

GETTING STARTED

Part Two

HEALTH CONCERNS

A student's health and lifestyle has an enormous impact on his or her academic performance.

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We are now, September, 2020, entering our 24th year of administering our private school. The real-life stories we have experienced involving our students, their health, life styles, and resultant academic abilities could fill a book! Here we summarize and give you the highlights so that you can help your student(s) avoid the pitfalls into which others have stumbled and fallen.

#1 – Sugar, High Fructose Corn Syrup and/or an excess of other sweeteners.

Don't use. Cut-out as much as possible.

Sugar impairs the immune system. We saw a live blood demonstration. Before sugar was ingested the blood was clean, few of bacteria, etc. The red blood cells were separate and actually had a light within them. The white blood cells were scurrying around gobbling-up invaders. Enter sugar.

The red blood cells stuck together in groups, and the lights dimmed or went out. The white blood cells ceased to scurry, - or even move. They were paralyzed. WOW! All within a minute of eating sugar.

Sugar also gives us highs and lows in energy – and brain performance. Just don't use it or the other sweeteners. As much as you can, avoid them. HINT: High Fructose Corn Syrup is worse. It fools the body into thinking that the brain has all the energy it needs, and so stops the flow of energy to the brain thus dumbing us down.

Case Study: A five year old was rejected by the school district for entering Kindergarten because of his low performance. Through two years of Preschool, he had learned little and was deemed incapable of learning. Part of the reason: Sugar saturated breakfast cereals and other sugar sources. Once these were removed, he began to be able to learn!

#2 – Nutrition Rules.

Eat fresh fruits and veggies in a wide range of colors. Different colors indicate different nutrients. We need them all. So, learn to eat them all. Also eat seeds, nuts, and whole grains.

Case Study: A thirteen year old came into the school. She couldn't concentrate, except very rarely. Her scores were abysmal – 0-20% most days. But, once-in-awhile she managed a 90 or 100%. We investigated. It was her lack of good nutrition that caused the poor performance. Once the nutritional problem was erased, she performed very well.

Hint: Try sticking to Organic, Non-GMO and locally grown as much as possible. Also stick to the Word of Wisdom. The promise there, Doctrine and Covenants 89:18-21, not only turns out Daniel-

smart youth, see Daniel 1:8-20, but is crucial in our day: “And, I, the Lord, give unto them a promise, that the destroying angel shall pass by them, as the children of Israel, and not slay them.” (D&C 89:21)

#3 – Essential Sleep

Get your quota. Recent studies have settled on us needing a minimum of 8 ½ hours of sleep nightly. Most of us get less. Children and youth may well need more.

A few facts:

- Routines are good. A routine bed time and rising time are super good.
- The body repairs itself at night. Little sleep=little repair.
- The brain cleans itself during sleep. Less sleep = less cleaning.
- The brain organizes the day’s activities and learning during sleep. Less sleep=less organization and remembering what was studied!
- Deep sleep is extremely important. It allows the repair, the cleaning and the organizing.
- The blue light from electronics and phones, and eating too soon before bed, both impede deep sleep.
- A messy room and even room décor can impede deep sleep.

Case Study: Ninja’s

A mother came to me with a young son who could not perform because of not having deep sleep. I investigated. None of the usual reasons emerged. Then I asked: tell me about his room. It was well-organized, and well decorated, except a bit excessive.

The young man liked Ninja Turtles. So, his parents had accommodated him. Ninja curtains, bedding, rug, wallpaper, and shelves with Ninjas. OOPS! **Everything in the universe has a vibration. These vibrations are either friendly or unfriendly to us.** I suspected that the Ninja’s in such a heavy dose were unsettling and disrupting the boy’s sleep.

The mother painted the walls, put the Ninjas away at night, and modified the bedding. The boy slept soundly after the alterations. The Ninja vibrations had been keeping him from deep sleep.

Hint: Observe Doctrine and Covenants 88: 124 - “...cease to sleep longer than is needful; retire to thy bed early, that ye may not be weary; arise early that your bodies and your minds might be invigorated.” My friends used to marvel that I could get so much done in a day. Well, *I got up early!* I was able to do a full day’s work in a few hours in the morning, before others had risen!

