

SHORT ATTENTION SPANS IN BOYS? [GET 30 TIPS FOR PARENTS](#)

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BRAIN STARVATION: COULD BOYS BE SUFFERING?

May 17, 2017 By Jacqueline

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p 2.4K

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SHARES



(photo source)

What is brain starvation and what causes it? I recently learned how an easily corrected deficiency in diet can actually cause active brains to function poorly – *especially in boys.*

[I SHARE THIS CRITICAL POST BY HOMESCHOOL MOM MICHELLE CASKEY (WITH HER PERMISSION) BECAUSE WE WANT YOUR SONS TO THRIVE.]

Most of us are aware that boys and girls are different. They see things differently, they play differently and they think differently.

But, I was surprised to find out that boys also have different nutritional needs than do girls.

Is your son's brain starving?

I recently had the privilege of attending several seminars by Dianne Craft, who is a special education teacher and a nutritionist. Dianne shared some information with us that I had never heard before. She told us that sixty percent of our brains are made of fat. Thirty percent of that fat is in the forebrain, which is made of DHA, an essential fatty acid.

The only sources of DHA are fish oil and mother's milk.

Diane told us that we all need healthy fats in our diets to make our brains function properly. The corpus callosum, which is the bundle of nerves that connects the right and left hemispheres, is made of fat. The myelin sheath which coats the nervous system is also made of fat. The good news is brain starvation can be corrected.

Jackie's Note: here is a printable list of 30 ways to help your kids!

Boys have a 3 times higher need for essential fatty acids than do girls.

Dianne believes this is because estrogen is a fatty carrier where testosterone is not.

This also explains why it's so much easier for men to lose weight than women. What is an asset for weight loss, however, is not an asset for their brains.

Some of our sons are suffering from brain starvation.

Our modern diets are deficient in good fats. We are told to eat margarine (which are nasty trans fats) instead of butter, egg beaters instead of eggs, skim milk instead of whole milk, and to stay away from nuts because they are high in fat. A lack of essential fatty acids causes our bodies to become deficient in serotonin.

Serotonin has the following beneficial mental effects:

- Creates a natural, antidepressant release in the body
- Relaxes the mind
- Instills a sense of well-being
- Helps us handle stress
- Keeps our mind focused
- Promotes good sleep patterns
- Helps us to have a positive outlook on life
- Helps us control our impulses

Our society is becoming more and more deficient in serotonin. There are more people on anti-depressants than ever before. Children are being put on Ritalin and other psychotropic drugs at an alarming rate. Dianne informed us that Ritalin works by releasing serotonin in the body. If parents knew that they could help to positively affect their child's body chemistry in a more natural way, do you think they would elect to put their child on drugs which may have harmful side effects? I think not.

So, how do you know if your child is deficient in DHA? Mental symptoms of DHA Deficiency include the following:

- Hyperactivity
- ADD
- Impulsivity
- Anxiety
- Anger
- Sleep problems

Physical symptoms of DHA Deficiency include the following:

- - Dry hair
- Dry skin
- Cracks in ends of fingers
- Chapped lips
- Excessive thirst
- Warts
- Glare sensitivity
- Poor vision



If your child exhibits any of the above mental and/or physical symptoms, they would be a great candidate for trying to increase their intake of essential fatty acids.

The left hemisphere of our brain is where our judgment resides. It is the logical part of the brain. Our right hemisphere is where our emotion resides. When boys aren't using good judgment, they are having a difficult time accessing their left hemisphere.

Sometimes, this is due to a lack of essential fatty acids, essentially brain starvation. Information can't travel across the corpus collosum if it isn't nourished properly. The solution is for us to fatten up their brains!

CORRECT BRAIN STARVATION

Dianne Craft recommends the following nutritional regimen:

1. Increase their intake in EFA – EFA stands for essential fatty acids, which are also known as polyunsaturates or “good fats.” There are two types:

- Omega-6, which is found in raw nuts, seeds, legumes and unsaturated vegetable oils such as sesame.
- Omega-3, which is found in fish oil, flaxseed oil, walnut oil, and cod liver oil. Keep refrigerated and watch the dates.
- Coconut oil is another highly beneficial healthy fat, but does not actually contain Omega-3 fatty acids. Coconut oil is, rather, one of the best sources of medium chain fatty acids.

