

A close-up photograph of a woman with long dark hair smiling warmly at a baby she is holding. The baby is laughing joyfully, showing its teeth. They are outdoors, with a soft-focus green background suggesting foliage. The lighting is bright and natural, creating a warm and happy atmosphere.

Neurological
Health
Foundation

EMPOWERING PARENTS

to have healthy children free
of chronic health disorders



NeurologicalHealth.org

A Trend that Cannot be Ignored

Children are the most important resource for the future of our society. Far too many children have developmental neurological disabilities (autism, cognitive disabilities, ADHD, etc.) and serious health problems (diabetes, asthma, depression, food allergies, cancer, etc.). The incidence of most of those problems has increased greatly over the last 20-40 years. Many of these disorders are preventable.

Today, approximately 30% of children in the US suffer from serious mental and/or physical health problems (chronic disorders).

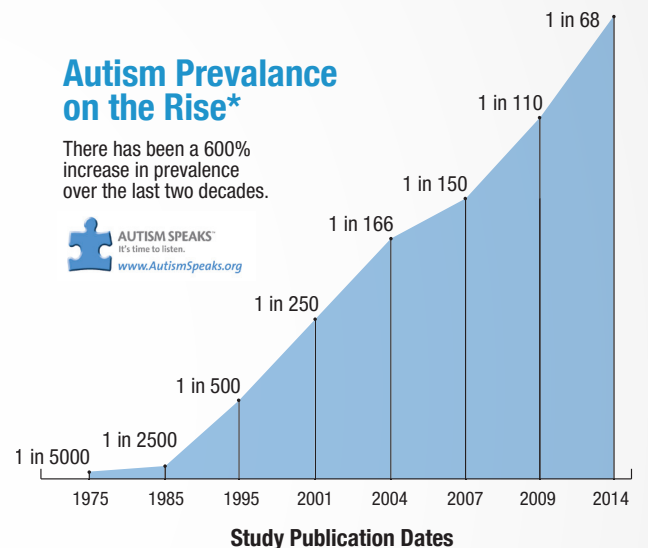
In fact, the chance of having an autistic child in the 1950s was virtually non-existent. According to the Center for Diseases Control (CDC) the chances of developing autism is approximately 1 in 68.

The most effective strategy to address this problem is to empower parents to have healthy children free of chronic health problems through better nutrition and avoidance of toxins.

But most parents lack knowledge of the specific preventive and healthy steps that they can take on their own for a better outcome. Thus, the essential first step to attacking the problem is to raise public awareness of the importance of prevention. The Neurological Health Foundation is dedicated to educating families about the benefits of optimum nutrition and reduction of toxic exposures from preconception through early childhood.

We believe parents can dramatically improve the probability of a safe, full-term pregnancy and a child unfettered by chronic health disorders by improving their nutritional status and reducing their exposure to toxins.

Scientific studies and medical evidence reveal that many chronic disorders are linked to a variety of factors including measurable nutritional deficiencies and toxic burdens in mothers during pregnancy and nursing.



*Recent research has indicated that changes in diagnostic practices may account for at least 25% of the increase in prevalence over time, however, much of the increase is still unaccounted for.

Professor James B. Adams, Ph.D.
Chair of the Scientific Advisory Board
Neurological Health Foundation

Chris Willhite
Chairman of the Board of Directors
Neurological Health Foundation

What The Neurological Health Foundation (NHF) Is Doing



NHF MISSION:

To empower parents to have healthy children free of chronic health disorders who realize their full neurological potential.

“We now have 5.5+ million children who have been diagnosed with Attention Deficit Hyperactivity Disorder (ADHD) in the U.S. That is nearly one in ten school age children with an ADHD diagnosis—a million more children than in 2003.”

—National Center for Health Statistics, CDC.gov

“In 2007, approximately 3 million children under age 18 years (3.9%) were reported to have a food or digestive allergy in the previous 12 months.”

—National Center for Health Statistics, CDC.gov

“Food allergies among children increased approximately 50% between 1997 and 2011.”

—CDC 2013 STUDY

The Neurological Health Foundation (NHF) is a 501(c)(3) public charity dedicated to helping families have healthy and happy children. Building on existing science and clinical practice, NHF works with medical doctors, nutritionists, neuroscientists and other researchers to develop specific, evidence-based recommendations that women or couples can follow to improve the odds of having a healthy and happy child free of chronic neurological health disorders. To learn more, visit NHF’s website at www.neurologicalhealth.org.

NHF is implementing an innovative and exciting strategy that is a **call to action for the general public to participate** by following the NHF Recommendations which increase the likelihood of healthier children free of chronic health problems.