Help your student(s) develop a sleep routine, going to bed early and arising early, and avoid eating and electronics too close to bedtime. IT WORKS!

#4 – Forgotten Exercise

Plan exercise into your daily routine.

In the school, we take periodic exercise breaks in which we have our students do two or three of the Brian Gym® exercises. Studies show that students who sit all day do not perform as well as students who routinely get-up and move around.

Also of great worth are these three: walking, rebounding, and dancing.

- Walking 40-60 minutes a day clears the lymph system of debris, trims and tones, and allows for your internal pharmacy to create and distribute needed self-made 'medicines' throughout your body. (Source: Dr. Howard @ Balance of Nature) Walking robustly for 40 minutes a day has also been shown to reverse Alzheimer's. Imagine the effect on increasing the acumen of a healthy brain!
- Rebounding is jumping on a mini-tramp or rebounder. A simple 3 ½ minute routine, twice a day works wonders. It not only cleans the lymph system, but also strengthens *every* cell in the body – including brain cells.
 - Rebounding Routine:
 - 30 second Health Bounce (Feet do NOT leave the surface of the rebounder.)
 - 60 second High Bounce (Feet DO leave the surface of the rebounder.)
 - 60 second Run (Sprint) on the rebounder
 - 60 second Health Bounce
 - Best rebounder: Rebound-air, developed by Al Carter and a team at B.Y.U.
 - Pricey, but worth it.
- Dancing
 - A FUN, social activity. Get your home school or youth group into it.
 - Dancing helps coordinate the body's activity and thereby improves the brain, similar to what Brain Gym® does.
 - Dancers, for the most part, do NOT get dementia or Alzheimer's. This means that dancing keeps the brain – and the whole body healthier!
 - Dancing is included in the curriculum from Preschool to High School – if you wish to partake.

#5 – Electronics

Limit or avoid.

- Studies have shown that cell phones and other electronic devices DO affect children's and young person's brains! After use, it can take from two to forty-eight hours for brain rhythms to return to normal. This inhibits learning.

Case Study: The X-Box Christmas Present

Parents enrolled their two sons in the school. Grades were A's and B's in the Fall. After Christmas, they fell to D's and F's. Why? We conferred with the parents. It seems the boys had received an X-Box for Christmas and were playing it incessantly after school. We suggested LIMITING the X-Box to Fridays, after school, and on Saturdays. They set the limits and the boys' grades returned to Honor Roll status.

We strongly suggest you implement such limits if you want your students to succeed in school.

- Hint: Some persons are more sensitive than others to Emfs: Elelctro-Magnetic Fields. I am one of them.

In 2007, I went to my doctor thinking I was dying. I had zilch, nada, no energy. He investigated the situation and found that I was allergic to Emfs.

“Do you live near a power station,” he queried.

“No,” I returned. Then, thinking for a moment, I asked, “Does having electric cables across the front, back, along the sides of my property, and diagonally across the back yard count?”

He was appalled. “Yes!”

He said I either needed to move or buy a gizmo that would neutralize the Emfs. After asking the price of the gizmo, I quickly calculated that buying it was far less than the costs of moving.

In 2018, I again began having problems and contacted the producers of the gizmo. I wondered if it needed repair.

“No,” they explained, “it’s just that there are so many more Emfs to deal with these days. We have had to build a stronger model and you probably need it.” (WiFi and Cell towers have contributed most of the new Emfs.)

I bought the stronger unit and within an hour was back to my normal self. I highly recommend these units to families whose children are on the internet a lot. It really helps alleviate the problems of EMF poisoning.

Sources for the “Gizmo”:

Information and Validation: <https://www.brimhall.com/p-104-total-shield-emf-protection.aspx?>

Brimhall has all four models available from one coil at \$320 to the four coil at \$520.

Call them to help determine what you need.

Also see Total EMF Shield at amazon. \$470 for a triple coil; \$525 for a quadruple coil.

THANKS FOR LISTENING!

Now head to: “GETTING STARTED, Part Three – Diving Into the Curriculum.”