



## North Coast Tutoring Services

31300 Solon Road, Suite 1

Solon, OH 44139

440-914-0200

800-335-7984

"The Education Problem-Solvers"

[www.northcoasted.com](http://www.northcoasted.com)

[info@northcoasted.com](mailto:info@northcoasted.com)

Editor: John Kusik

### Contributors:

Carole Richards, Angela Nestor, Laura Kamis, Allison Reker, Jessica Smith.



## How does NUTRITION affect learning?

Is it possible that the foods you eat and liquids you drink affect your brain? We all know that alcohol and drugs have a profound affect on brain function. But, how about fast food, canned food, processed food?

The answer is, YES. Even fresh fruits and vegetables have been diluted to the point where they have a diminishing nutritional value. Canned, frozen and processed foods contain many chemicals, additives, and preservatives. Trust me

when I say all these chemicals are not good for us. The nutritional value has decreased and chemical additives have increased. Is it possible the net result of eating many foods today is a nutrition negative. So, what's the answer?

The answer is to start reading the labels that will tell you the ingredients in most foods. If you see a chemical you don't recognize, look it up on the internet. Find out what it is, why it's in your food or drink, and what its side

affects are.

If you believe what you read and start eliminate the bad chemicals from your diet, you will discover that you lose weight, your energy will increase, your memory will improve, and your ability to focus will grow tremendously.

What if you could deliver these benefits to your children? Their attitudes, grades, and over-all demeanor would improve. How good would that be? Great, I like the concept.

## Where there's smoke ...

Lots of people have heard stories about mercury in vaccinations, tooth fillings, and the new "long lasting" fluorescent light bulbs.

We've hear rumors about the inoculations our soldiers get before shipping out to Iraq and other foreign lands.

We believe there may be some truth in every one of these rumors. But it's more than a rumor that some supplements and minerals can strengthen our immunization systems, and

nourish our central nervous systems, and help restore missing nutrients in our bodies.

We have seen autistic children change in a few days with certain diet supplements. We've seen improvement in attitudes, grades, behavior, focus and relationships. All this from proven food supplements.

This may help explain why we support free seminars on diet and nutrition. There

is no denying that eating healthy and nutritious food will dramatically change your life.

Why not try it? Start reading the list of ingredients on the foods you buy. Learn about supplements that will improve your family's life. And, do something about it. It's entirely up to you to choose a healthy and happy life style, or not. Do the right thing for yourself and your family.