



**Behavioral and Emotional  
Problems in Our Youth:  
How We Are Harming Them  
and How We Can Now Help**

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Included here are two documents that may be helpful in implementing a healthy eating plan in your home. The first is an article titled “How to Eat Healthy Without Gaining Weight,” which includes some principles of healthy eating as well as some specific recipes and ways to supplement your diet with extra nutrients. The second document, titled “Helpful Resources,” is a list of resources for learning more about behavioral and emotional problems in our young people—newsletters, books, and manuals.

One way that you can get your child interested in a change in eating is to suggest that the family do an experiment for a period of time to see how it helps. Allow the children to design the experiment, including what changes they would like to see in themselves (e.g., fewer pimples, calmer demeanor, fewer pounds, sleeping better, more cheerful, better grades in school, etc.) and how to monitor those changes. Children love the challenge of an experiment!

## Healthy Eating Without Gaining Weight

### Principles

Minimize the amount of food and maximize the nutrient content. Our ancestors ate 5 to 20 times the nutrients that our nutritionists recommend today. The American Cancer Society reports that only 9 percent of Americans even eat the small amounts recommended! If we are not consuming the nutrients that we require, we will crave more food and thus overeat calories. Typical diets require that we reduce calories. With such a reduction comes a greater loss of nutrients. If we focus on increasing nutrients, our bodies will function more efficiently. That is, our bodies will burn fat more efficiently and digest our foods more efficiently so that more nutrients are available for the jobs they have to perform.

Eat as close to nature, in nature's packages, as possible. Much of what we eat today is not food—e.g., margarine and nondairy whipped topping. So, eat lots of fresh fruits and vegetables, grains, fish (if you can find it from unpolluted waters), and legumes. Eat some nuts and seeds daily (raw, unsalted) and small amounts of meats such as chicken, turkey, lamb, squirrel, buffalo, etc.

Include the fats that are good for you and exclude those that are bad for you. Saturated fat (which we should not eat) is found in our meats today (it wasn't in our ancestors' wild meat to any great extent), in many packaged foods, and in our pastries (our immediate ancestors made candles and soap out of the fat that is now in our pastries). However, in our concern over fat, especially cholesterol, we have thrown the baby out with the bath water: essential fatty acids are just what they are called—essential! They are found in the fats in seafood, in nuts and seeds, and in the oils from seeds, such as sesame oil and flax seed oil.

These fats reduce the risk of heart disease and are very much needed by the brain and other major organs, such as the heart. They have also been demonstrated to increase the body's capacity to make needed proteins. So, I suggest that you:

- a. Eat small amounts (a handful of nuts and seeds each day, to include: pumpkin, sesame, and sunflower seeds and walnuts, pecans, cashews, etc.) You can chop these together in your food processor

and put them in your cereal or put on top of beans and rice. Or, you can just munch. Eat raw or baked with a little tamari (aged soy sauce).

- b. Eat a variety of seafood. Find a seafood supplier who can ensure that you are getting unpolluted seafood.
- c. Start making your own salad dressings. This recipe will ruin bottled dressings for you: pour a small amount of rice bran oil or olive oil on the salad and mix; then add either lemon juice or vinegar and an organic soy or tamari sauce.

Eliminate chemicals in your diet to the extent possible. There are between 3,500 and 10,000 chemicals on our foods. You can avoid these by eliminating packaged foods and eating organic foods. If you do not have access to organic foods, then purchase nutribiotic in a health food store (grapefruit seed extract). Put a few drops in a large container of water and soak the fruits and vegetables in it for a few minutes. This will lift off some of the pesticides. Also eliminate artificial sweeteners. The best principle is to avoid artificial ingredients and foods altogether.

## **How to Start**

Indulge yourself. The new foods will taste so good that you may overeat in the beginning. That's okay. Enjoy. After 4 to 6 weeks, unless you are quite ill and need massive amount of nutrients for a long period of time, you will begin to drop weight and eat less. But your body isn't going to automatically help you reduce the amounts you eat, or lose its cravings, until you have indulged it a little with the nutrients it has been seeking.

Don't worry if you feel tired in the beginning. When you start eating well, the body starts detoxifying. This may make you feel lethargic and headachy for several weeks. Just persist.

