



Boost Your Child's Brain Power: How to Use Good Nutrition to Ensure Success at School

Gwilym Roberts

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The guidelines presented in this book are based on the author's own nutritional trials with second-year schoolchildren at Darland High School, a comprehensive in North Wales. It emphasizes good nutritional practices at home and at school, and also contains information on how to help children do better academically and avoid the stresses and temptations of today's society. The results of Gwilym Roberts' nutritional trials were featured on the BBC "QED" television programme and reported in the "Lancet" magazine.

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