

## Food for thought for calmer kids

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brain will help you make conscious and more deliberate choices about how you feed a child's brain.

“Avoiding white, refined sugar (described by my good friend Professor Robert Lustig as ‘the alcohol of the child’ because of the way it activates the reward circuitry of the brain and releases a hit of our brain chemical dopamine which increases risk for addiction), and junk and ultra-processed foods is critical. “Children habitually eating junk food diets have a higher rate of problematic and anti-social behaviours as well as poorer performance in cognitive tests.

“Some healthy foods to include in your child's diet which can help regulate brain function include oily fish such as wild Alaskan salmon.

“Oily fish and seafood provide brain-essential omega-3 fatty acids which help regulate the neurotransmitters associated with mood and wellbeing. In addition, the omega-3

DHA is critical for a process called cell-signalling, which helps communication throughout the brain.

“I would also consider making an organic bone broth/soup which is extremely nourishing and helps repair the gut which we now know is our second brain.

“The relationship between the gut and the brain is known as the gutbrain axis because the gut makes at least 85% of our feel-good chemicals, such as serotonin, which are critical for behaviour and mood.”