

# Red Clover

## Essentials for Healthy Living

# MARKET

5500 Old Cheney Road, Ste. 14 Lincoln, Ne 68516  
(402) 421-2460

Monday-Friday 8-8

Sunday 10-6

Closed Saturday

## Where's the "Fruit" in the Fruit Cereal?

By: Karen DeFelic



Supporting  
our  
advertisers  
supports our  
Newsletter...  
Thank You!

Published by

**Dolphin Printing**  
& Publishing

801 Ingraham Ave.  
Haines City, FL 33844  
1-800-713-2802

Volume 12, No. 3  
March 2008

IN THIS ISSUE

The Tonic Approach  
to Mental Health 3

Addressing Arthritis Pain  
& Inflammation 4

Diet Right with Broad-  
spectrum Enzymes 10

Knishes 12

Herb of the Month:  
Devil's Claw 12

The magnitude of children suffering with behavior problems and physical symptoms that debilitate their lives has increased dramatically in the past decades. What children eat has changed dramatically in the past decades as well.

In today's lifestyle, the food consumed by children differs drastically from what nature produces. The raw ingredients are pulverized and processed, then combined with inexpensive fillers, artificial colorings, and flavorings so the end result lacks much of the nutritional value that was in the original natural food.

Many children are raised on fast-food, whether that fast-food comes from a drive-through, or is heat-n-eat nutrient-poor food from the freezer. A few generations ago, a fast-food meal was an occasional thing, not everyday. Generations before that, fast-food meant an apple! You just grab it and go.

These 'instant' foods are meant for convenience, but when have behavior problems and physical illnesses been convenient?

As parents and caring adults, we have the ability to change one factor that can make a significant difference in children's behavior – what they eat. With children commonly eating foods full of fat, salt, sugars, and chemicals, no wonder obesity, diabetes, and learning disorders are escalating out of control. Even though children are eating to the point of being overweight,

their bodies and brains are starving for adequate nutrition.

Companies are aware that parents are becoming more nutrition savvy, wanting to purchase healthier foods. Thus, we need to be aware of nutrition-oriented marketing. Advertising may promote a food as "fortified" or "enriched" to persuade a parent a questionable food has some redeeming value.

### There is a Difference

Both enriched and fortified foods refer to added nutrients, but there is a difference. Enriching foods means the nutrients the food had originally, but lost during processing, are added back in. For example, wheat has B vitamins that are lost in processing. These B vitamins are added back making the final product enriched flour.

When nutrients that the food did not have originally are added in, this is called fortified. An example of this is adding folic acid to flour. The flour did not have this folic acid originally, but the final product does.

### Nutrients & Behavior

So, while some added substances may increase nutrition, others do not. In fact, more and more studies are proving or supporting the connection that quite a few artificial additives are at the root of a growing number of childhood behavior problems and physical ailments. Additives are associated with a wide range of symptoms including

"In today's lifestyle, the food consumed by children differs drastically from what nature produces."

