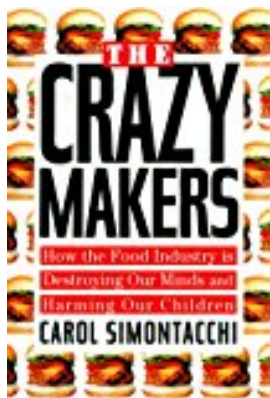


[PDF] The Crazy Makers: How The Food Industry Is Destroying Our Brains And Harming Our Children

Carol Simontacchi - pdf download free book



Books Details:

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Description:

We already worry that our food makes us fat, dull, disease-prone, and sleepy. Now we have to worry that it also makes us crazy. According to certified clinical nutritionist Carol Simontacchi, the food industries that give us packaged, processed, artificially flavored, chemical-ridden, artificially

colored, nutrient-stripped pseudo foods such as sodas, processed soups, sugared cereals, and fiberless bread "wantonly destroy our bodies and our brains, all in the name of profit." We Americans (adults and children) eat 200 pounds of sugar and artificial sweeteners each year. Our children's test scores and grades drop. We become violent, illogical, moody, depressed, drug-addicted, and crazy. The reason, according to the author, who is pursuing a doctorate in brain nutrition, is that we're starving our brains with lack of nutrition.

This isn't a process that begins when teenagers start snacking on sodas, chips, and ice cream. Rather, this nutrition deprivation starts in the womb: mom doesn't get the right nutrition (essential fatty acids, high-quality protein, unrefined carbohydrates, vitamins, minerals, and water), so baby is born already brain-nutrient deficient, says the author. Infant formulas, processed baby food, and sugared cereals exacerbate the problem through the stages of childhood, with kids not getting the nutrition their growing brains need. Simontacchi also skewers prepared foods, additives, over-processed grains, school vending machines, and fast-food chains.

This book isn't only about children. Starbucks and its ilk get a "Crazy Maker Award" for "encouraging us to self-medicate with stimulating beverages that mask the symptoms of nervous system and adrenal exhaustion." We adults are genuinely fatigued, but instead of getting the sleep and rest we need, we succumb to the "marketing hype of sophisticated companies that convinces us that self-medicating with an addictive substance is the answer to our energy crisis." You may not accept all Simontacchi's views, but once you've read this book, you won't reach for a café latte or feed your kids sugar-frosted cereal with the same complacency. --Joan Price

From Publishers Weekly Why have depression rates soared in the post-WWII era? Why does one in four adults have a mental health crisis in any given year? According to Simontacchi, a clinical nutritionist (*Your Fat Is Not Your Fault*), the cause is a diet that consists of processed food deficient in crucial nutrients. Turning her attention first to the eating patterns of pregnant women, Simontacchi finds a connection between prenatal nutritional deficiencies (in fatty acids and B complex vitamins, among others) and "hidden" defects, which show up not at birth but later, as poor memory and the inability to concentrate. She also reports on a small study she conducted with teenagers: one group was given a nutritious breakfast drink and the other group was not. The youths who received the drink, she discovered, felt better in six areas of emotion, such as anxiety, depression and vigor. She also finds links between the poor eating habits of teenagers and fatigue, depression and self-destructive behavior. Throughout, Simontacchi documents her arguments with reference to mainstream journal articles and nutritional studies. But her tone is sometimes overwrought: "We are being systematically starved," she writes, eating not real food but "toxic food artifacts" made by food manufacturers. Her comments about the superiority of breast milk over formula may plunge into guilty despair anyone who didn't breast-feed her children for at least a year. But in a more positive vein, she offers pro-active strategies for improved nutrition including pages of sensible suggested recipes for improving not only physical but mental health as well. (June) Copyright 2000 Reed Business Information, Inc.

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