Our Solution Is Implementing The Recommendations In *The Healthy Child Guide*

What Makes The Neurological Health Foundation (NHF) Unique?

We are more than a preconception health and pregnancy program, we are a collective of scientists, physicians, researchers and parents who want to educate, motivate and empower parents to bear children free of chronic neurological health conditions.

We have integrated research findings and best practices from medical experts to develop specific nutritional and behavioral health recommendations, which when followed carefully should improve the probability of bearing a child free of chronic neurological health conditions.

WHAT THE GUIDE WILL PROVIDE:
The Healthy Child Guide will provide recommendations developed by the NHF Scientific Advisory Board on improving nutritional status, reducing toxic exposures, and maintaining appropriate exercise/fitness programs.

NHF is promoting *The Healthy Child Guide* to help families have healthy pregnancies and healthy children. As parents, physicians, scientists and researchers our aim is to provide simple, clear, and effective recommendations for families.

The Healthy Child Guide makes the process much easier for prospective parents. The Guide provides recommendations **developed by the NHF Scientific Advisory Board** on improving nutritional status, reducing toxic exposures, and maintaining appropriate exercise/fitness programs.

The general public is being invited to participate by joining the **The NHF Community**, which is designed to register families, provide key recommendations, and track participation through early childhood.

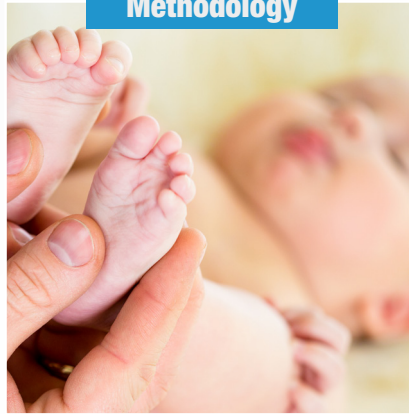
Moreover, families are also being invited to join the **NHF Research Registry (HIPAA certified)** to be part of a rigorous research study administered by members of the NHF Scientific Advisory Board. Both the Public Registry and Research Registry open a valuable window for parents so they can evaluate their own adherence to key recommendations, check on their child's developmental milestones, and document their children's health outcomes — with anonymity preserved for all registrants and participants.

30%

U.S. children suffer mental and/or physical health problems

The specific recommendations found in *The Healthy Child Guide* are designed to improve the potential of having a neurologically healthy child.





The Science Underlying NHF's Principles and Recommendations

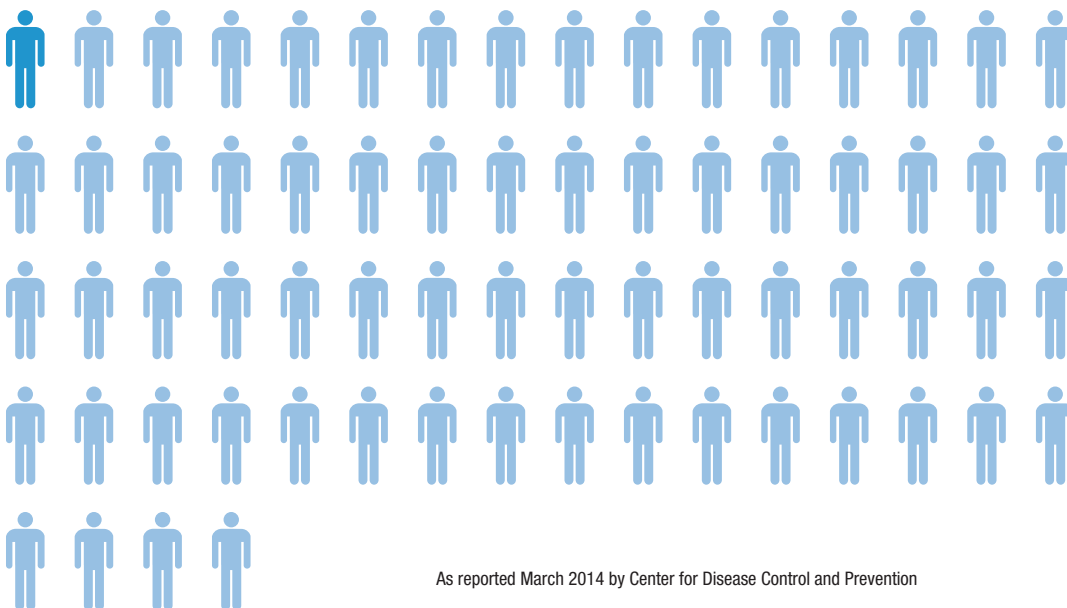
A growing body of scientific research, much of it peer-reviewed, supports the proposition that serious health problems in babies and young children are often linked to poor nutrition and exposure to toxic chemicals. A comprehensive summary of the science that supports NHF's mission is featured in a particularly lucid scientific article written by Dr. Philip Landrigan. To view this article (The Neurobehavioral Effects of

