



Announcing Imminent Release Of Cutting Edge, Must-Have Book

## They Are What You Feed Them

How Food Affects Your Child's Behaviour,  
Mood and Learning

*Dr Alex Richardson*

**Up to 1 in 7 children will be on drugs to control their behaviour by 2007**

*Don't let your child be one of them*

This is something that all parents and carers must read, whether their child has learning and behavioural difficulties or not. In this easy to understand and revolutionary book, Senior Research Fellow and former teacher Dr Alex Richardson:

- ✓ exposes the alarming truth behind many of the foods we are feeding our children
- ✓ provides evidence of the bad behavioural and emotional effects of many modern day dietary habits
- ✓ shows what foods can **improve** children's behaviour and sense of well-being
- ✓ explains how learning difficulties may be linked to eating the wrong foods
- ✓ demonstrates how to help children learn better through diet
- ✓ offers simple and practical solutions that all parents and carers can use to good effect

Visit [www.TheyAreWhatYouFeedThem.com](http://www.TheyAreWhatYouFeedThem.com) now!

**The site includes an order link, a meeting place, forum, and more ...**

See also contributions from Dr Alex Richardson, and her answers to readers' questions

The UK's leading authority on how nutrition affects children's behaviour, mood and learning, **Dr Richardson separates food fact from food myth** and shows parents how to bring the best choices into their children's everyday diets. In fact, for parents who have a child with ADHD, dyslexia, dyspraxia, autism, or other behavioural or psychological problems, this highly influential and cutting-edge book provides many answers from cause to help.

Dr Richardson has spearheaded many high profile and groundbreaking studies into the role of nutrition in brain function and has been interviewed extensively by the media. Director of the charity Food and Behaviour Research (FAB), she shares her vital, disturbing and exciting findings in this new book. All proceeds from **They Are What You Feed Them** will go towards funding further research.

If a child you know suffers from mild or severe behavioural and learning problems, read

**They Are What You Feed Them** by *Dr Alex Richardson*

You can have your own copy\* from 19 June 2006

Find it in your local bookstore, or pre-order a copy online

\*HarperThorsons, £12.99 paperback