If your children don't eat any of these foods, as mine don't, you will want to get these nutrients from supplements. **Exact supplements and dosages are detailed in Dianne's Biology of Behavior CD set.**

2. Try to increase protein – Be sure your children eat protein throughout the day to help stabilize their mood. Try to make breakfast high in protein. These are good, higher protein choices:

- Nuts and seeds (hemp seeds are loaded)
- Eggs and sausage
- Use real butter, especially grass-fed

- Use real mayonnaise
- Use whole milk
- Tuna and salmon (I get my salmon at Trader Joe's)
- Protein shakes
- Smoothies with protein powder (no additives) in them
- Use real peanut or almond butter (natural so it isn't loaded with sugar)
- Cheese and crackers (avoid GMO corn if you think they are allergic to it!!!)
- Have dinner for breakfast

Boys usually love to have lots of butter and mayonnaise on their food because they're craving the fat. These condiments help to balance their body chemistry.

3. Try to limit sugar and sugary carbs – Sugar tears down the adrenal gland which drains our energy and causes us to go into fight or flight mode much too easily. You don't want to become the food police; however, try to do what you can to lessen the amount of sugar they're eating. Fill them up on the protein rich, fatty foods instead and they won't have as much room for the sugar. By the way, carbs such as cereal, waffles, pancakes, etc. make us tired so it is best to eat them at night.

While some children do require medications in order to change their body chemistry, there are also children who do not. Try making one change per week to your son's diet and watch the results. Having the right essential fatty acids in your child's brain will literally change their body chemistry. You may be amazed at the positive changes that you observe in your son.

Our family has been following these and other tips from Dianne for several months and we've definitely noticed a difference in all of us. We are all calmer, we are sleeping better, and there seems to be a lot less anxiety around our house.

Dianne has many other excellent suggestions as well! For more information, check out Dianne Craft's [website](#). I would also highly recommend purchasing her [Biology of Behavior](#) CD set.

And if you have a child who struggles with [focusing, paying attention or has sensory issues](#), Dianne has nutritional advice for helping with those problems as well. And she also taught us some great advice for if we have a [smart child who absolutely hates the physical act of writing](#)! Be sure to check out those blog posts as well.

[Jackie's Note: here is a printable list of 30 ways to help your kids!](#)



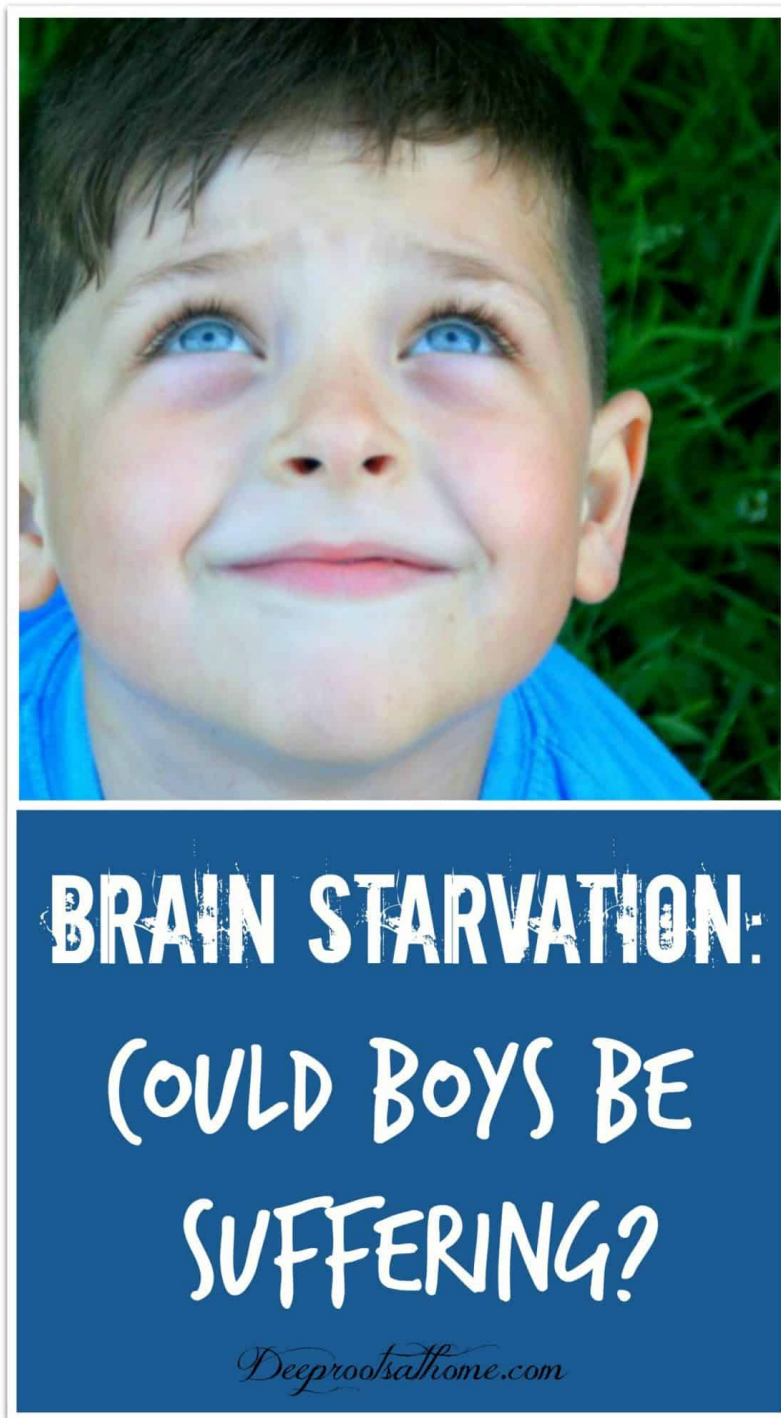
Hi, I'm Michelle. Being a mom to boys can be hard! Homeschooling boys can be even harder, but I'm here to tell you that having sons is a blessing – **and it is possible to connect with them and to enjoy spending your days with them.** My desire is that [Homeschool-Your-Boys](#) will be a place where parents can be inspired to teach their sons in an environment which will most engage their minds and their hearts.

