
Introduction Brighter Mind® at Work

Each child is an adventure into a better life- an opportunity to change the old pattern and make it new.

Hubert H. Humphrey, 38th Vice-President

One night in 1996, I entered a gymnasium in a small rural town. Like the other venues in which I had been asked to give an educational seminar about nutrition over the course of that week, this gym was packed with health-conscious people.

By the time that night came along, I had come to have a strong appreciation for this positive and inquisitive breed of person. These health-conscious individuals not only were motivated to collect information that would help them to improve their health; they were also willing to risk potential boredom on a weeknight, listening to a doctor who might rant at length about the ills of this or that food or the over-the-top benefits of the latest health craze. Every night, I considered myself extremely fortunate that audiences showed up to take that kind of risk with me.

On this night, attendance was good—at least 100 people were present. There was plenty of background noise and chatter while I set up my presentation, but I was still able to catch several emotionally charged stories. What I heard: parents sharing their children's dramatic improvements in academic performance; in social skills; in mental performance; or in their overall mood—all following the consumption of nutritional products I had formulated!

I had already heard many success stories like these from physicians' practices across the country. A physician's guidance and interaction with parents and children had, until that night, seemed like a crucial piece of the puzzle. I had bought into the idea that a physician had to intervene in the life of a child, figure out the problems, and recommend specific products and other interventions. Until that night, I was convinced that a physician would have to rule out food allergies, run blood tests to look for specific nutritional deficiencies, consider complex genetic or functional variables in metabolism, or consider dramatic dietary modifications customized to the child's specific needs.

That night, it dawned on me that parents were accomplishing what could only be called *transformations* in their children with no professional intervention whatsoever. These health-conscious people had learned what they'd needed to learn and applied it on their own, and had helped their children enormously—with the aid of the products I had designed. What an inspiration that was!

Physicians' reports of success with my products had been rolling in for quite some time, but they were more analytical in nature and didn't have nearly the emotional charge that these parents' stories had. These moms and dads were full of emotion and excitement as they shared their successes with one another.

Doctors are trained to take emotional testimonials with a grain of salt—they're considered subjective and unreliable, without every variable accounted for. So, that night, I heard and appreciated the testimonials from parents, but reminded myself to take them with that proverbial grain of salt. I knew they would likely be criticized in a scientific arena, and science is what I had relied upon to create and continually refine my program. But I would be further affected that night by one mother's story.

During the seminar, as I spoke about the importance of nutrition for children's mental function, one mother abruptly stood up. She blurted out, "I've got to share with you what Dr. Smith's nutritional formula has done for my son... He was the little boy at school that nobody wanted to play with. His behavior was so disruptive, he would throw temper tantrums and interrupt class if he didn't get his way. After being on Dr. Smith's product for just *one week*, his teacher sent a note home with him that said, 'What are you doing different? Your little boy is sitting still and playing puzzles with others.'"

The mom continued, "You've got to understand, my son had NEVER done that before!" Her voice began to crack with emotion. "The thing that touches me the most is that I know my little boy will be a different man because of this product. Instead of being the boy at school that no one wants to play with, he is now developing positive relationships with others and his self-esteem is growing."

As she shared her story, I was touched so deeply by the emotions in that room that I got choked up, and at first couldn't speak. As I looked out on the audience and saw those smiling, cheerful, loving faces, in that moment I felt a palpable surge of immense gratitude throughout my mind and body. It was a true epiphany: time slowed down as this mom spoke from her heart in the midst of the hollow echo and silence of that gymnasium.

This kind of result was the culmination of my hopes and dreams. What a feeling to know that beyond a shadow of a doubt, I had the information and strategies that could assist people in empowering and improving their lives!

A flood of images and emotions flowed over me. I began to remember hearing similar stories many times. Physicians, parents, and others had sent numerous letters and testimonials. Still, I had not contemplated or even considered the long-term, life-changing potential of these benefits over time. Here was a little boy who had strug-

gled for years; and now, he could better focus, concentrate, and get along with his peers. I saw how this could be the catalyst that transforms who he ultimately becomes: his confidence, how he relates to the world, and how the world relates to him.

