

## Let Health Happen



Dr. Geoff Walburn, D.C.

Despite the reported side effects of psychosis, mania, and hallucinations, over 4 million children in the U.S. are using prescriptions of ADD and ADHD medications.

An Atlanta, Georgia school principal has taken on an alternative approach. What did he do in his school . . . banned all sugar. After overcoming his own health problems with diet and exercise, Principal Butler requires physical exercise in his school and they have enforced a policy of no sugar. Instead, the lunch room serves healthy lunches and snacks.

According to Butler, after adopting this simple policy in his school, just in the first year standardized test scores improved 15% and discipline problems decreased by 23%. As an added benefit, student health has improved dramatically and obesity is virtually non-existent in his school.

Principle Butler also notes, "In nine years we have saved \$425,000. We've done that not by cutting back, but by having more fruits and vegetables."

Hopefully, in time, all schools will follow the practical lead being taken by this Atlanta school. But until that happens, we can all develop similar policies in our own homes. If you want to see changes in your kids, start with yourself – be the example that you want to see in them!

– Dr. Geoff Walburn, D.C.

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