

PICKY EATER?

Many people are finding their children with learning, behavior problems, or allergies, are picky eaters. They prefer to eat sweets and processed grains that turn into sugar in the body. These children constantly crave and demand pasta, bread, cookies, processed boxed cereals, juice, and candy. Besides being nutritionally deficient, these are the worst foods for children because sugar feeds bad bacteria in the intestines, causing an imbalance and overgrowth. This prevents good bacteria, necessary for health, good brain function, and good behavior, from thriving.

In her brilliant book, *Gut and Psychology Syndrome*, Dr. Natasha Campbell-McBride, M.D., devotes a chapter to why this occurs and how to help your child learn to eat eggs, meat, dairy and vegetables, those foods necessary for good growth and brain function. In her practice, she specializes in the GAPS syndrome, which she defines as ADD, ADHD, autism, dyspraxia, dyslexia, learning problems. She includes in this group all learning and behavioral problems like schizophrenia, depression, manic depression or bipolar disorder and obsessive compulsive disorder. She says all children with these disorders have a problem with the gut-brain connection. The gut (intestinal tract) must be functioning properly so that nutrients are made and absorbed properly and our brain's neurotransmitters can work. We must address the child's eating and digestion problems as a first step.

She believes there are several reasons for the picky eater. First, these GAPS children have a distorted sensory input. The taste buds in their mouth receive the information about food, which gets passed to the brain, but a GAPS brain is clogged with toxicity and cannot process this information properly. Therefore, foods taste different to them. Second, these children have a craving for sweet and starchy foods because they have an overgrowth of abnormal bodily flora or bacteria, which demands sugar as its food. Third, the mouth of this child is toxic, which alters the function of the taste buds.

She devotes an entire chapter in her book to how to help your child learn to eat healthful foods. Basically, this involves giving a reward of a bite of his preferred food when he eats a bite of nutritious food. Soon you require two bites of the good food. Along with this, you need to re-colonize the good bacteria in the gut and remove toxicity. In order for the child to get well, certain foods, like wheat -- a gluten containing food, must be completely removed from the diet as soon as possible.

We highly recommend this book, which is available at www.bodyecologydiet.com or www.GAPSdiet.com. Dr. Campbell-McBride cured her own son's autism, using mostly diet. He is now 15 years old and doing very well. She has degrees in neurology and nutrition, in addition to her medical degree. You may wish to read her article on our website.

