

Neurological Health Foundation



Neurological  
Health  
Foundation

ANNUAL REPORT

2021



# WE ARE THE NEUROLOGICAL HEALTH FOUNDATION (“NHF”)

**Our Mission:** empower parents to have healthy children free of chronic health conditions.

**NHF website:** [NeurologicalHealth.org](https://NeurologicalHealth.org)

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, we work 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 conditions.



## NHF Programs

- 1** The Healthy Pregnancy Summit (“HPS”), found at [HealthyPregnancySummit.com](https://HealthyPregnancySummit.com), is a one-of-a-kind virtual summit developed and underwritten by the Neurological Health Foundation (“NHF”) where the focus is to improve the health and wellness of expecting mothers and their babies. The goal is to share insights on how to minimize risks of complications miscarriage and developmental disorders, while doing the right things to enjoy a safe, full-term pregnancy. NHF spent over 2.5 years developing the Healthy Pregnancy Summit and launched the HPS in July of 2020. Since inception, four HPS events have attracted over 12,000 attendees from 25+ countries. Our near-term goal is for over 100,000 people to attend the HPS.
- 2** *The Healthy Child Guide* is a 50-page, colorful guide summarizing the most current, scientifically based recommendations for having a healthy pregnancy and increasing the chance of birthing a child free of chronic health conditions.
- 3** The Science Behind *The Healthy Child Guide* is a 50-page companion scientific document that summarizes the 150+ research articles that created the foundation for *The Healthy Child Guide*.
- 4** Pregnancy Kitchen, found at [PregnancyKitchen.org](https://PregnancyKitchen.org), is a comprehensive approach to meal planning while pregnant, to optimize highly nutritious and chemical-free food choices. Written by nutrition and health experts, the Pregnancy Kitchen resources consist of the 32-page Weekly Meal Plan with healthy meal and snack ideas, a six-page Grocery Shopping list of NHF approved foods and brands, and a two-page Simplicity Menu to make meal planning on the go easy and fun.
- 5** NHF has partnered with [HealthyBaby.com](https://HealthyBaby.com) and launched a one-of-a-kind, best-in-class prenatal vitamin developed and formulated by NHF’s co-founder, Professor James Adams. Healthy Baby Prenatal is the only one on the market specially formulated to maximize the health of the baby’s brain while being tailored for each pregnancy trimester. Check it out here: <https://healthybaby.com/pages/prenatal-vitamins-customized-by-trimester>.
- 6** NHF Prenatal App for iOS and Android: Developed by the Neurological Health Foundation and Prof. James Adams and Dr. Tapan Audhya, this app rates over 180 prenatal supplements using the NHF recommendations for prenatal supplements. Prenatal supplements help give your baby their best chance at a healthy life.





## OVER THE PAST TWO YEARS, THE NHF TEAM REACHED THE FOLLOWING GOALS:

- 1 Successfully developed **The Healthy Pregnancy Summit** (“HPS”) as a platform to educate and empower parents to have healthy, full-term pregnancies resulting in healthier babies free of chronic health disorders. Since first launching the HPS Program in 2020 (which includes The Healthy Child Guide and Pregnancy Kitchen), over 12,000 parents world-wide have signed up. Check it out! [HealthyPregnancySummit.com](https://HealthyPregnancySummit.com)
- 2 Partnered with [HealthyBaby.com](https://HealthyBaby.com) to develop and launch a one of a kind, best-in-class prenatal vitamin developed and formulated by NHF’s co-founder, [Professor Jim Adams](#). Healthy Baby Prenatal is the only one on the market specially formulated to maximize the health of the baby’s brain while being tailored for each pregnancy trimester. [Want to learn more?](#)
- 3 NHF Co-founder Professor Jim Adams continued to spend significant research time studying the effects that the gut biome has on the brain health of children with autism (with funding support from NHF). [Watch this.](#)
- 4 With a financial grant from major corporate donors, partnered with scientists, Ph.D.s, Medical Professors, and OBGYNs to empower families to minimize exposure to toxic chemicals which could affect the health of the pregnant mom as well as the developing baby. [See page 6 for more details.](#)
- 5 Financially funded the publication of a review paper by Professor Adams on the optimal mineral content for prenatal supplements, and published the smart phone app NHF Prenatal Rater, which provides NHF’s rating of over 180 prenatal vitamin/mineral supplements based on the research by Professor Adams, Dr. Audhya, and collaborators. Available on both iOS and Android app stores. [Download iOS version.](#)
- 6 Received record donations in excess of \$135,000 resulting in end of year cash on hand exceeding \$100,000.
- 7 Developed and launched Pregnancy Coach, a program to offer regular online classes to educate moms on pregnancy related topics that focus on healthier living before and during pregnancy.

**And...NHF did all this with the financial support of generous donors like you.**

Neurological Health Foundation (NHF) is a 501(c)(3) public charity committed to educating and empowering parents to have healthy children free of chronic health disorders who realize their full neurological potential.



# A MESSAGE FROM NHF'S SENIOR LEADERSHIP TEAM

The Neurological Health Foundation (NHF) is on the path to transform the lives of parents and children through healthier pregnancies that lead to healthy babies who grow up to realize their full neurological potential. Our team of parents, medical research professors, practicing M.D.s, Ph.D.s and nutritionists have invested many years researching and studying best practices that lead to parents having kids who grow up healthy and free of chronic health conditions.