Click on Michelle's profile photo to go to [Homeschool-Your-Boys](#)! This insightful blog is a treasure trove!

Question: Have you tried any of the above suggestions? Were you able to see a difference in your son's behavior?

Pin It! Pin It!

If this can help someone else, please Share it!



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Thanks for reading!




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Evidence Fish Oil Can Help Treat
Autism, Brain Injury & Dyslexia

May 5, 2016

In "Healthy Living"



Boys Think, See, Hear & Process Very
Differently Than Girls

March 20, 2016

In "Home Education"



4 Crucial Brain Differences Between
Genders: Why We Generally Act &
Think So Differently

January 29, 2015

In "Children"

Filed Under: Healthy Living, Kid's Health, Parenting, Raising Sons, Superfoods

« Study: Vaccinated vs. Unvaccinated Children: Guess Who Is Healthier?

Bye-Bye, Parent: The Government Wants To Own Your Child »

COMMENTS

Dionne Campbell says

[December 17, 2015 at 9:36 pm](#)

Important info about Omega 6/Omega 3 ratio.

<http://authoritynutrition.com/optimize-omega-6-omega-3-ratio/>

Jacqueline says

[December 18, 2015 at 12:59 am](#)

This is really great information, Dionne! Thank you!

Anni says

December 18, 2015 at 7:10 am

This isn't about a boy, but about my daughter. Due to shoulder dystocia, my daughter's heart stopped during her birth. By the grace of God, they were able to restart her heart after they got her out. However, the lack of oxygen damaged her brain, and now she has cerebral palsy. I was discussing her prognosis with my chiropractor when she was a little over one year old. At that time, I was very worried, because she wasn't interactive. No smiles, no reactions to our talking to her, just vacant stares. I thought she might indeed be cognitively damaged, as we were warned by the doctors. She was beginning to be able to eat by mouth (instead of tube fed), and he suggested I mix flax seed oil into everything I gave her. For brevity, I'm leaving out many details, but when she was about 20 months old, it was like the lights came on, the windows flew open, and suddenly, we had a VERY interactive, VERY communicative child! She literally went from zero words to 50 words in one month. I really believe that the flax seed oil helped heal her brain. I have continued to give her a fat-rich diet as she's grown (alas, no fish oils as the smell turns my stomach – something I really need to get over). She has progressed in many ways that the doctors never thought she would. Physically, she will always have moderate hypotonic CP. However, cognitively, she is actually gifted in language and typical in most other academic areas. Now that she's reached puberty, we need to cut back a bit because she's putting on a few too many pounds. We are cutting back on carbs, mostly, though. Oils work! God is amazing in His design of our bodies!

