What Interferes with Learning How can a better Lifestyle help your Child

Too much fast food 'harms children's test scores'

Eating too much fast food damages children's performance at school, according to research...

Is caffeine in fizzy drinks making teenagers stupid? Coffee, cola and energy drinks could 'slow brain development'

HOW MUCH CAFFEINE IS TOO MUCH?

This is your brain on sugar: UCLA study shows high-fructose diet sabotages learning, memory

Eating more omega-3 fatty acids can offset damage, researchers say

16 Things That Make You Dumber

Sugar

Multitasking without Focus

Chewing gum

Watching FOX News

Obesity

Jet lag
Too much fast food 'harms children's test scores'

Eating too much fast food damages children's performance at school, according to research.

By Graeme Paton, Education Editor

3:38PM BST 22 May 2009

Pupils achieve lower scores in tests after eating takeaway meals such as burgers and chips more than three times a week, it is claimed.

The findings - in a study of more than 5,500 primary school children - even apply when parental income, race and pupils' weight is taken into account.

Some children's scores in literacy and numeracy dropped by up to 16 per cent compared to the average, it was disclosed.

The study provides some of the most conclusive evidence yet of a link between poor diet and academic ability.

It comes amid continuing anxiety over the state of child health in Britain.
One in three children are currently overweight and consumer groups have called for stricter controls on junk food advertising on television.

The sale of fatty and sugary food has already been banned in school canteens and vending machines following a high-profile campaign by Jamie Oliver, the TV chef.

But the health drive has led to a sharp drop in the number of under-16s eating at school.

In the latest study, American academics said schools would have an impact by making children aware of "the academic consequences of their food choices".

Researchers from Vanderbilt University in Tennessee tracked the eating habits of children aged 10 and 11 - then compared it to performance in reading and maths tests.

They found just over half of pupils had eaten at fast food restaurants such as McDonald's up to three times in the last week. One in 10 had eaten fast food between four and six times and two per cent visited restaurants four or more times daily.

In total, children scored between 58 and 181 points in the reading tests, gaining an average score of 141.5. But after taking other factors into account, pupils who ate fast food between four and six times a week scored almost seven points below average. Children snacking once a day fell 16 points, while pupils indulging three times a day dropped by 19 points.

Similar trends were noted in maths. In total, children scored between 47 and 151 points in the test, with average results of 115. But those pupils eating fast food dropped by between 6.5 and 18.5 points.

Dr Kerri Tobin, who carried out the study, said it found "statistically significant relationships between higher than average consumption of fast food and lowered test scores".

"It is possible that the types of food served at fast food restaurants cause cognitive difficulties that result in lower test scores," she said.

The study - quoted in the Times Educational Supplement - said results may be influenced by other factors such as parental interest in children's work.

"It is also possible that the tendency to eat fast food results from lower test scores, rather than resulting in lower test scores," added the report.

Last year, the Government-funded School Food Trust recommended banning children from leaving school at lunchtime to stop them eating junk food.

A McDonald's spokesman said: "The majority of our customers visit us two to three times a month. Given this, and the choice and variety on our menu, there is no question that McDonald's food can fit into a balanced diet."
Swiss Scientists say teens drinking three cans of energy drink or a large bottle of cola every day could be reducing the amount of deep sleep they get

Some researchers are concerned that young adults' caffeine consumption has soared by over 70 per cent during the past 30 years

Researchers experimenting on pubescent rats found the maturing processes in the rodents' brains was delayed when they consumed caffeine

By SARAH GRIFFITHS and FIONA MACRAE

Caffeine consumption in drinks such as cola and coffee plus energy drinks could slow down brain development in teenagers, Swiss scientists said.

Caffeine-laden fizzy drinks could be stopping children’s brains from developing properly, scientists have warned.

They believe that by preventing deep sleep, caffeine interferes with the development of the brain during adolescence.

This is a critical time for the brain, when problems in development can lead to schizophrenia, anxiety, drug use and personality disorders.