## **Specific Suggestions**

### **Breakfast:**

#### **Eat fruit or have a super food drink.**

Fruit juice and water mixed in the blender with nutrients such as those from nutritional yeast (start with 1 teaspoon and work up), liquid minerals (minerals help with nerve transmission), powdered vitamin C (start with 1/4 teaspoon and work up to as much as 2 teaspoons per day), and lecithin (2 Tablespoons, supplying you with fatty acids). If you have had a lot of antibiotics or know that you have a systemic yeast infection, then do not use nutritional yeast; instead, use kyo-green and/or chlorella.

#### **Eat eggs (particularly poached), whole grain toast with apple butter, and, if you like it, organic liver (please don't eat liver from the grocery store).**

Both eggs and liver are high in cholesterol, but they also carry the nutrients that break up cholesterol (lecithin). Liver is one of the most valuable foods that we have—if it isn't from a sick animal. Don't fry the liver.

#### **Eat of variety of cooked grains (brown rice, millet, quinoa, amaranth, oats).**

Soak 1 cup of the grain and a pinch of unrefined sea salt in 2½ to 3 cups of water overnight. In the morning, add some dried fruit (raisins, currants, or dates) and cook in the same water. When you first get up, turn them on, bring to boil, and reduce heat to simmer for 15 to 20 minutes. They have four to five times the nutrients when soaked because the soaking has caused them to germinate.

### **Lunch and Supper:**

#### **A One-Dish Supper.**

When you leave for work in the morning, place a grain (as above) in water to soak during the day. Soak some beans in water for 24 hours and pour the water off 2 or 3 times during the process (pinto, kidney, great northern, lima, black, etc.). Then place beans, garlic, and sea salt in a slow cooker. When you come home, add some spinach and cook a few minutes longer. You could also sauté onions, green pepper, etc. and cook in the beans. Add

chili power, cumin, and your other favorite spices. Brown some seeds in a dry skillet (sufficient for several days). Put the beans over rice and add some seeds. Use with a salad of mixed vegetables and your own salad dressing.

### **Lemony Tofu Pate.**

This is a delicious protein dish. Cut a block of firm tofu into 6 cubes and place in a steamer. Steam for 5 minutes, shut off burner, and let tofu stay in the pan for another 5 minutes. Mix together: 1 Tablespoon sweet, white miso; 1 to 1½ Tablespoons lemon juice; 1 Tablespoon olive oil or rice bran oil; 1 to 2 Tablespoons minced red or yellow onion; and 2 Tablespoons dill or parsley (minced). You can make this very creamy by using a blender. Refrigerate for an hour and take out of the refrigerator 1/2 hour before eating. You can also add baby dill pickles, olives, or relish.

### **Vegetable dishes.**

Place small amounts of several different vegetables (snow peas, broccoli, green beans, squash, corn on the cob, various greens, etc.) in a steamer. You can also include sliced white potatoes or yams in the steamer. Steam for a few minutes. Flavor the vegetables either with an organic soy or tamari sauce or with miso (a fermented bean paste). These can be purchased at a health food store.

Slice various kinds of squash. Mix olive oil and honey and brush on the squash pieces. If you like, sprinkle on cinnamon and nutmeg. Bake in the oven until soft.

### **Soups.**

You can make a delicious creamy soup with any vegetable you like (broccoli, squash, carrots, yams, spinach, etc.). Chop the squash or vegetable, add water to barely cover, and add chopped onion and cashews or pecans. Cook until soft (5 to 15 minutes). Puree in blender. If you want to, add coconut milk or a little yogurt. Nutmeg is a good addition to the squash soup.

### **Avoid regular milk if possible.**

Milk, and its products (cheese, yogurt, cottage cheese, etc.) is a wonderfully nourishing food. However, today's milk production and processing have allowed some 82 chemicals to creep into the milk supply. Only 3 of these 82 chemicals are monitored by the United States Department of Agriculture! The head of the pediatrics department at Johns Hopkins University has

suggested that children no longer drink this milk because it is related to childhood-onset, insulin-dependent diabetes. Milk from organic farms can be obtained at health food stores.

### **Supplements:**

For those of you who want extra nutrients, add the following to your foods:

- Wheat germ can be sprinkled on cereals or yogurt.
- Miso, a fermented bean paste, can be stirred into soups, salad dressings, and gravies.
- Nutritional yeast, which adds all nutrients to foods, can be added to fruit juice or tomato-based foods (don't use if you have a yeast infection).
- Green magna (1 Tablespoon) and/or chlorella (1/4 teaspoon) can be added to juice. Refer to the morning drink described above.