Jacqueline says

December 18, 2015 at 10:22 am

Oh, my Goodness!!!!!! That is an amazing testimony, Anni! I thank God for His wonderful gifts 😊
I can't thank you enough for sharing this here so others can see and learn! You are a great mom!
(((HUGS)))

Mindy says

January 28, 2016 at 12:55 am

Try Barlean's fish oil. I highly recommend the mango flavor. You can not smell or taste fish at all!
My kids are very picky but love that stuff and so do I.
<http://amzn.to/1OQUGrX>

Shannon says

December 18, 2015 at 9:05 am

This is wonderful information – not just for moms of boys, but MOMS in general. Those symptoms of low/disrupted serotonin & DHA describe me to a T up until just a few years ago when I made drastic changes in my diet after reading Trim Healthy Mama. And while I have made many changes to my children's diet, too, this post and the links inspire me to continue to make even more changes and to be more consistent with what I feed my family. Thank you so much for sharing this important information! Bless you!

Jacqueline says

December 18, 2015 at 10:24 am

I am just sharing Michelle's wonderful article, but I'm so glad she gave permission, b/c this is SO important. What a difference it can make in many homes 😊 Praise God!

Sheri says

December 18, 2015 at 9:29 pm

Thank you, Jackie, for re-posting this well-written article by Michelle. I needed reminding of this important information. Dianne Craft shared this with me at our state homeschool convention in 2008 or 2009, and my sons started taking EFAs with great results. But over time, I forgot. *sigh. It is good to be reminded!

Jacqueline says

December 18, 2015 at 11:46 pm

Sheri, 'Hello', dear friend!

I just went out to buy some Barlean's today! <http://amzn.to/1ZgU9UE>

I miss you!

Linda Sue says

December 19, 2015 at 3:33 pm

My son was diagnosed as ADHD when he was small. Through trial and error, we learned that red food coloring and sugar increased his ADHD tendencies. Coffee (caffiene) and fish oil capsules helped his symptoms improve. Wish I had read this years ago when we needed it most.

Jacqueline says

December 19, 2015 at 7:05 pm

I'm so glad when we moms can be good detectives, Linda! I love that you just dug in and learned. Dianne Craft has been teaching this for years, but we just can't know it all immediately. It took me a while to figure out the use of good fats, too.

I will pray this can still help your son significantly. Blessings!

Connie says

January 29, 2016 at 7:57 am

Really? Coffee helped? I have an ADD son-not professionally diagnosed, but certainly exhibits the behaviors. I will try giving him some coffee this weekend as well is good oils. Thanks!

Jacqueline says

January 29, 2016 at 2:41 pm

Connie, I will ask Michelle to address this question. Stay tuned, friend 😊

christy says

February 7, 2016 at 8:05 pm

I have a friend who gave her ADHD/Aspergers 10 year old a cup of coffee every morning because that was the only way they could get her dressed and ready for school on time.

karen b. says

[January 29, 2016 at 2:38 pm](#)

Wanted to ask u for more info on the caffeine and fish capsules..never heard this before. Thx

Jacqueline says

[January 29, 2016 at 2:40 pm](#)

Karen, I will ask Michelle to address this question. Stay tuned, friend 😊

[Rebecca](#) says

[December 19, 2015 at 5:34 pm](#)

Thank you so much for sharing this. My youngest is a boy, and I've noticed how different his request for food are than my daughters. I will pay more attention to ensuring that he is getting essential fats (along with the rest of us). It's so hard that the easiest foods to make and serve are the ones highest in sugary carbs.

Jacqueline says

[December 19, 2015 at 6:22 pm](#)

Rebecca, I am thinking of the avocado! We eat 1 a day each and they are so simple!!

[Emma T](#) says

December 20, 2015 at 3:48 pm

This is really interesting. I think N's pretty good on this, although he is caught up in a waking too early phase. I might look into trying some of these tips to see if that can improve things a bit more.

Janis Cox says

December 20, 2015 at 5:50 pm

Michelle,

All this makes sense. Even for "older" boys. My husband was told to go "low fat" which we did for many years and he took statins. Now we eat Paleo, which is vegetables, meats, butter, oils, nuts – no grains. He has lost 40 pounds. And he has none of those symptoms you mentioned.

