

Food and Behaviour Research presents Diet, Behaviour and The Junk Food Generation

A one-day Conference on Friday, 20 March 2009
at The Thistle Hotel, Kings Road, Brighton BN1 2GS

Do poor diets play a part in children's worsening behaviour and the escalation of special needs pupils?

Why are so many children diagnosed with ADHD and related conditions?

What are the most effective ways of managing these problems?

Does exposure to environmental toxins contribute to behavioural and learning problems?

Can nutritional changes really improve mood and wellbeing?

Hear the latest evidence from leading experts:

- **Dr Alex Richardson** (Director FAB Research; Senior Research Fellow, University of Oxford; author 'They Are What You Feed Them') *'Food and Behaviour: An Overview'* and *'Omega-3 for mental performance and mood. Latest evidence and implications for practice'*
- **Dr Paul Clayton** (Chair of Forum on Food & Health; Author of 'Health Defence' and 'Pharmageddon') *'Dietary changes and their implications – past, present and future'*
- **Prof Neil Ward** (Professor of Analytical Chemistry, Chair of Professional Training and Careers Committee, University of Surrey) *'The impact of trace and toxic minerals on behaviour, learning and mood in children and young people'*
- **Dr Brian McDonogh** (Specialist in Nutritional Medicine, Medical Director, Eagle Clinic, West Sussex) *'A nutritional approach to the diagnosis and management of ADHD and related conditions'*
- **Martina Watts** (BANT-registered Nutritional Therapist, Dolphin House Clinic, Brighton, specialising in digestive, behavioural and immune problems in children and adults) *'The links between nutrition, mental and emotional health – practical guidance'*
- **David Rex** (Child Health Dietitian NHS Highland & Healthy Eating in Schools Co-ordinator) *'Encouraging healthy eating in schools and other organisations: practical tips'*
- **Scheduled time for questions and discussion with all speakers**

Who should attend:

Education Professionals | Health Professionals | Local Authority Staff | Policy Makers | Caterers
Criminal Justice System | Voluntary Organisations | Parents | Carers | Media

EARLY BIRD – SAVE 15%

Book and pay by Tuesday, 10 March 2009

Organisations & Professionals: £160 or **Early Bird £136 if paid by Tue 10 Mar 09**

Voluntary Orgs & Social Enterprise: £112 or **Early Bird £95 if paid by Tue 10 Mar 09**

FAB Associate Members (Existing members only) - £80

Concessions and Group Booking Rates available – please ask. Tel 0870 756 5960

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