **EARN yourself reward points or stickers (you can make stickers from the pictures below):**

These can be used as part of the behavioural reward chart programme that you have set up.

✓ 1 point if it is a healthy balanced meal which Includes all food types	
✓ 1 point for 5 a day (fruit and veg)	
✓ 1 point if it is a rainbow meal	
✓ 1 point if you have helped someone else's diet to be improved today	
✓ 1 point for organic / local produce	
✓ 1 point if you went shopping for healthy food	
✓ 1 point if you have grown anything that you have eaten	
✓ 1 point if you have helped to prepare it	
✓ 1 point if you have taken supplements	
✓ 1 point for drinking water every day.	

Week beginning...../...../.....

DAY	AM	PM	EVENING
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Points:			
TUESDAY			
Points:			
WEDNESDAY			
Points:			
THURSDAY			
Points:			
FRIDAY			
Points:			
SATURDAY			
Points:			
SUNDAY			
Points:			

If you want to find out more about growing a rainbow with friends

Follow this link:

[www.hetwebsite.com/file/cache/linsthings/rainbow diet.pdf](http://www.hetwebsite.com/file/cache/linsthings/rainbow%20diet.pdf)

SPECIAL MISSION:

Earn a HET token by posting details and pictures of the family rainbow diet on your web page. We will email your HET helper your Rainbow diet token to put towards your treasure.

Also when your group of friends have completed the rainbow food friendship braids send us the details and evidence and we email you another Rainbow token