Researchers experimented on rats, but say the findings raise concerns for children and teenagers, some of whom consume large amounts of caffeine from colas and energy drinks.

Between 300 and 400mg of caffeine – four cans of energy drink a day or three or four mugs of coffee – could make a difference, the study suggests.

A can of the popular energy drink Red Bull, for example, contains 80mg.
The Swiss research focused on the development of the brain during the teenage years. As it prepares for the demands of adulthood, synapses, or connections between cells, that are not needed are eliminated. It is thought that sleep is crucial to this process. Professor Reto Huber, of the University Children’s Hospital in Zurich, said: ‘This optimisation presumably occurs during deep sleep. ‘Key synapses extend, others are reduced; this makes the network more efficient and more powerful.’

Children and young adults guzzling the equivalent of three cups of coffee - three cans of energy drink or approximately a large bottle of cola – could be unconsciously reducing the amount of deep sleep they enjoy, thereby slowing their brain development. Prof Huber said that when young rats were given caffeinated drinking water, they got less deep sleep than those who drank plain water. Their brains also had more connections in them at the end of the study – meaning the pruning back process had been disturbed, the journal PLoS ONE reports.

A spokesman for the researchers said: ‘Children’s and young adults’ average caffeine consumption has increased by more than 70 per cent over the past 30 years and an end to this is not in sight. ‘The drinks industry is posting its fastest-growing sales in the segment of caffeine-laden energy drinks. ‘The brain goes through a delicate maturing phase in puberty, during which many mental diseases can break out.

‘And even if the rat brain differs clearly from that of humans, the many parallels in how brains develop raise the question as to whether children’s and young adults’ caffeine intake is really harmless or whether it might be wiser to abstain from consuming the pick-me-up.’

Another recent study suggested sugar-laden fizzy drinks made children as young as five violent, withdrawn and distracted.
A study by the government regulatory agency Health Canada concluded that the average person can have up to 400mg of caffeine a day without experiencing negative affect, such as anxiety or heart problems. Here is the caffeine content of a number of popular drinks.

**HOW MUCH CAFFEINE IS TOO MUCH?**

A recent study found a large cup of Starbucks coffee contains more than three quarters of a person’s ‘safe’ daily dose of caffeine. The 16oz ‘Grande’ coffee is said to contain nearly double the recommended limit for a pregnant woman, while a typical home-made 8oz cup of coffee is well above a 10-year-old’s daily allowance.

But scientists stress that such statistical averages can vary widely from person to person, with factors such as gender and genetics having an impact on tolerance levels. A person’s tolerance can also be affected by other drug use, with women who take the contraceptive pill breaking down caffeine slower, and smokers process the stimulant faster than non-smokers.
A study by the government regulatory agency Health Canada concluded that the average person can have up to 400mg of caffeine a day without experiencing negative affect, such as anxiety or heart problems. The average allowance for a pregnant woman is 200mg, according to the Food Standards Agency, and 75mg for a 10-year-old.

A 16oz Starbucks coffee has 330mg of caffeine, according to a table compiled by Chemical and Engineering News but the coffee chain denied the findings, saying their Grande contains 140mg of caffeine. University of Florida's director of forensic toxicology, Bruce A. Goldberger, told Chemical and Engineering News: 'People often don’t understand the potential risk of these beverages. Caffeine is a stimulant and, when consumed at high enough levels, can have negative effects.' A fatal dose of caffeine is thought to be around 10g - equivalent to around 75 8oz cups of coffee or 120 cans of red bull consumed within a few hours.

Read more: [http://www.dailymail.co.uk/health/article-2431711/Is-caffeine-making-teenagers-stupid-Coffee-cola-energy-drinks-slow-brain-development.html#ixzz3AN6QW0fj](http://www.dailymail.co.uk/health/article-2431711/Is-caffeine-making-teenagers-stupid-Coffee-cola-energy-drinks-slow-brain-development.html#ixzz3AN6QW0fj)

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Too much fast food can make kids stupid!