Developmental Toxicity), click here: [http://www.thelancet.com/pdfs/journals/laneur/PIIS1474-4422\(13\)70278-3.pdf](http://www.thelancet.com/pdfs/journals/laneur/PIIS1474-4422(13)70278-3.pdf).

Moreover, CNN.com (as well as other large news outlets) recently featured a troubling story in February of this year entitled "Putting the next generation of brains in danger." To view this article, click here: <http://www.cnn.com/2014/02/14/health/chemicals-children-brains>.

Number of Children Identified with Autism

1 in 68



As reported March 2014 by Center for Disease Control and Prevention



How the first nine months shape the rest of your life

The new science of fetal origins

Time, August 2010

Author: Annie Murphy Paul
Cover: Merrick Morton/Columbia



NHF Principles in REAL WORLD Experience

*The following descriptions of work done by practicing pediatricians and MDs are provided as illustrations of the results that may be anticipated from following the recommendations in **The Healthy Child Guide**. They are not intended as endorsements of any one group or doctor(s), as many practitioners are beginning to follow these types of recommendations.*

Foresight, the Association for the Promotion of Preconceptual Care, is a group in the UK that has focused predominantly on changing the environmental conditions and dietary habits of parents, particularly the mother, prior to the couple conceiving a child in order to reduce the risk of miscarriage. Research from The Foresight Program that was published in the 1980s and 1990s provides evidence that the organization's methodologies are worthy of further review and analysis. In the study, researchers at the University of Surrey

followed 367 couples, who were deemed "high-risk." The couples received nutritional counseling and were advised to consume an all-organic diet of fruits and vegetables, unrefined grains, ample meat and poultry, and oily fish (high in Omega 3 fatty acids), as well as vitamin and mineral supplements designed to boost nutritional intake and cleanse the body of various toxins.

In addition, the couples were kept away from environmental toxins and were directed to abstain from cigarettes, alcohol, and any recreational drugs.

By the end of the study, 89 percent of the couples had given birth, and none of the children exhibited evidence of autism or other Chronic Conditions. **Moreover, although 150 of the couples previously had experienced a miscarriage or stillbirth, there were no miscarriages or prenatal deaths during the study.**

Several physicians across the U.S. are following a similar approach. These practicing MDs address a wide range of factors with birth mothers that are central to having a healthy child with normal brain

development (preventing autism or other chronic disorders in children), including:

- 1 Averting nutritional deficiencies in both the mother and father beginning pre-conception
- 2 Consumption of a certified organic diet beginning pre-conception (no GMO food, avoid conventional pesticides and herbicides)
- 3 Utilization of purified water for drinking and cooking purposes (to avoid environmental chemicals toxic to the developing brain)
- 4 Evaluating and treating health problems prior to conception
- 5 Avoiding toxins in general through specific instructions

Research is needed to review best practices and the latest scientific research to create a standardized set of recommendations that can be shared with the general public and tested in a major, formal research study – that is the mission of NHF.

"Moreover, although 150 of the couples previously had experienced a miscarriage or stillbirth, there were no miscarriages or prenatal deaths during the study."

Disclaimer: The precise methodology of the Foresight studies and physician examples referenced above differs somewhat from the NHF protocols and recommendations. This information is presented to offer a real world example of the possibilities behind a preconception strategy to empower parents to have healthy children.

Together We Can Solve This

Over 15 scientists, physicians and nutritionists (the Scientific Advisory Board) have come together to integrate current research to make scientifically supported recommendations about lifestyle changes to improve infant and maternal health.

The Neurological Health Foundation is dedicated to educating families about the benefits of optimum nutrition and reduction of toxic exposures from preconception through early childhood.

NHF Recommendations

The NHF Scientific Advisory Board has developed a set of critical recommendations designed to empower families to have a healthy pregnancy and a healthy baby. These are based on the latest medical research and clinical experience, and should significantly reduce the risk of miscarriage, pre-term births, and many physical and mental health problems.

