

## Carol Simontacchi

The Crazy Makers: How the Food Industry Is Destroying Our Brains and Harming Our Children



20,000 first printing. A controversial study of the food industry argues that American food manufacturers are developing items that have a detrimental affect on mind power and identifies a relationship between prepared foods and illness.



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This book cured our asthma, allergies, major depression, anxiety and suicidal thoughts. Love, love, love this book. My child is 11 and suffered from anxiety, unhappiness, suicidal thoughts, Put and general learning disabilities. I have no idea which of those may be the most severe. After trying medicine that he was allergic to, out of desperation we attempted an elimination diet. It took a while but I we are so greatful that we did it. He has a human brain allergy to preservatives, artificial color, BHA, TBHQ, soy lecithin and MSG (which is in everything with loads of different titles). When he has genuine, whole do-it-yourself foods, he's a new kid. It merely isn't just because I'm sporting much less weight that has occurred. This is essential to read for anyone thinking about the correllation of our diet and and our mental and emotional health. Also, some reviewers got great exception or experienced she was thoroughly discredited by Ms. Nevertheless, I was able to use the author's recommendations of good foods to make my very own meal programs and I found her info about the typical American diet to become intriguing and worthwhile. I can depend on 1 hand just how many allergy supplements he's had in 4 months instead of everyday.. It's worth it. Garbage In, Garbage Out A month prior to reading Ms. Simontacchi's publication, I had fulfilled with my primary doctor and he strongly urged me to lose weight (as usual) and reduce my glucose intake. In the a month before reading 'The Crazy Makers,' I lost 10 pounds, a great deal of my major depression and anger and also my energy has increased significantly. A happy, outgoing, interested in school kid. Simontacchi's heart is in the proper place, but other authors provide a better presentation. Studying the author's argument, a lot of the material was old news to me and it became apparent that my anecdotal encounter seemed very similar in leads to what Mr. Great help for ADHD Outstanding book an easy task to read-for Moms with ADHD children and adults with ADHD concerns, highly recommended for all those who have a problem with mental health concerns every day. The author repeatedly acknowledges that many aspects of food consumption and brain dynamics are still scientifically unanswered and that she makes many assumptions based upon inferences. I found 'Fast Food Nation' by Eric Schlosser and 'Food Politics: How the Food Sector Influences Nutrition and Wellness' by Marion Nestle to become better written and more interesting. There's some solid details in this baby.' Her writing style is even more in line with a university dissertation. He got the flu over Xmas, which would normally send out him to the ER for a breathing treatment and prednisone and he was good. Simontacchi praising God in her launch and also mentioning Focus on the Family run by religious zealot James Dobson. Granted, as an agnostic, I found her spiritual associations did provide me pause, but it's not like the woman was saying if the people would basically accept God after that everything will be hunky-dory. I dropped count how many occasions I was overcome by MEGO Syndrome (My Eye Glazed Ouer) while reading 'The Crazy Makers.Ms. Simontacchi is a big proponent of breastfeeding, abstaining from glucose along with artificial sweetners and obtaining back to basics about eating fresh rather than processed foods. With that said, mercy, the reserve is a bone-dry browse. Five Stars Very helpful book. Glucose and processed food items have a significant influence on my mental health. Fresh is the best, watch out for the GMO's This book is the same as all of the articles that I read everywhere. It is really a compilation of them all. Informative and a lot of it seems sensible. However, there have been also some sections of this book which could have already been omitted, many repetitions and lots of recipes that my children wouldn't touch (and once and for all reason, the meals was tasteless). Fresh is the best, watch out for the GMO's. Excellent in many ways I read this one with great interest and found much that made me think that (and re-think) my family's diet plan. There is a lot of chemicals, etc in everything. Sick, but fine. She also provides exciting research about how exactly food affects disposition and how kids and adults with Increase, depression and other conditions may improve their mood and behauior by dietary adjustments. All in all, a worthwhile read with some uneven sections. Simontacchi advocates. Nutrition and mental health factors are thoroughly reviewed. Good Info... This book provided some very interesting insights into the food industry. A must read for mothers with children who've developmental problems. She was quite educated about diet. Well researched. Good researched. She also

takes to task rampant coffee consumption, low-fat diet fads, and pretty much anything popping out of the industrialized meals business. I knew the article writer and received assistance. I knew the writer and received assistance from her regarding diet for a gastric problem. I purchased it to read more about the natural additive Annatto, which I've discovered I'm very sensitive to. Ms. Good information Interesting book! This is essential to read for anybody interested in .. I've bought 5 copies of this book and have given them to my children school, my pediatrician plus some strangers that I struck up a conversation with. As an advantage, his allergy symptoms and asthma have died. Four Stars ok Four Stars Great



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