Eating too much fast food can ruin your kid’s performance at school, concludes a new study.

The study, which involved 5,500 primary school children, found that pupils achieved lower scores in tests after eating takeaway meals such as burgers and chips more than three times a week, reports The Telegraph.

http://www.telegraph.co.uk/education/educationnews/5368637/Too-much-fast-food-harms-childrens-test-scores.html

Some children’s scores in literacy and numeracy dropped by up to 16 per cent compared to the average, the study claimed.

GSRtDCs is shown to help increase Intellect and Sport Performance


Multiple studies have shown a 10 to 20% increase in memory, math skills, sport stamina, strength, eye hand coordination among other things. Published in peer reviewed medical journals these articles confirm that you can help your child with GSRtDCs.
Cannabis smoking ‘permanently lowers IQ’

Findings from a new landmark study conclude that smoking marijuana lowers your intelligence quotient. In other words, weed makes you stupid, benumbs your brain, renders your mental faculties useless, and makes you intellectually impotent.
I think that about says it all.
Studies Show that Smoking Blocks Oxygen and Reduces Memory and Intellect

"Emotional Insecurity drives the young to try to be like others and peer pressure makes addicts of our young"

GSRtDCs is shown to help increase Intellect and Sport Performance


Multiple studies have shown a 10 to 20% increase in memory, math skills, sport stamina, strength, eye hand coordination among other things. Published in peer reviewed medical journals these articles confirm that you can help your child with GSRtDCs.
Scientists suspect that caffeine in soft drinks is making teenagers stupid.


Scientists have said that GSRtDCs makes Children Smarter, Consider this Advice.
Health effects of caffeine

Positive effects:
- increased attention and alertness, decreased fatigue
- lower risk of cardiovascular disease
- lower risk of diabetes
- increased metabolic rate

Negative effects:
- anxiety and addiction
- increased vasoconstriction and blood pressure
- reduced control of fine motor movements
- stimulation of urination

Health effects of GSRtDCs

Positive effects:
- increased attention and alertness, decreased fatigue
- lower risk of cardiovascular disease
- lower risk of diabetes
- increased metabolic rate

Negative effects:
- None
- None
- None
- None
This is your brain on sugar: UCLA study shows high-fructose diet sabotages learning, memory

Eating more omega-3 fatty acids can offset damage, researchers say

Elaine Schmidt | May 15, 2012

Attention, college students cramming between midterms and finals: Binging on soda and sweets for as little as six weeks may make you stupid.

A new UCLA rat study is the first to show how a diet steadily high in fructose slows the brain, hampering memory and learning — and how omega-3 fatty acids can counteract the disruption. The peer-reviewed Journal of Physiology publishes the findings in its May 15 edition.

"Our findings illustrate that what you eat affects how you think," said Fernando Gomez-Pinilla, a professor of neurosurgery at the David Geffen School of Medicine at UCLA and a professor of integrative biology and physiology in the UCLA College of Letters and Science. "Eating a high-fructose diet over the long term alters your brain's ability to learn and remember information. But adding omega-3 fatty acids to your meals can help minimize the damage."

While earlier research has revealed how fructose harms the body through its role in diabetes, obesity and fatty liver, this study is the first to uncover how the sweetener influences the brain.

Sources of fructose in the Western diet include cane sugar (sucrose) and high-fructose corn syrup, an inexpensive liquid sweetener. The HFCS syrup is widely added to processed foods, including soft drinks, condiments, applesauce and baby food. The average American consumes roughly 47 pounds of cane sugar and 35 pounds of high-fructose corn syrup per year, according to the U.S. Department of Agriculture.
"We're less concerned about naturally occurring fructose in fruits, which also contain important antioxidants," explained Gomez-Pinilla, who is also a member of UCLA’s Brain Research Institute and Brain Injury Research Center. "We're more concerned about the fructose in high-fructose corn syrup, which is a SINthetic added to manufactured food products as a sweetener and preservative."