The NHF recommendations will be comprehensive, from preconception to pregnancy to early childhood, and will focus on practical evidence-based suggestions that result in major reductions of risk, and improvements of overall health. These recommendations will focus on:

- 1 Improving nutritional status with a healthy, organic diet based on whole foods
 - Identifying and avoiding unhealthy foods
 - Explaining the fish controversy
- 2 Reducing toxic exposures, including:
 - Improving home air quality
 - Purifying water
 - Avoiding BPA, phthalates, and other toxic chemicals
 - Avoiding lead, mercury, arsenic, and other toxic metals
- 3 Individualized medical testing and treatment, to optimize the mother's health
- 4 Stress reduction and appropriate exercise
- 5 The importance of waiting at least 18 months after one birth before conceiving another child



Food Allergy Among U.S. Children: Trends in Prevalence and Hospitalizations

National Center for Health Statistics

3M

children under 18 years
reported to have a
food or digestive allergy

“In 2007, approximately 3 million children under age 18 years (3.9%) were reported to have a food or digestive allergy in the previous 12 months.”

50%

increase in food allergies

“According to a study released in 2013 by the Centers for Disease Control and Prevention, food allergies among children increased approximately 50% between 1997 and 2011.”

<http://www.foodallergy.org/facts-and-stats>

NHF Scientific Advisory Board

The Neurological Health Foundation (NHF) has formed a Scientific Advisory Board composed of practicing medical doctors, nutritionists, neuroscientists as well as professors at major universities to develop specific, evidence-based regimens and recommendations that women and couples can follow utilizing *The Healthy Child Guide*.

The Board is composed of a group of distinguished academics and clinicians with a diverse set of expertise:

JAMES B. ADAMS, PH.D.

Director of Autism/Asperger's Research Program, Arizona State University

James B. Adams, Ph.D., is the Director of the Autism/Asperger's Research Program at Arizona State University. He has published over 30 scientific articles on autism. He is also the President of the Autism Society of Greater Phoenix, the President of the Autism Nutrition Research Center, and the co-leader of the Scientific Advisory Committee of the Autism Research Institute. He is the proud father of three children, including one with autism.

RODNEY DIETERT, PH.D.

Dr. Rodney Dietert, Ph.D., is Professor of Immunotoxicology in the Department of Microbiology and Immunology at Cornell University. He received the B.S. degree from Duke University (1974) and his Ph.D. from University of Texas at Austin (1977). During the past 37 years at Cornell, Rodney has served as Director of Graduate Studies for the Graduate Field of Immunology, Associate Director of the Cornell Superfund Program, Senior Fellow in the Center for the Environment, Director of the Institute for Comparative and Environmental Toxicology, Director of the Program on Breast Cancer and Environmental Risk Factors and President of the Immunotoxicology Specialty Section of the Society of Toxicology. He has more than 300 publications concerning prenatal and childhood risk factors for chronic diseases with a focus on the developing immune system.

STUART FREEDENFELD, M.D.

Dr. Freedenfeld received his Bachelor of Science Degree with Distinction from the University of Rochester in 1970. He received his Medical Degree, with honors, from the College of Medicine and Dentistry of New Jersey in 1975. He completed a three-year residency in Family Practice at Hunterdon Medical Center in 1978 and served as chief resident there from 1977-1978. He became board certified and a diplomat of the Academy of Family Practice in 1978, and was re-certified in 1984, 1990, 1996, 2002 and 2008. He is a respected international lecturer in areas including autism, ADD/ADHD, detoxification and many afflictions associated with aging.

RICHARD E. FRYE, M.D., PH.D.

Associate Professor, College of Medicine, Department of Pediatrics, University of Arkansas Medical School

Dr. Richard Frye is the Director of Autism Research at Arkansas Children's Hospital (ACH) Research Institute, Associate Professor in Pediatrics at the University of Arkansas for Medical Sciences, Director of the Autism Multispecialty Clinic at ACH and Co-Director of the Neurometabolic Clinic at ACH. He received his M.D./Ph.D. from Georgetown University. He completed a residency in Pediatrics at the University of Miami, residency in Child Neurology and fellowship in Behavioral Neurology and Learning Disabilities at Harvard University/Children's Hospital Boston and a fellowship in Psychology at Boston University. He holds board

certifications in Pediatrics and in Neurology with Special Competence in Child Neurology. Dr. Frye is a national leader in autism research. He has authored over 150 peer-reviewed publications and book chapters, and serves on several editorial boards of scientific and medical journals.

JOHN GREEN, M.D.