### **Yogurt:**

Buy plain yogurt (with live bacteria and organic if possible). Add frozen orange juice (1 teaspoon) for sweetener, nuts and seeds, and fruit (banana, kiwi, mango, strawberries, etc.). Add wheat germ or nutritional yeast, depending upon what tastes good to you. This is easy to carry to work and easy to make. It also helps your body produce some of its own B vitamins and provides the good kind of bacteria. The absence of the good bacteria in our diets today often leads to uncomfortable digestive problems.

### **Snack Food:**

Mix a variety of nuts (not peanuts), seeds (sunflower, pumpkin, sesame) and raisins. Put them in sealable plastic bags and carry them to work for a snack. Give them to your children for snacks. This is much cheaper than buying mixed nuts in the health food store. For variety, broil the mixed nuts and seeds in your broiler and then add an organic soy or tamari sauce for flavoring.

### **Recipes for the Holidays:**

Order an organic turkey. Make your stuffing from brown and wild rice, some leftover whole wheat bread, nuts and seeds, and apples. This is a

highly nourishing dish. Don't worry about the calories. The nutrients from the nuts and seeds are vital to brain mass and functioning.

If you are allergic to milk or do not drink milk, make your gravy and soups from cooked and blended potatoes, with the skins.

Buy some nice, small collard greens. Fold them in half and cut the stem out. When opened up, this makes a beautiful leaf with a V-shape cut out. Steam or put in salted boiling water for 3 to 4 minutes. Remove and chop in strips (in both directions). Serve with ume vinegar on them.

### **Treats:**

Mash together natural nut butter (cashew butter or almond butter), ripe banana, and small amounts of honey or rice syrup (you may not need this). Add seeds (chopped in food processor if you prefer), wheat germ, and uncooked rolled oats. Roll into balls and roll in sesame seeds or coconut. This tastes quite sinful!

Make squash or pumpkin pies using brown rice syrup (yinnie syrup) or barley malt. Make the crusts from whole wheat pastry flour.

Make an apple (or other fruit) crumble by slicing large amounts of fruit into a baking dish. Combine 2 rounded cups of oat flakes, 1 cup whole wheat pastry flour, 1/2 teaspoon salt (unrefined sea salt), 1/3 cup canola oil, 1/2 cup yinnie syrup (brown rice syrup), and 1 teaspoon vanilla. Place on top of fruit and mash into corners. Cover and bake for 40 minutes at 350 degrees. Remove foil and bake until lightly browned (about 10 more minutes).

## Helpful Resources

### Newsletters and Treatment Centers

*Health and Healing Wisdom*, The Price-Pottenger Nutrition Foundation, P.O. Box 2614, La Mesa, California 91943, 619-462-7600, Orders: 800-366-3748; [www.price-pottenger.org/](http://www.price-pottenger.org/).

My Own Meals, Inc., P.O. Box 334, Deerfield, Illinois 60015, 847-948-1118, [www.myownmeals.com](http://www.myownmeals.com).

Natural Lifestyle Supplies, 16 Lookout Drive, Asheville, North Carolina 28804, 800-752-2775, <http://www.natural-lifestyle.com>.

Natural Foods Mail Order, Garden Spot Distributors, 438 White Oak Road, New Holland, Pennsylvania 17557, 800-829-5100, [www.gardenspotdist.com/](http://www.gardenspotdist.com/).

*Pfeiffer Pfacts*, Pfeiffer Treatment Center, 4575 Weaver Parkway, Warrenville, Illinois 60555, 630-505-0300, [www.hriptc.org/ppfacts.html](http://www.hriptc.org/ppfacts.html).

*Pure Facts*, The Feingold® Association of the United States, 127 East Main Street, Suite 106, Riverhead, New York 11901, 631-369-9340, [www.feingold.org/home.html](http://www.feingold.org/home.html).

The Well Mind Association of Greater Washington, Inc., 11141 Georgia Avenue, Suite 326, Wheaton, Maryland 20902, 301-949-8282.

### Books

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Finnegan, J. and Gray, D. *Recovery from Addiction: A Comprehensive Understanding of Substance Abuse With Nutritional Therapies for Recovering Addicts and Codependents*. Berkeley, California: Celestial Arts, 1990.

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