Gomez-Pinilla and study co-author Rahul Agrawal, a UCLA visiting postdoctoral fellow from India, studied two groups of rats that each consumed a fructose solution as drinking water for six weeks. The second group also received omega-3 fatty acids in the form of flaxseed oil and docosahexaenoic acid (DHA), which protects against damage to the synapses — the chemical connections between brain cells that enable memory and learning.

"DHA is essential for synaptic function — brain cells' ability to transmit signals to one another," Gomez-Pinilla said. "This is the mechanism that makes learning and memory possible. Our bodies can't produce enough DHA, so it must be supplemented through our diet."

The animals were fed standard rat chow and trained on a maze twice daily for five days before starting the experimental diet. The UCLA team tested how well the rats were able to navigate the maze, which contained numerous holes but only one exit. The scientists placed visual landmarks in the maze to help the rats learn and remember the way.

Six weeks later, the researchers tested the rats' ability to recall the route and escape the maze. What they saw surprised them.

"The second group of rats navigated the maze much faster than the rats that did not receive omega-3 fatty acids," Gomez-Pinilla said. "The DHA-deprived animals were slower, and their brains showed a decline in synaptic activity. Their brain cells had trouble signaling each other, disrupting the rats' ability to think clearly and recall the route they'd learned six weeks earlier."
The DHA-deprived rats also developed signs of resistance to insulin, a hormone that controls blood sugar and regulates synaptic function in the brain. A closer look at the rats' brain tissue suggested that insulin had lost much of its power to influence the brain cells.

"Because insulin can penetrate the blood–brain barrier, the hormone may signal neurons to trigger reactions that disrupt learning and cause memory loss," Gomez-Pinilla said.

He suspects that fructose is the culprit behind the DHA-deficient rats' brain dysfunction. Eating too much fructose could block insulin's ability to regulate how cells use and store sugar for the energy required for processing thoughts and emotions.

"Insulin is important in the body for controlling blood sugar, but it may play a different role in the brain, where insulin appears to disturb memory and learning," he said. "Our study shows that a high-fructose diet harms the brain as well as the body. This is something new."

Gomez-Pinilla, a native of Chile and an exercise enthusiast who practices what he preaches, advises people to keep fructose intake to a minimum and swap sugary desserts for fresh berries and Greek yogurt, which he keeps within arm's reach in a small refrigerator in his office. An occasional bar of dark chocolate that hasn't been processed with a lot of extra sweetener is fine too, he said.

Still planning to throw caution to the wind and indulge in a hot-fudge sundae? Then also eat foods rich in omega-3 fatty acids, like salmon, walnuts and flaxseeds, or take a daily DHA capsule. Gomez-Pinilla recommends one gram of DHA per day.

"Our findings suggest that consuming DHA regularly protects the brain against fructose's harmful effects," said Gomez-Pinilla. "It's like saving money in the bank. You want to build a reserve for your brain to tap when it requires extra fuel to fight off future diseases."
The UCLA study was funded by the National Institute of Neurological Disorders and Stroke. Gomez-Pinilla's lab will next examine the role of diet in recovery from brain trauma.

The UCLA Department of Neurosurgery is committed to providing the most comprehensive patient care through innovative clinical programs in minimally invasive brain and spinal surgery; neuroendoscopy; neuro-oncology for both adult and pediatric brain tumors; cerebrovascular surgery; stereotactic radiosurgery for brain and spinal disorders; surgery for movement disorders such as Parkinson's disease; and epilepsy surgery. For 20 consecutive years, the department has been ranked among the top 10 neurosurgery programs in the nation by U.S. News & World Report.

