



# FOOD FOR THOUGHT

## Simple solutions that can improve a child's:

- |                 |            |          |
|-----------------|------------|----------|
| ✓ Concentration | ✓ Attitude | ✓ Health |
| ✓ Attention     | ✓ Learning | ✓ Energy |
| ✓ Performance   | ✓ Behavior | ✓ Focus  |

## Food Directly Impacts the Brain

Poor food choices cause neurotransmitters, which pass along instruction in the brain, to malfunction. Healthier foods allow information to be processed correctly, which helps children function at their optimal level. Even children who look healthy may be suffering from Nutrition Deficit Disorder (NDD), which contributes to:

- |                         |                         |
|-------------------------|-------------------------|
| ✓ ADD & ADHD            | ✓ Allergies             |
| ✓ Developmental delays  | ✓ Inflammatory diseases |
| ✓ Learning disabilities | ✓ Vision deficiencies   |

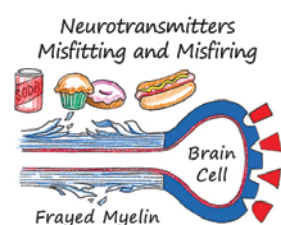
## L.E.A.N. Programs

Scientifically proven, clinically based L.E.A.N. programs are fun, interactive, educational, and designed for anyone who directly impacts the lives of children.

Taught exclusively by highly trained Certified Health Coaches, L.E.A.N. programs include a variety of topics in all areas of life, including lifestyle, exercise, attitude, and nutrition. These topics are delivered through engaging, hands-on learning activities for Educators, Administrators, Social Workers, School Psychologists, and Parent-Teacher Organizations.

## The Difference is Clear

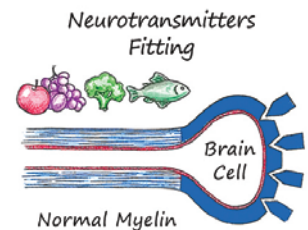
### Junk Food Diet



Before

to pay Mrs Twit back  
for the worms in his  
spaghetti Mr Twit thought  
up a really clever trick

### Smart Food Diet



30 Days After

To pay Mrs Twit back  
for the worms in his  
spaghetti Mr Twit thought  
up a really clever trick

*A six year old child's handwriting sample  
before nutritional changes and 30 days after.*