Sometimes we follow current trends without looking at the true picture. As soon as he stopped the carbs and the sugars the weight fell off.

Blessings

Janis

Karen says

December 23, 2015 at 12:16 pm

Excellent post. Very informative. Making some additions to my boys diets! thanks!

Isa Ryan says

December 30, 2015 at 2:56 pm

I just came across this article and I love your site! You are so knowledgeable and inspiring. I have two little boys so this article is very helpful to me. My kids eat lots of healthy fats but this is just making me want to make sure I'm limiting their sugary carbs and doubling-up the protein. Little boys are such a blessing and I want to make sure their growing little brains are nourished!

Jacqueline says

December 30, 2015 at 11:29 pm

Isa, I love that! Little boys are wonderful! Mine are 25 and 23 now 😞 I wish I could get them up in my lap again!! Daughters are precious, too, and I think this helps girls just about as much 😊
God bless you, dear Mama!

Cara says

January 25, 2016 at 12:10 am

There's a lot here that's good. Then there's a lot here that leans towards quackery (like sugar tearing the adrenal gland leading to adrenal fatigue, which has been disproven.) I mean, the first list of things that she lists as a sign that a boy is having brain starvation (other than diagnosed ADD) describe my son. He also has cracked skin, dry lips, and often gets himself drinks of water. However, when you look at normal behavior of boys at 5 years old, that is the NORM. That's what they're like. And the cracked skin? Playing in dirt does that to you. Dry lips and thirst? We live in a dry area and again, that's normal. How do I know he's not suffering from brain starvation? We have a fatty-acid rich diet in our house as well as protein rich. My point though? The list of 'how to tell' is so vague that most parents of boys could apply it to their sons. Her only qualification is a holistic nutrition certification, which is very lacking if you want to have real nutritional and scientific advice. Oh, and her desire to sell you books.

Just be aware. This isn't very factual.

Jacqueline says

January 25, 2016 at 7:59 pm

Hi, Cara,

I disagree that "sugar tearing the adrenal gland leading to adrenal fatigue, which has been disproven." Can you supply the study(ies)? here is an article by adrenalfatigue.org that states just the opposite: <https://www.adrenalfatigue.org/hypoglycemia>

Thanks!

Kay says

January 27, 2016 at 11:27 am

Hi Cara- I wanted to state that I personally have fired 5 nutritionists at my sons pulmonologist offices. He has cystic fibrosis and nutrition is crucial. Nutritionist that are not holistic in training recommend pediasure, Doritos and Gatorade as hydration and calorie aids. This is junk food that causes inflammation which no one, especially cf patients need. So I'll take her credentials over the norm any day.

Son transformed says

January 29, 2016 at 2:17 pm

Dianne Craft also has over twenty years experience and countless changed lives to prove her recommendations work. My son is one whose life was changed because of the knowledge and wisdom Dianne shared, and we put into practice. Her methods work, plus she gives hope when situations might look hopeless.

Dianne also GIVES AWAY FOR FREE almost everything she teaches. It is available on her website. She does sell some materials, but the core of what she teaches you can read For Free on her website. She isn't legally allowed to give nutritional advice without also giving the associated teaching, so she makes that available on DVD... Which is often available to people FOR FREE in their public library.

I challenge any reader to find more solid, researched, proven advice anywhere! I have looked. Dianne Craft has wisdom, and shares it willingly.

Allison B says

January 26, 2016 at 6:45 pm

My son has Cerebral Palsy and was diagnosed as a baby. His neurologist told me to double the fat in his diet compared to his twin sister. He explained to me that in order to reach his max brain potential he needed more fat. Now that he's six we notice a big difference in his behavior when he eats too many carbs and not enough fats.

Jacqueline says

January 26, 2016 at 9:20 pm

Thank you for your confirmation and your story, Allison! May your dear boy thrive in all he does!