![7 Side Effects of Soda](image)
A SIP OF SODA: HOW SOFT DRINKS IMPACT YOUR HEALTH

ASTHMA
Sodium benzoate, found in sodas, is used as a preservative (microbial control) in foods. Sodium preservatives add sodium to the diet and reduce the availability of potassium. Some reported reactions to sodium benzoate include recurring urticaria (hives), asthma, and eczema.

Each day 11 Americans die from asthma

The annual cost of asthma to the healthcare system is estimated to be nearly $18 billion

KIDNEY ISSUES
Colas contain high levels of phosphoric acid, which has been linked to kidney stones and other renal problems.

You are more likely to get kidney stones if you are:
- Male
- Caucasian
- Very overweight

SUGAR OVERLOAD
Twenty minutes after drinking a soda, your blood sugar spikes, causing an insulin burst. Your liver responds to this by turning any sugar into fat.

Forty minutes later, caffeine absorption is complete. Your pupils dilate, your blood pressure rises; as a response, your liver dumps more sugar into your bloodstream. The adenosine receptors in your brain are now blocked, preventing drowsiness.

45 minutes later, your body ups your dopamine production, stimulating the pleasure centers of your brain. This is physically the same way heroin works, by the way.

OBESITY
The relationship between soft drink consumption and body weight is so strong that researchers calculate that for each additional soda consumed, the risk of obesity increases 1.6 times.

78% of cardiovascular disease is related to obesity
42% of breast and colon cancer is diagnosed in obese individuals
30% of gall bladder surgery is related to obesity

DISolves TOOTH ENAMEL
Sugar and acid in soft drinks easily dissolve tooth enamel.

When tooth decay reaches the nerve, the root, and the area at the base of the tooth, the tooth may die and, if left untreated, an abscess can develop.

HEART DISEASE
Most soft drinks contain high fructose corn syrup, a sweetener that is now under considerable scrutiny. High fructose corn syrup has been associated with an increased risk of metabolic syndrome, a condition associated with an elevated risk of both diabetes and heart disease.

In 2006, more than one in every four deaths were caused by heart disease.

REPRODUCTIVE ISSUES
Soft drink cans are coated with a resin that contains BPA (bisphenol-A). This is the same cancer causing chemical found in plastic baby bottles, water bottles, and plastic containers that weaken havoc on the endocrine system, potentially causing premature puberty and reproductive abnormalities.

99.9% of plastic bottles contain BPA.

OSTEOPOROSIS
Soft drinks contain phosphoric acid and a high phosphate diet has been associated with bone breakdown and an increased risk of osteoporosis. When phosphorus is excreted in the urine, it takes calcium with it, depriving the bones and the rest of the body of this important mineral.

Eighty percent of those affected by osteoporosis are women. Twenty percent are men.

INCREASED RISK OF DIABETES
Those who drink more soda have an 80% increased risk of developing Type 2 diabetes.

Approximately 1 in 10 health care dollars is spent on diabetes.

Never ever use High Fructose Corn Syrup or products that contain it.
The Deception and Dangers of HFCS

What are the health risks of high fructose corn syrup and how are companies planning to deceive consumers by relabeling the ingredient?

5 Health Dangers of HFCS

- Mercury Exposure
- Hypertension and Elevated "Bad" Cholesterol Levels
- Long-Term Liver Damage
- Increased Risk of Developing Type-2 Diabetes
- Significant Risk of Weight Gain and Obesity

USA Sweetener Consumption Per Capita, 2009

<table>
<thead>
<tr>
<th>Sweetener</th>
<th>Amount in Pounds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Refined Sugar</td>
<td>63.6</td>
</tr>
<tr>
<td>HFCS</td>
<td>50.1</td>
</tr>
<tr>
<td>Glucose</td>
<td>12.0</td>
</tr>
<tr>
<td>Dextrose</td>
<td>2.7</td>
</tr>
<tr>
<td>Pure Honey</td>
<td>0.9</td>
</tr>
<tr>
<td>Edible Syrups</td>
<td>0.5</td>
</tr>
</tbody>
</table>