Dr. Green trained in family practice, emergency medicine, holistic and environmental medicine, in the 70's and 80's. Since 1999 his focus has been on clinical research, physician outreach in Hungary, Italy and Poland, and collaboration with parents to optimize treatment of their children. Recognizing that children with autism have very diverse problems, needs and potentials, his emphasis is to provide individualized care with evidence- and outcome-based treatments guided by biomarkers and clinical tracking tools.

DEBBY HAMILTON, M.D., MSPH

Pediatrician at Holistic Pediatric Consulting in Denver, Colorado and author of "Preventing Autism & ADHD: Controlling Risk Factors Before, During and After Pregnancy"

Dr. Debby Hamilton began her education at Wesleyan University graduating with a B.A. in biology. Following her undergraduate education, she completed her M.D. degree at the University of Health Sciences in Chicago. She began her career in pediatrics as a general pediatrician in Rhode Island after residency training at Brown University's Hasbro Children's Hospital and the University of Massachusetts. She received her

Master's of Science in Public Health from the University of Colorado Health Sciences Center where she did research in infant nutrition. In 2005, Dr. Hamilton founded Holistic Pediatric Consulting. This integrative pediatric practice is focused on diagnosing and treating chronic child health issues. A large part of the practice is for treatment of children with neurologic issues, especially Autism, Asperger's and ADHD.

LYNNE HEILBRUN, MPH

Faculty Associate, Department of Family and Community Medicine The University of Texas School of Medicine at San Antonio

Lynne Heilbrun attended the University of Texas Health Science Center School of Public Health, where she received her MPH. Her graduate work on environmental exposures and intolerances associated with ADHD was funded by the Environmental Protection Agency's STAR/GRO fellowship program. She has over ten years' experience in the field of children's environmental exposures, with a focus on neurodevelopment. In 2007, she served as a consultant to develop an EPA-funded community-based program aimed at reducing prenatal exposures. She is currently serving as the Autism Research Coordinator at the University of Texas School of Medicine in San Antonio. Her research team's discovery of semi-volatile organic chemicals in baby teeth was featured in CNN Headline News in 2012 and has been photographed for a future issue of National Geographic.



VICKI KOBLINER MS RDN, CD-N,
Registered Dietitian Nutritionist;
owner of Holcare Nutrition in
Wilton, CT

Ms. Kobliner received her Bachelor's degree from Washington University in St. Louis and graduated with high honors from Oregon State University with a Master's degree in Food and Nutrition. She is a contributing author to two books: *A Compromised Generation: The Epidemic of Chronic Illness in Americas Children*, and *Essential Remedies for Women's Health*. Vicki is a contributor to Natural Nutmeg Magazine, sits on the professional advisory board of Epidemic Answers, and is a member of the Connecticut PANDAS/PANS Legislative Advisory Council. She has lectured nationally and internationally about the role of nutrition in autism and related disorders and is a member of the nutrition faculty of the Autism Research Institute. Vicki's practice employs a functional nutrition approach, using natural agents to help the body heal itself. Vicki works with infants, through adults with chronic illnesses, digestive disorders, food allergies, ADHD and autism and provides fertility and prenatal nutrition counseling.

DANA LAAKE, RDH, MS, LDN

Dana Godbout Laake is a Licensed Nutritionist providing preventive and therapeutic medical nutrition services through Dana Laake Nutrition. Her practice encompasses complex medical nutrition issues affecting adults, and children with special needs. An honors graduate and outstanding alumnus honoree from Temple University, she received

her Master's degree in nutrition from the University of Maryland.

In addition to media presentations, writing, radio talk show hosting and providing professional continuing education courses, Dana Laake has been a Maryland Legislative Assistant on health issues and has served four Gubernatorial appointments on two state health care regulatory boards (Dentistry and Dietetic Practice). She is co-author of "The Kid-Friendly ADHD & Autism Cookbook, The Ultimate Guide to the Gluten-Free, Casein-Free Diet" (2009) and "The ADHD and Autism Nutritional Supplement Handbook" (2013).

PAMELA J. LEIN, PH.D.

Professor of Neurotoxicology
and Vice-Chair at University
of California, Davis

Dr. Pamela Lein is Professor of Neurotoxicology and Vice-Chair in the Department of Molecular Biosciences in the School of Veterinary Medicine at University of California, Davis. She received a B.S. with Honor in Biology from Cornell University, a M.S. in Environmental Health from East Tennessee State University and a Ph.D. in Pharmacology and Toxicology from University of Buffalo, NY.

