

Helix House Natural Health Centre
15 Warwick Street , Oxford, OX4 1SZ, UK

Tel / Fax: (+44) 01865 243351
Email: info@helixhouse.co.uk
Website: www.helixhouse.co.uk



Brain Food for Kids ***Over 100 recipes to boost your child's intelligence***

By Nicola Graimes
pp.128
Published by Carroll & Brown
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The idea that what children eat can often have a major impact on their performance and behaviour is no longer considered news. However, in the little time one has got, it is often difficult to empower families with the kind of information that can off set the tide of junk food and misinformation that can overwhelm all but the most discerning.

What Nicola Graimes has done here is to put together all you need to make sensible choices and how to plan and execute them for your children's well-being. It's all here, from building better brains, food intolerances, best buys, and meal times, those challenging lunch boxes to quick snacks and picnics and parties. She ends with a useful *brain food for kids fold out weekly plan*.

Bright, cheerful, colourful well produced and written, with useful informative box inserts featuring the latest ground-breaking information on the ways in which diet can influence and improve the mind, this is the paperback book I have been waiting for to put in the hand of many of the parents of children I see who are struggling in school, often in part, because of the influence of nutrition on their performance and behaviour. Get one for your waiting room.

Clive Lindley-Jones B.Ed. (Hons) D.O. D.I.B.A.K

- *Registered with the General Osteopathic Council*
- *Diplomate of the International Board of Applied Kinesiology*
- *Diploma in Transpersonal Psychotherapy*
- *NLP Trainer & Coach*
- *Committee member of the Sunflower Trust (Registered Charity # 1055712)*