USA price of HFCS vs. Sugar

<table>
<thead>
<tr>
<th>Sweetener</th>
<th>Wholesale Price, cents per pound</th>
</tr>
</thead>
<tbody>
<tr>
<td>HFCS</td>
<td>32.95</td>
</tr>
<tr>
<td>HFCS-42</td>
<td>31.3</td>
</tr>
<tr>
<td>Refined Beet Sugar</td>
<td>38.10</td>
</tr>
</tbody>
</table>

Alternatives to HFCS

- More Fruit
- Pure Honey (12 cal/4g)
- Sweetness = glucose & fructose

HFCS Utilization in the USA

- 1992: 70
- 2000: 120

6 Ways to Avoid HFCS

1. Do your research. Be clear on exactly why you want to avoid HFCS.
2. Avoid fast food. Many menu items contain HFCS, not only the sweet ones.
3. Read the label. High Fructose Corn Syrup will be clearly listed.
4. Buy organic. Be wary of "natural." Corn syrup is "natural," but it is unlikely that any 100% organic food would contain HFCS.
5. Avoid canned or bottled beverages. Not just soda either, almost every sweet drink contains HFCS.
6. Eat fresh. Learn to cook using fresh, unrefined, unprocessed produce.

100% Natural Fruit juice

While high fructose corn syrup is plainly labeled on most food packaging in the USA, look out for these alternative names for HFCS: maize syrup, pole corn juice, glucose-fructose syrup, glucose or fructose - especially if travelling abroad. Fortunately, for the holiday maker, HFCS use is much less prevalent outside of the US.

HFCS - A.K.A.:

- While high fructose corn syrup is plainly labeled on most food packaging in the USA, look out for these alternative names for HFCS: maize syrup, pole corn juice, glucose-fructose syrup, glucose or fructose - especially if travelling abroad. Fortunately, for the holiday maker, HFCS use is much less prevalent outside of the US.

Percent Daily Values are based on a 2,000 calorie diet.

On September 14, 2010, The Corn Refiners Association applied for permission to use the name "corn sugar" in place of high fructose corn syrup on food labels for products sold in the United States.

Sources: usda.gov | whoknows.com | wikipedia.com | goodfatscenter.com | Maryland Dept. for the Environment calorieaccount.com

Information provided by: http://www.medicalinsurance.org

MEDICAL Insurance
With all the talk about self-improvement these days, people don't pay enough attention to self-worsening. In fact, there are many common behaviors that have been shown in one or more studies to make people stupider. You can start by turning off most TV shows.

**Watching reality TV**

An Austrian study showed participants a reality-like show and asked them to take a knowledge test immediately afterward. *Those participants fared worse than those who had not seen the reality show beforehand.*
Sugar

A UCLA study showed that steady sugar consumption for as little as six weeks "slows the brain, hampering memory and learning." Americans consume 35 pounds of high-fructose corn syrup each year, UCLA reported via the U.S. Department of Agriculture.

Multitasking without Focus

Research conducted at Stanford University in 2009 shows that multitaskers "who are regularly bombarded with several streams of electronic information do not pay attention, control their memory or switch from one job to another as well as those who prefer to complete one task at a time."
Chewing gum

A series of three experiments conducted by Cardiff University in Wales determined that chewing gum "impairs short-term memory for both item order and item identity."

Watching FOX News

A 2011 study by Fairleigh Dickinson University found that people who watch Fox News are less likely to be knowledgeable about the political landscape than those who watch MSNBC, Jon Stewart's The Daily Show or NPR.

"Fox News viewers are significantly more misinformed than consumers of news from other sources," a 2010 University of Maryland study showed.
A 2010 Kent State University study tested more than 100 obese individuals before and after they had bariatric surgery. Men's Health reports that "before the surgery, most subjects showed below-average memory skills. But 12 weeks after surgery...their memory test scores had improved to within the average range for all adults."