After postdoctoral training in Molecular Immunology at Roswell Park Cancer Institute in Buffalo, NY and professional experience as an environmental health analyst in western NY for a private consulting firm, Dr. Lein joined the faculty of the Department of Biology at Canisius College. Subsequently she moved to Baltimore, MD to take a

position as an assistant professor in Environmental Health Sciences at the Johns Hopkins University Bloomberg School of Public Health, where she developed an independent research program in developmental neurotoxicology. Dr. Lein was recruited to the Center for Research on Occupational and Environmental Toxicology at the Oregon Health & Science University in 2003 and then in 2008 to her current position at UC Davis. She is also a member of the faculty of the M.I.N.D. Institute faculty and the NIH and EPA-funded Center for Children's Environmental Health. Other professional experience includes Chair of the Pharmacology and Toxicology Graduate Group at UC Davis, Director of the NIEHS-funded training program in Environmental Health Sciences, and member of the editorial board of the journals Toxicological Sciences, Toxicology and Applied Pharmacology, Neuro-toxicology and Teratology and NeuroToxicology. Her research focuses on the molecular and cellular mechanisms by which environmental stressors modulate neurodevelopment and neurologic function.

ELIZABETH LIPSKI, PH.D.,
CCN, CHN, CNS, LD/N

Director of Academic Development,
Nutrition and Integrative Health
programs at Maryland University
of Integrative Health

Liz Lipski, Ph.D., CCN, CNS, CHN, holds a doctorate and is board certified in Clinical Nutrition, Holistic Nutrition, and as a Nutrition Specialist. Dr. Lipski is the Academic Director of Nutrition and Integrative Health Programs at

Maryland University of Integrative Health. She is also on faculty at the Institute for Functional Medicine. She is the author of two peer-reviewed papers, a chapter in Integrative Gastroenterology, and several books: *Digestive Wellness*, *Digestive Wellness for Children*, *Digestion Connection*, and *Leaky Gut Syndrome*. Dr. Lipski is a on the editorial board for *Brain and Gut*, and a special advisor for the National Association for Nutrition Professionals. Throughout the year she speaks at conferences and does frequent media interviews.

SHARON MCDONOUGH-
MEANS, M.D.

Developmental Pediatrician

Dr. McDonough-Means is in private practice in Tucson, Arizona, specializing in integrative, developmental pediatrics. She has been involved in several research studies including a major nutritional evaluation and treatment study for children with autism, was principal investigator on an NIH grant for a pilot study of Healing Touch for mitigating stress in ill neonates and co-investigator in a study evaluating the response of spasticity in children with Cerebral Palsy with osteopathic manipulation or acupuncture.

JESSICA MITCHELL, ND
Associate Dean of Clinical
Education, Southwest College
of Naturopathic Medicine

Dr. Mitchell is the Associate Dean of Clinical Education and Residency Director at Southwest College of

(continued)

Naturopathic Medicine. After her 2005 graduation from SCNM she pursued a first year residency position where she discovered her passion for pediatric medicine. In 2007, she became the first Naturopathic Pediatric Resident. During her residencies, she participated in two double-blind placebo controlled studies on biomedical treatments of autism.

Articles from this research have been published in *The Journal of Toxicology* and *BioMed Central Clinical Pharmacology*. She has gone on to work on two other treatment studies on Autism. She is a Founding Member and the Treasurer of the Pediatric Association of Naturopathic Physicians. In addition to her administrative work, Dr. Mitchell oversees student medical rotations and maintains a private practice at the Southwest Naturopathic Medical Center. Dr. Mitchell believes that the body has the innate ability to heal itself when given the appropriate environment and nutrients to do so. She believes in using the safest and gentlest medicine first. She utilizes homeopathy, nutrition, botanical medicine, hydrotherapy and environmental medicine in the care of her patients.

RAYMOND PALMER, PH.D.
Associate Professor of Family and Community Medicine, University of Texas Health Science Center at San Antonio

Dr. Palmer received his Ph.D. in Preventive Medicine at the University of Southern California and has been an active researcher in the field of Health Promotion and Disease Prevention Research for nearly 30 years. Currently at the University of Texas Health Science Center in San Antonio, he is associate professor in the Department of Family and Community Medicine. Dr. Palmer is currently involved in understanding the role of environmental risk factors for developmental disorders including autism spectrum disorders.