My mind continued to race on... *of course, better mental performance will improve self-esteem, but besides parent and teacher observations, how do you measure that?* I couldn't help but imagine how many children might benefit from this product, and how many lives could be improved. *What if I could make a positive impact in millions of children's lives!? I thought. What if this product could help parents to see just how important nutrition really is for their children!?*

I had spent countless hours meticulously reading, culling through, and applying hundreds of peer-reviewed scientific journal articles to design the formula that produced these results. In my mind, there was no doubt that the product would provide significant benefits because it was offering complete, optimal nutritional support—something that the science had definitively shown to help nutritionally deficient children. Filling in those nutritional gaps would—of course!—improve a child's attentiveness, focus, concentration, memory, mood and even behavior significantly. It had not occurred to me that these benefits would positively influence other, more subjective and elusive characteristics like self-esteem, motivation, communication skills, and the ability to relate to others.

Since that night, my notion of what can be accomplished in a child's life with nutritional (and physical) intervention has expanded enormously. This has translated into an even greater passion for practical application of nutritional research to optimal function of the mind, and all the benefits that spring from and grow from that central point.

In this book, for which the seeds were planted that night in 1996, you will learn a series of simple and specific strategies that will make tremendous improvements in your life and the lives of those you love. It is the compilation of what I have learned from the scientists and researchers themselves; from nutritionally oriented physicians across the country; and from literally thousands of peer-reviewed journal articles in the fields of nutrition, medicine, psychology, neurology, neurophysiology, and exercise physiology.

I have done my best to distill all of this complex information into a form and format that is easy to follow and that stimulates your interest and wonder. It may seem a bit heavy on the scientific information, but I want you to know that all the science is provided to give this subject the credibility it truly deserves. For this reason, *the ref-*

erences that serve to make this subject so fascinating are included to illuminate and show the science behind the foods, nutrients, and exercises that you can use to transform your world.

Moreover, this book is not just for children and teens; I have included information that will benefit *every age group*. Adults of every age will find exactly what current science says can be done to dramatically improve focus, concentration, memory, mood, learning capacity, and mental energy. If you are concerned about protecting your mental function and abilities as you age, you are about to find that you have every reason to expect success. Science supports the use of many nutritional elements to slow, halt, or even reverse the mental decline that is so common with aging.

If a nutritional supplement or dietary intervention helps improve cognitive function—and, indeed, overall health and well-being—in one age group, it almost always has applications in other age groups. If these interventions aid in boosting mood, heart health, or attention span, they are also overwhelmingly likely to enhance other aspects of health and cognitive function as well. This is a *functional medicine* approach to creating optimal health in each individual: we're not tweaking neurotransmitters or artificially stimulating the nervous system with powerful, highly specific pharmaceuticals; instead, we're taking advantage of all that is known about the functioning of the nervous system and the other systems of the body, and we're applying nutritional and physical methods to bring them into their absolute best balance. We're enabling the body and brain to function as they should—and then some!

The opportunities for the application of this information are virtually limitless. You will soon see that the most profound gift we can give ourselves or our children is a well-nourished mind—*because optimal mental function profoundly impacts our quality of life in every way.*

The research findings on this are both concrete and profound. You can:

- eliminate distractibility and attention deficits that inhibit intellectual performance;
- significantly enhance your mental performance—boost IQ, creativity, and even the subjective experiences of mood, attitude, happiness and contentment; . . . with the right nutritional, dietary, exercise and mental activity program.

I fully expect that you will improve your mental function and build a Brighter Mind when you follow the program outlined in this book for your age group. Everything you need is in these pages. I have summarized the relevant science throughout; in some places, you'll find out how you can get even more information on the science that supports the recommendations by visiting the Brighter Mind web

site or other sources. At the Brighter Mind site (www.BrighterMind.com), you'll also have special access to bonus materials, free updates, brain-healthy snacks and recipes, and Brighter Mind-recommended foods and nutrient shopping lists to help make your program a breeze to implement.

My mission and passion in life is to share this information with everyone I can. If you feel so inclined, I ask you to help me to share this message as well. Apply the four steps (*Nourish, Support, Improve* and *Protect*) in your life and the lives of your family at your earliest opportunity. As you notice improvements in your own mental function, and in how you perceive and experience the world, I hope you will feel compelled to tell others about your experience.

Wishing you the best in health and life,
Dr. Kyl L. Smith