Researchers at Cal Berkeley changed the sleep schedule for hamsters every three days for a month and the hamsters produced 50 percent fewer neurons than they did on a normal sleep schedule.
Fluoride

A recent study performed by Environmental Health Perspective, a journal published by the National Institute of Environmental Health Sciences, concluded that "children in high-fluoride areas had significantly lower IQ scores than those who lived in low-fluoride areas." Fluoride is found in most drinking water in the United States.

Meetings

In businesses around the world, it's fairly common to toss ideas around at meeting to help stimulate creative and productive activity. But a Virginia Tech study revealed that "group settings can diminish expressions of intelligence, especially among women." Social feedback in settings ranging from jury deliberations to cocktail parties "had a significant effect" on the subjects' problem-solving abilities.
Being spanked as a child

A wide-ranging study by the University of Manitoba found that more than five percent of all mental disorder is caused by being spanked or other forms of childhood physical abuse. "This type of punishment was associated with poor mental outcomes and several mental disorders almost uniformly across the board," said Tracy Afifi, the founder of the study, according to WebMD.

PowerPoint

If you believe the U.S. Army, PowerPoint presentations are making us stupid. Commanders in the Army told the New York Times in 2010 that the Microsoft program "stifles discussion, critical thinking and thoughtful decision-making."
Secondhand smoke

In addition to the numerous other harmful effects secondhand smoke causes, children who are exposed to enough of it could end up with lower IQs and lower achievement in school and on test scores, according to Central Michigan University.
The Yale Stress Center concluded this year that stressful situations "can reduce the number of connections between neurons in the brain and impair the ability of managing tense events in the future," as reported by The Morning Call. Cumulative stress, Yale found, can cause a decrease of gray matter in the brain's prefrontal cortex and "can impair the brain's ability to store information and respond to the environment."

Ambien and Xanax

If you're an older individual, taking Ambien (a sleeping pill) and Xanax (used to ease stress and anxiety) could become extremely harmful, according to doctors at AARP. These drugs could cause "memory loss (even amnesia), dementia and suicidal thoughts" among users and "both Xanax and Ambien slow down the central nervous system."
Lack of iodine

You don't need much iodine in your system, but it's crucial to have before you're born. In the prenatal stage, an iodine deficiency "can lead to serious physical and mental disorders," according to Steady Health. In fully developed adults, an iodine deficiency can lead to a 13 point decrease in IQ.
Smoking weed consistently from adolescence causes "neuropsychological decline broadly across domains of functioning, even after controlling for years of education," according to research from Duke University. Even stopping the habit for a long period of time "did not fully restore neuropsychological functioning among adolescent-onset cannabis users. Findings are suggestive of a neurotoxic effect of cannabis on the adolescent brain."
Scientists Show Vegetarians Are More Intelligent than Meat Eaters

By Laima Jonusiene, MD

Humans are certainly Vegetarians who evolved into omnivores. We are evolutionarily planned to eat plants but we have a configuration that allows us to eat both animal meat and plants. Anybody who shunned animal protein and ate only vegetables in the ancestral environment, in the face of constant food shortage and precariousness of its amount, was not likely to have survived long enough and remained healthy enough to have left many offspring. So such a person is not likely to have become our ancestors. On the other hand, anyone who preferentially ate animal protein and fat in the ancestral environment would have been much more likely to live longer and stay healthier. They are therefore much more likely to have become our ancestors.
Vegetarianism would therefore be an evolutionarily novel value and lifestyle, as well as a luxury of abundance. The Hypothesis would predict that more intelligent individuals are more likely to choose to become a vegetarian than less intelligent individuals.