ROBERT K. NAVIAUX, MD, PH.D.
Professor of Genetics, Biochemical Genetics, and Metabolism, University of California, San Diego School of Medicine

Dr. Naviaux is the founder and co-director of the Mitochondrial and Metabolic Disease Center (MMDC) at UCSD. He is a former president of the Mitochondrial Medicine Society (MMS), and a founding associate editor of the journal *Mitochondrion*. He is an internationally known expert in human genetics, inborn errors

of metabolism, metabolomics, and mitochondrial medicine. He is the discoverer of the molecular basis of Alpers syndrome—the oldest Mendelian form of mitochondrial disease—and the developer of the first DNA test to diagnose it. Dr. Naviaux's lab has developed a number of advanced technologies like biocavity laser spectroscopy and mtDNA mutation detection by mass spectrometry. He is a Salk-trained molecular and cell biologist, the inventor of the popular pCL retroviral gene transfer vectors, and was trained at NIH in tumor immunology and natural killer cell biology. Dr. Naviaux is a co-director of the UCSD Institute for Metabolomic Medicine (IMM) Polar Metabolomics Core, and Director of the Metabolomics Core of the Center of Excellence for Stress and Mental Health (CESAMH) at the VA Medical Center in San Diego. He has been the PI for over 20 IRB-approved human subjects protocols at UCSD since 1995. In 2010, Dr. Naviaux was a member of the Cal-Echoes oceanographic expedition to collect environmental and ecosystem data along the California coast. His recent discoveries in autism were recognized with a prestigious Trailblazer Award from Autism Speaks. His 2013 paper reporting

preclinical studies of a new way to treat autism was ranked the #1 most-viewed paper of 2013 on the Simons Foundation global literature survey web site.

Dr. Naviaux serves as an international expert in metabolic disorders and study section member for the Muscular Dystrophy Society of France [Association Française contre les Myopathies (AFM), European Union], and has served as an invited national advisory council member for autism research for the U.S. national Autism Treatment Network (ATN), and for youth suicide prevention for the Bernard Foundation. Dr. Naviaux's expertise in mitochondrial biochemistry, environmental health, autism, genetics, metabolism, and virology is a strong addition to our multidisciplinary team of distinguished advisors.

NANCY O'HARA, M.D.
Pediatrician, Center for Integrative Health

Dr. Nancy O'Hara is a board certified Pediatrician. Prior to her medical career, Dr. O'Hara taught children with autism. She graduated with highest honors from Bryn Mawr College and as a member of the Alpha Omega Alpha Honor Society from the University of Pennsylvania



The Call To Action and Need for Funding

NHF's program, *The Healthy Child Guide*, will have an immediate and positive impact on many thousands of families. The Neurological Health Foundation is promoting *The Healthy Child Guide* not only to encourage families to participate by using the Guide but also to fund important and relevant research that will shed light on what parents can do to increase the probability of having healthier children who realize their full neurological potential. Furthermore, our objective is to positively influence the lives of over 1 million children.

1 million+
positively
influenced births



NeurologicalHealth.org

11700 Preston Road
Suite 660-109
Dallas, Texas 75230

School of Medicine. She earned a Master's degree in Public Health from the University of Pittsburgh. After residency, chief residency and general pediatric fellowship at the University of Pittsburgh, Dr. O'Hara was in private practice for seven years. Dr. O'Hara has worked with Dr. Sidney Baker and other practitioners in the research and care of children with Autistic Spectrum

Disorder for many years. Since 1999, she has dedicated her practice to the integrative and holistic care of children with neurodevelopmental disorders and Autistic Spectrum Disorder. Until January 2010, she was the Assistant Medical Director for *Defeat Autism Now!*® Physician Training and the Physician Mentoring Director for *Defeat Autism Now!*® in Europe.

KATHRYN RECORDS, PH.D., RN, FAAN

Hubert C. Moog Endowed Professor, College of Nursing at University of Missouri- St. Louis

Dr. Kathryn Records has worked as a registered nursing providing care for pregnant and postpartum women and newborns for 3 decades. Her research focuses on the childbearing

health of women and their newborn during pregnancy, birth, and post-partum.

She specifically targets how experiences such as abuse, obesity, and depression may affect outcomes for the woman during childbearing and for the child across the first year of life.

Appendix A - NHF Board of Directors

DR. JAMES ADAMS, PH.D. is a father of a daughter with autism, diagnosed in 1994, and that is what led him to eventually shift much of his research emphasis to neurological illness in children, focusing on biological causes and treatments. He is currently a President's Professor at Arizona State University, where he directs the ASU Autism/Asperger's Research Program. Dr. Adams is a sought after speaker and researcher on the subject of preventing neurological illness in children.

Professor Adams has authored over 150 scientific articles in peer-reviewed publications, including 30 on autism.

Dr. Adams will serve as the primary point of contact for the Foundation to craft a strategy to prevent neurological illness in children and to recruit talented doctors and researchers to join in our efforts.