Margaret says

June 5, 2016 at 3:05 pm

Have you had him tested for allergies? A RAST test is the best. They take a vial of blood and tested with many many foods. If the blood vessels blowup it means they're allergic. A skin test sometimes works and sometimes it shows false readings positive or negative. It is also very painful. If you have to do a skin test only do about six at a time. One thing you could do right off the bat is take all the food coloring and artificial flavoring out of his diet. You could even try taking out the major allergens which are dairy, wheat, eggs, peanuts, corn, soy, tomatoes, white potatoes, rye, barley, yeast, bell peppers, and oats for two weeks. See how his behavior is...better? Than add one item back in for five days. When a child is very allergic they will have a reaction within the first day, if less allergic it may take a few days to build up. Then wait two or three days and add another item in again watching his reaction from 1 to 5 days. Is this a pain in the neck? Of course, it is very time-consuming. That is why a blood test is so much easier. I had one son react within minutes of drinking milk. He would just go crazy. His two brothers were less allergic and it took 2 to 4 days before they started getting aggressive and hyper.

You have to read labels. Stay as close to natural, organic and grass fed as you can!

Also, you might want to supplement with chewable a or capsules of fruits, veggies and berries.

There is a lot of research on this! Kids free for four years from ages 4 through college if a parent takes! Check out th research here: margaretklabik.juiceplus.com

22 universities have done double blind gold standard testing research! Call me if you want help on this. 216-544-5352

Anne says

January 27, 2016 at 9:43 am

My 14-year-old son is trying to gain 40 pounds in 8 months. So, he's been eating a ton breakfast alone is 4 eggs, 4 pieces of toast, 2 cups of oatmeal, whole milk, etc.

Since he's put himself on this diet (about 6 weeks) it is amazing how much more pleasant he is. He sleeps better. He's not at all moody. He rarely argues. There definitely is a connection

Rachel says

[January 28, 2016 at 6:18 pm](#)

This isn't true for all boys. My son diet has packed full of everything that is suggested in this report and it still isn't enough. I don't believe that diet is the cure for everyone. Sometimes some boys need something more like my son.

Summer says

[January 30, 2016 at 1:25 am](#)

Yes, saw a marked improvement when we increased fish oil. We have seen more improvements since starting the gaps diet.

[Ana- Maria](#) says

[January 30, 2016 at 8:31 am](#)

Thank you for a great article. This is what I preach every day in my clinic for all children. All children have developing brains that crave fats, DHA, Omega 3, etc. children's' Brains develop until 25y/o for girls and 30 y/o for boys. All kids will benefit from the above advice. There is great medical research for adding healthy fats to your diet and removing sugar and color additives. I have a blog post to help incorporate all you suggestions in a meal at the start of the day. Hope this helps.

Getting Children to Eat a Rainbow of Fruits and Veggies with BrainPower Smoothies

<http://mc2charlotte.com/2015/11/06/getting-children-to-eat-a-rainbow-of-fruits-and-veggies-with-smoothies/>

Connie Lenneman says

[January 30, 2016 at 3:02 pm](#)

Yea! Great post-I do smoothies a lot but I always wing the ingredients. Thanks for the info and recipe!

swapna says

March 15, 2016 at 7:22 pm

Great reminder! I'm so paranoid about my son's protein intake- I feel we're always falling short! Pinning to the practical Mondays board 😊

Chris Thompson says

March 15, 2016 at 10:53 pm

Another great post full of beneficial information! I am sharing this with my daughter-in-law and son because I have a precious 4 year old grandson! You may very well have two featured posts next week. Thanks for sharing these on my blog! God bless!

Tylar says

April 2, 2016 at 12:20 am

Just curious if I bought vitamin for omega6-3 would that help also my son is such a picky eater but very hard to connect with some days but loves taking his vitamins would adding this vitamin help?

Jacqueline says

April 2, 2016 at 2:39 pm

Tylar, I am not sure what you are asking...

Tylar says

April 4, 2016 at 12:34 am

I am just asking if I started giving my son omega 6 or 3 once or twice a day would that be the same as trying to get him to eat the foods that have the omega in it?

Jacqueline says

April 4, 2016 at 10:20 am

Tylar, you would be best to get both Omega 3 in your son both ways. If you can give Omega 3 (easy to swallow fish oil softgel caps like this: <http://amzn.to/1RXqUGs> – or flaxseed oil (1 TBSP) in a smoothie or mixed in full fat yogurt, etc.) at least once a day, it will help over time, but twice is far better with most children, esp. boys. Also eating butter, eggs, whole milk, and raw, full fat nuts. A lack of these foods containing these essential fatty acids causes our bodies to become deficient in serotonin.

