

## Join the movement for preventative healthcare

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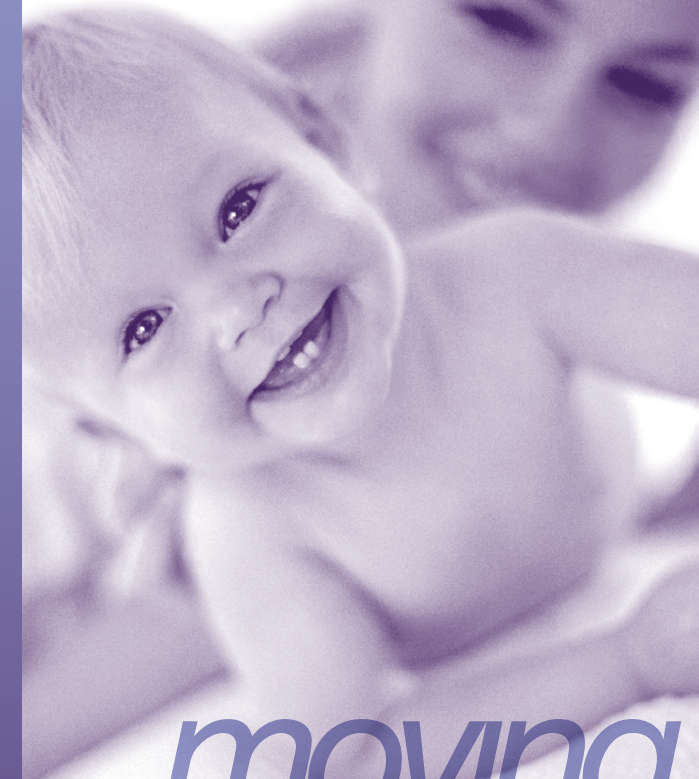
## Did you know?

- 1 in 5 Australian children have food allergies
- 1 in 4 Australian children are diagnosed with Asthma
- 1 in 120 Australian children are diagnosed with Autism
- 70% of neurotransmitter in your brain are also in your digestive tract
- 1 in 6 Australian children have a learning, behavioural or immune disorder
- Food allergies and intolerances in children can be misdiagnosed as ADHD
- Unmetabolised food, chemicals and heavy metals interfere with brain pathways
- Digestive disorders can drive attention deficit, allergies, asthma, anxiety and chronic infections
- Children with learning delay may have auditory and visual processing problems not detected in standard tests
- Minerals, vitamins, essential fats and amino acids support neurotransmitters that affect concentration, mood, sleep and addictions
- Asthma, Allergies, ADHD, Autism, Diabetes and Cancer have more than doubled in Australian children over the past 20 years

### Healthy Home, Happy Family

Real Food, Clean Air,  
Pure Water, Safe Energy Fields,  
Laughter & Love

Metabolic  
Immunologic  
Neurologic  
Digestive  
Disorders



# moving mindds

Information on how to give your  
family a future of health & happiness

## Mindd Foundation Who we are

We all know that we feel happiest when we are healthiest. This is especially true with children. Choosing a health professional that understands preventative healthcare and creating a healthy home are essential for your family's health & happiness.

**Allergies, asthma, ADHD, Autism, diabetes and learning delay are all rising dramatically in our children. These trends are sending a strong signal that we need to reevaluate medical and lifestyle practices for future generations.**

Mindd Foundation helps families adopt an integrative approach to family health through biomedicine, neuro-therapies and lifestyle decisions. A home filled with Real Food, Clean Air, Pure Water, Safe Energy Fields, Laughter & Love will make for happy children eager to fulfill their potential and for adults who can happily juggle many responsibilities.

Integrative care and Biomedicine recognise that all body systems are extremely interconnected.

The Biomedical approach offers individualised treatment to remedy the root causes of these disorders. Often digestive healing, detoxing, dietary changes, vitamin and mineral supplements, and other clinically tested treatments are recommended.

The integrative approach recognises that muscular-skeletal systems, stress and energy fields also impact on health. Appropriate therapies are important to treat mind, body, and emotions.

Many children with Mindd issues also experience problems with auditory & visual processing, sensory integration and motor coordination. It is important to seek appropriate therapies once the above issues have been addressed.

**Mindd is an acronym that represents interconnected body systems that often affect the mind.**

**M = metabolism.** Our metabolism converts food into energy for our body, brain, immune system and more. It also helps clean the body of toxins from food, air and water that can weaken immunity.

**I = immune system.** The immune system is our best defence against the bacteria, virus and microbes that make us sick. These microbes can adversely affect brain function. The immune system requires an efficient metabolism and digestive system.

**N = neurology or brain function.** Neurological disorders like autism, ADHD, depression and anxiety are often a result of nutrient deficiencies, microbe infections, toxicity and/or gastro intestinal dysfunction. 70% of the neurotransmitters in your brain are also in your digestive tract so digestive health is critical to mental health.

**D = digestive system.** Our digestive system is designed to absorb nutrients and block out toxins. These nutrients feed into neuro-transmitters that tell our brain how to behave. If our digestive system isn't working properly, all brain and body systems are adversely affected.

**D = disorders.** The seemingly unrelated disorders of allergies, asthma, ADHD, anxiety, learning delay, digestive disorders and Autism are often connected. Many studies have shown that modern toxins, nutritional deficiencies and faulty metabolisms damage our immune and digestive systems; triggering most of the symptoms associated with these disorders.

## By recognising environmental triggers, we can take better charge of our health

**Asking a child to study harder when their underlying chemistry is off, is like asking a child with a broken leg to run faster.**

Research reveals that families with allergies and food sensitivities often have overlapping digestive, psychological and immune disorders that are passed on from generation to generation. The good news is that these are often not solely genetic but rather inherited nutrient deficiencies and toxicity, and/or gut flora abnormalities that are treatable. By recognizing that diet and environment can trigger genetic expression, we can take charge of our health.

Choosing and sequencing treatments is important and must be overseen by a trained professional. Once underlying Mindd issues have been addressed, the individual is better able to learn and progress both physically and mentally.

Mindd Foundation is helping to promote preventative health care by;

- **educating families through seminars, conferences, cooking classes, website, books**
- **training practitioners (accredited through The Royal College of GP's)**
- **facilitating collaboration amongst practitioners**
- **connecting families with trained practitioners.**

All diseases begin in the gut.  
Hippocrates, 460-370 BC