

Major Cause of Bad Behaviour in Children Revealed

Dr. Russell Blaylock in the November 2008 issue of *The Blaylock Wellness Report*, available by subscription only at 800.485.4350, had the following to say in an article titled

“The Link Between Bad Diets, Impulsive Behavior, and Suicide”:

“A number of large studies have shown that diets filled with junk foods, food dyes, sugar, and glutamate additives can significantly alter behavior. In addition, an equal amount of studies have shown that even mild deficiencies of vitamins and minerals *can cause delinquent, disruptive, even criminal behavior.*

“All of us have known or lived with children who were rambunctious, angry, disobedient, impulsive, and constantly in trouble. What people often fail to notice is what their kids EAT. I have always found it strange that people, and especially doctors, thought that people could eat junk all day long and still function normally. *They should know better.*

“Nutrition is the biochemistry of life. What an organism [person] eats allows cells and organs to utilize basic food components to maintain life’s functions. If you feed your cells things that increase inflammation, impair cell function and damage DNA, why would you be surprised that you get sick and that your brain would function poorly? Where else are cells going to get the nutrition they need? Not from a diet loaded with glazed donuts and potato chips dusted with monosodium glutamate (MSG).

“*Not only is this common sense, it is backed up by a great deal of hard science and clinical studies.* When I was practicing neurosurgery, I tried to convince my patients, not always successfully, that what they ate played a major role in their ability to heal and in the progression of their diseases. I had even greater difficulty convincing my colleagues.

“Several years ago, I had the distinct pleasure of meeting Mrs. Barbara Stitt, who was chief probation officer with the Municipal Court of Ohio for some 20 years. Her book, *“Food & Behavior: A Natural Connection,”* tells the story of her experiences using a nutritional approach to change the criminal and addictive behavior of her clients.

(EDITORS NOTE: Mrs. Stitt has been a Health MinisterSM Reunion speaker here at Hallelujah Acres (as has Dr. Blaylock), and we carry and strongly recommend her book “Food & Behavior.” For more information on her book, see page 27 of our current Product & Events catalog, call 800.915.9355, or visit us on the web at:

<https://shopping.hacres.com/item/itemKey/1198165.>)

“Stitt told of a 23-year-old young man who attempted to kill his girlfriend with a gun. He was arrested, and Stitt intervened in his case after studying his history. She discovered that his diet had been extremely high in sugar since the age of 4, *when he began having problems.*

“His parents noticed that he frequently had spells of severe weakness that would improve when he ate. As he grew older, his diet consisted of *caffeine* [from soft drinks], *processed sugar*, and *empty calories*. His weakening spells worsened. By age 13 he was experiencing wild *mood swings* and the older he got, *the worse things became.* *He also attempted suicide three times before being arrested.*

“Stitt cleaned up his diet and the troubled young man underwent a radical change in personality. His mood swings disappeared, he became bright and cheery, and he has had no additional scrapes with the law.

“Over 80 percent of the approximately 5,000 probationers treated by Stitt underwent similar change in behavior. One of the most consistent findings of a number of researchers concerns alcohol-induced hypoglycemia, a drastic fall in blood sugar associated with alcohol. Stitt and Dr. Steve Haltiwanger, who has an alcoholic detoxification program, as well as many other researchers, have noted the link.

“While alcohol is associated with about 40 percent of homicides, accidents, and suicides, a large number of criminal acts are committed by people who haven’t drunk a drop. Yet a meal laden with sugars and simple carbohydrates can flood the body with insulin, drop blood sugar, and cause a condition called dietary hypoglycemia or reactive hypoglycemia.”

(EDITORS NOTE: I have received a number of letters from mothers who had children who were impossible to control, always misbehaving and getting into trouble, who reported that after removing refined sugar, refined grains and soda pop, along with foods containing food dyes and MSG from their child’s diet and placing them on The Hallelujah Diet, the child became well behaved, improved their grades, and became a joy to have around. Yes, a diet change can dramatically change a child’s behavior!

And let’s not forget what the Scriptures have to say that have a bearing on the subject:

“Be not deceived; God is not mocked: for whatsoever a man [woman or mother] soweth, that shall he [she and their children] also reap.” (Galatians 6:7)

“Train up a child in the way he should go: and when he is old, he will not depart from it.” (Proverbs 22:6)

Dear mother and dad reading this, please realize that what you feed your children has a tremendous bearing on how they behave, learn, and function in life, as well as how successful they will be in life. You have a tremendous responsibility to provide your children with proper nutrition, and you must set the example if you are going improve your child’s diet. A child learns much more from what they see mom and dad do and their example than they do by what mom and dad say.

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