Serotonin has the following beneficial mental effects:

- Creates a natural, antidepressant release in the body
- Relaxes the mind
- Instills a sense of well-being
- Helps us handle stress
- Keeps our mind focused
- Promotes good sleep patterns
- Helps us to have a positive outlook on life
- Helps us control our impulses

I hope this helps! I will for you and for insight for your son!

S Mulkearns says

August 17, 2016 at 6:42 am

I would be interested in seeing the studies which validate your ideas I worry when I see claims that I know are false, such as butter being a good source of protein. Butter is not a good source of anything but saturated fat and cholesterol. I think the key is a good balanced diet, heavy in fresh fruit, vegetables, and whole grains, and light on refined flours, sugars, and fats.

Jacqueline says

August 17, 2016 at 10:26 pm

My friend, I think you have believed the propaganda of big pharma and the medical establishment. I would hope you would do your research. Dig deeper!

Sheri I says

[August 24, 2016 at 10:43 am](#)

Do you have suggestions or resources that you could point me to regarding what a good dose of fish oil is for a 7 year old boy? I'm thinking of trying this as I've read this correlation before. I just don't want to give him too much. Thanks!

Jacqueline says

[August 24, 2016 at 1:15 pm](#)

Sheri, if your son doesn't swallow a capsule, you can give this product or another product actually designed for kids: <http://amzn.to/2bwFWT9> It says 1 tsp. is the recommended serving, but the Vitamin A content is low enough that 2-3 tsp would be fine. Here is another one for children to compare with no vitamin A: <http://amzn.to/2bfW8dV>

I also have given this cod liver oil to our struggling learner (from ages 4 through 15) in addition: <http://amzn.to/2bGt0uy>

Since our son had severe damage to his gut and he was allergic to most foods, this helped heal the 'leaky gut' and also helped his irritability and hyperactivity once his body stopped reacting so severely to food at the gut level.

I hope that helps!

Sheri I says

[August 27, 2016 at 8:09 am](#)

Thanks for these suggestions. I appreciate it!

Jacqueline says

[August 27, 2016 at 10:48 am](#)

It's my pleasure! I'd love to see your son get better! God bless you!

Mother of 3 says

September 28, 2016 at 10:15 am

Good to know! I keep trying to cut back on all the fatty things in our diets because two of my boys are overweight and we've been lectured like crazy by our doctors but I do feel like they eat healthy. Yes we drink whole or 2% milk but I thought that was good for them.. then they were told skim only or water.... and thought there had to be a way to cut a few calories from the rest of their diet to make up for the added milk fat.

Gentle Joy Homemaker says

October 11, 2017 at 8:49 am

What a great post! I have been working to make breakfasts with more protein and fat in them for my family and especially for my guys to grab in the morning on the way to work rather than skipping the meal or eating a couple of oatmeal packets that are loaded w/ sugar. So far, my 2 Breakfast Muffins have been so helpful. Thank you for sharing this information. 😊

TRACKBACKS

Watching BC Grow as an A | D'ADAMO BLOGGERS says:

April 3, 2016 at 3:27 pm

[...] <https://deeproootsathome.com/could-boys-be-suffering-from-brain-starvation/> [...]

Millions Of Boys Suffering From Brain Starvation says:

July 25, 2016 at 3:29 pm

[...] to Dianne Craft, a nutritionist and special education teacher, boys' brains are starving for essential fatty acids. Craft credits lower estrogen and higher testosterone levels for [...]

Natural Supplements That Really Help Our ADHD - Fuzzymama says:

November 14, 2017 at 8:23 am

[...] beneficial effects of fish oil for kids with ADHD for awhile now—especially boys, who's brains seem to be starving. Some fish oil supplements taste icky or make you burp up a fishy taste-Barleans does not. The [...]

7 Foods That Will Support Better Behavior in Kids – According to Science

says:

November 14, 2017 at 9:37 pm

[...] are how kids get vital DHA to support their growing brains. This nutrient is pivotal for boys, who have a 3 times higher need for essential fatty acids than girls. Early results of a study [...]

Hello!



Welcome! I'm
Jacqueline. I am
here to serve
with joy! How important is this role
of speaking into the lives of younger

women! The habits of the home in one generation become the morals of society in the next. In the words of William Ross: “The hand that rocks the cradle, rules the world.”

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