Autism-Related Service and Awards:

- *Director and Founder, Arizona State University Autism/Asperger's Research Program, 2000-present*
- *President, Autism Society of Greater Phoenix, 2000- present*
- *President and founder, Autism Conferences of America, 2005 - present*
- *Evening of Champions Award (for research and service) from national Autism Society of America, 2007*
- *Autism Service Award, Greater Phoenix Chapter of the Autism Society of America, 2008*
- *Daniel Jankowski Legacy Award 2009 for teaching, research, and service to ASU*
- *Board of Directors, Autism Research Institute, 2007-2009*
- *Co-Leader, Science Advisory Committee, Autism Research Institute, 2008 - present*
- *Board of Directors, Autism Society of America, 2009-2010*
- *President's Professor, Arizona State University, 2010 - present*

SHAZI VISRAM is Founder, CEO and Chief Mom of Happy Family, a leading provider of organic meals and snacks for babies, toddlers and beyond, in the US and 30

countries worldwide. Considered by President Obama to be "not only an outstanding businesswoman, but also a leader that all of us can emulate,"

Shazi is a food activist who has made it her mission to create a socially responsible business that positively impacts the health of our children, gives back to those in need all while supporting sustainable agriculture.

A 2004 graduate of the Columbia School of Business (MBA), her accomplishments have earned her the respect and admiration of her peers, including being named one of the World Economic Forum's Young Global Leaders, Ernst and Young Entrepreneur of the Year and Crain's New York Business 40 Under 40.

Shazi lives in Connecticut with her husband, Joe, their son, Zane, and dog Willy. While she considers Happy Family to be her first "baby," motherhood is what Shazi loves the most in the world.

CHRIS WILLHITE is a Certified Public Accountant and graduated with honors from Baylor University in 1991 with a BBA in Accounting. He started his career in public accounting in Houston where he did tax work for Arthur Andersen and audit work for Ernst and Young. He was placed by Robert Half Finance and Accounting in the 1990s to be the controller for a division of a public company where he was responsible for the financial reporting of three operating companies. Chris joined Robert Half in 2000 as a Recruiting Manager where he specializes in full time accounting and finance searches.

JUSTIN JONES is a member of the founding family of The Neurological Health Foundation. He is a graduate of Southern Methodist University and has a Masters in Business Administration from Rice University. Justin began his career as a Strategy Consultant with Deloitte Consulting and is now the President of Espree Animal Products, a privately held manufacturer and distributor of premium organic animal health care products.

KENNETH W. SMITH is a Managing Director with RR Advisors, LLC - RCH Energy in Dallas, Texas. Prior to joining RCH Energy Mr. Smith spent nearly five years with Hayman Capital Management as a Managing

Director. Hayman is an alternative investment management company based in Dallas, Texas. Prior to joining Hayman Capital Management Mr. Smith spent over five years with Smith Group Asset Management, an institutional asset manager focusing on traditional and alternative investment strategies, based in Dallas, Texas. At Smith Group, he was a Partner, Director of Marketing and responsible for investor relations. Prior to joining Smith Group, Mr. Smith was the Director of Marketing for Ranger Capital Group, an alternative investment advisor located in Dallas, Texas. While at Ranger Mr. Smith was responsible for the marketing efforts of the firm in addition to investor relations. Prior to Ranger, Mr. Smith was a Principal and the Director of Marketing for John McStay Investment Counsel (JMIC), an institutional asset manager. Mr. Smith began his career as a Vice President for Smith Barney and focused on institutional and corporate clients. Mr. Smith was a member of the 401(k) Advisory Board and the Blue Chip Council. Mr. Smith earned a BBA in Finance from Dallas Baptist University and an MBA from Southern Methodist University, graduating with Honors (Beta Gamma Sigma).

CRAIG FISCHER is a Partner with KPMG LLP. He joined KPMG in 1995, and specializes in audit and risk advisory services for companies in the industrial, electronics, software, and healthcare industries. Mr. Fischer also serves as a national and international instructor at KPMG, having taught accounting and auditing classes for KPMG in several countries throughout Europe and Asia. Mr. Fischer holds a B.S. and M.S. in Accounting from The University of North Texas.

MATT BOSWELL graduated from Stephen F. Austin State University in 1994 with a degree in Marketing. Mr. Boswell has founded a number of successful franchise based companies, including Pet Butler. He is a sought after expert in the realm of marketing and franchise development for closely held, entrepreneurial based companies. Prior to getting into entrepreneurial ventures, he worked in various marketing and sales roles with several large companies in the Dallas / Ft. Worth area.

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