Meat-Free Life

This indeed seems to be the situation. Among the British respondents in the National Child Development Study, those who are vegetarian at age 42 have significantly higher childhood general intelligence than those who are not vegetarian at age 42. (Childhood general intelligence was measured with 11 different cognitive tests at three ages before 16.) Vegetarians have the mean childhood IQ of 109.1 whereas meat eaters have the mean childhood IQ of 100.9. The difference is large and highly statistically significant.
The relationship holds both among women and men separately. Among women, vegetarians have the mean childhood IQ of 108.0 while meat eaters have the mean childhood IQ of 100.7. Among men, vegetarians have the mean childhood IQ of 111.0 and meat eaters have the mean childhood IQ of 101.1, a 10-point difference!
The fact that the difference in childhood IQ between vegetarians and meat eaters is larger among men than among women makes sense in light of the historical division of labor between the sexes. Throughout evolutionary history, men have traditionally hunted animals for their meat while women have traditionally gathered plant food. So vegetarianism – a complete and total eschewal of animal meat – should be even more evolutionarily novel and unnatural for men than for women. Women are 60% more likely to be vegetarians than men are (3.33% vs. 2.07%).

Childhood general intelligence has a significantly positive effect on the likelihood of vegetarianism at age 42, even net of a large number of social and demographic factors, such as sex, whether ever married, whether currently married, education, income, religion, religiosity, social class at birth, mother’s education, and father’s education, both in the full sample and among men and among women separately. There appears very little doubt that more intelligent children are more likely to grow up to become vegetarian as adults in the United Kingdom. One standard deviation (15 points) increase in childhood IQ increases the odds of adult vegetarianism by 37% among women and by 48% among men.

Interestingly, the strong association between childhood intelligence and adult vegetarianism is not replicated in the US. Vegetarians in early adulthood do have significantly higher childhood intelligence in junior high and high school, but the difference is not large (101.5 vs. 99.3). And it is only significant among women (101.4 vs. 98.5), not among men (101.7 vs. 100.1). This is very strange given the historical division of labor noted above. The significant effect of childhood intelligence on adult vegetarianism among Americans disappears entirely once mother’s or father’s education or religion is statistically controlled.
It is not at all clear to me why the difference in childhood intelligence between vegetarians and meat eaters is so much larger and stronger in the United Kingdom than in the United States. Apart from the national differences between the UK and the US, the two samples also come from different generations. The British NCDS respondents were all born in March 1958, whereas the American Add Health respondents were born between 1974 and 1983. I am not sure if it is the national differences or generational differences, or something entirely different, that account for the observed difference in the association between childhood intelligence and adult vegetarianism.
Above-Famous Vegetarians- Without the intestinal burden of putrefaction of meat, the Brain thrives on Nutrient rich Vegetables, Fiber, Minerals, and Neg-Entropic Vegetables.
VEGETARIANS ARE KINDER, SMARTER, AND HEALTHIER

The quantum fact is the Vegetables make us smarter.
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Go to http://imune.name to learn and to get your course materials. You could get a Doctorate in Wellness and an international or accredited European professional qualification in neurophysiological bioresonance and biofeedback.

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Big Tobacco, Big Sugar, Big Pharma, Big Oil, and Big War Industry are exempt from lay and they kill and injure, maim and cripple in the name of profit. They seek to control and dominate medicine to further build their profits.

Their money controls governments, regulators, and the small minded media. The Ultra Rich Master Echelon Computer now sees and hears all the things we say, write, and do. Rights of privacy are gone worldwide. They have taken away our rights of free speech.

The Ultra Rich control the media and refuse to tell stories that expose or offend the Ultra Rich Power. They control every movie that gets distribution, every song that hits the radio, everything that is put on the world news. They use science and psychology to control and manipulate the minds of the masses.

But medicine is controlled by Universities that teach medicine. There is no university starting to teach Natural Medicine. IMUNE has a new 12 month home study course that can be bought with Karma and you can learn how to do natural medicine and how to break free from the Ultra Rich control.

Big Tobacco
Big Pharma
Big Sugar
Big Media
Big Banking
Big Money

Well, the game of Reality Monopoly is still being played all over the world. One percent of the world's population is winning and no controls over 99% of the wealth. The law allows the game to continue till we will see one winner and 6 billion plus losers.