Through social media outreach, innovative programs like the Healthy Pregnancy Summit (including *The Healthy Child Guide* and Pregnancy Kitchen), the NHF Team is marching toward a magnificent goal...to positively influence over 1 million pregnancies over the next 10 years. We are also currently raising funds to utilize NHF's programs and web-based platform to do a large-scale research study to better educate the general public on the importance of carefully planning a healthy pregnancy and baby...beginning preconception. Moreover, we will be utilizing the [Healthy Pregnancy Summit](#) platform this year to partner with a major medical universities to better understand how planning for a healthy, full-term pregnancy can improve the odds of a healthier child.

Our promise to our sponsors and ambassadors is an important one...that your donated time and financial resources will be invested prudently in worthwhile programs and research that produce positive, measurable results.



*James B. Adams*

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



*Chris Willhite*

**Chris Willhite**  
Chairman of the Board of Directors  
Neurological Health Foundation



*The  
Healthy  
Child Guide*

*Science Behind  
the Healthy  
Child Guide*



NHF Partnered with Healthy Baby to develop a one of a kind, best-in-class prenatal vitamin developed and formulated by NHF's co-founder, Professor Jim Adams. [Learn more.](#)

## ADHD Rising in the U.S., but Why?

A new published study finds ADHD diagnoses in children between the ages of 4 and 17 increased from 6.1% in 1997-1998 to 10.2% in 2015-2016.

[—WebMd Article](#)







# Discover How You Can Have a Safe, Full-Term Pregnancy and a Healthy Baby . . . while minimizing your risk of complications, miscarriage and developmental disorders.



“In my twenty years as a Pediatrician, I have seen many changes in the health of our children. Early in my career as a Pediatrician, my patient appointments were primarily for school physicals, colds, and flus. These children were generally healthy and recovered quickly from their illnesses. However, children’s health status has declined over time. Now, I have a specialty clinic full of children with chronic neurological and physical health problems. These children suffer throughout their lives with illnesses such as autism, ADHD, asthma, allergies, and chronic pain. Many parents growing up had not seen children with these chronic health problems and never expected to parent a child with one.

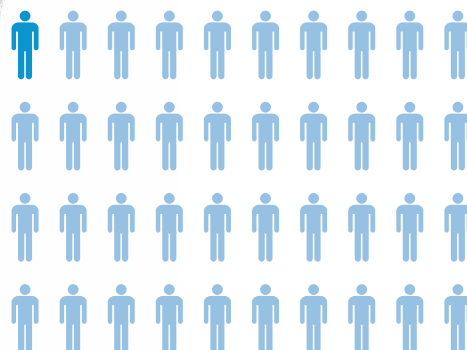
Because of the declining health of our children, I began researching prevention of these illnesses. The research repeatedly steered me toward risk factors from the mother that influenced the health of her child. I began writing and teaching women about these risk factors to their health before conception. It has been wonderful to see healthy pregnancies and healthy children come from this education. By taking charge of their own health, I have seen women become empowered knowing that they are doing their best for the health of their future child.”



**Debby Hamilton, MD, MSPH, Pediatrician**

Author of “Controlling Risk Factors Before, During & After Pregnancy”

NHF Teaching Physician



In 2021, the CDC reported that approximately **1 in 44 children** in the U.S. is diagnosed with an autism spectrum disorder (ASD), according to 2018 data. Boys are four times more likely to be diagnosed with autism than girls.

# EMPOWERING FAMILIES

**Pregnancy Safe** CERTIFIED

By **Neurological Health Foundation**

**Healthy Baby** CERTIFIED

By **Neurological Health Foundation**

**Pregnancy Safe Certified** and **Healthy Baby Certified** are seals developed by Neurological Health Foundation (“NHF”) to empower families to minimize exposure to toxic chemicals which could affect the health of the pregnant mom as well as the developing baby. NHF created the Pregnancy Safe Certification with the oversight of OB/GYNs, physicians, chemists, toxicologists, product formulators, medical school professors, and scientists who met many times to develop the requirements for this ongoing certification program for pregnancy related health care products.

## NHF Pregnancy Safe Task Force

**JAMES B. ADAMS, PH.D.** is the co-founder and Chair of the Scientific Advisory Board of the Neurological Health Foundation, which is dedicated to helping women have healthy pregnancies and healthy babies. He is the co-leader of the NHF Healthy Pregnancy Summit. He led the development of the NHF Healthy Child Guide, the NHF Science Behind the Healthy Child Guide, and the NHF Prenatal Rater App. He designed the Healthy Nest Prenatal Supplement, which is the first prenatal supplement tailored for each trimester. He is also a President's Professor at Arizona State University, where he is Director of the Autism/Asperger's Research Program. His research focuses on prenatal supplements for healthy pregnancy, medical and nutritional causes of autism and how to treat and prevent autism including the areas of nutrition and gut bacteria. He has published over 180 peer-reviewed scientific articles.

**TAPAN AUDHYA, PH.D.** is a semi-retired nutritional biochemist. His 50+ year career has included serving as an assistant professor in the College of Medicine at the University Illinois, Vice-President of Research and Development at Johnson and Johnson, Research Professor of Medicine & Endocrinology at New York University Medical Center, and Director of Health Diagnostics Research Institute. He has published over 100 research articles.

**JACLYN BAIN, ND** is an Associate Professor and Clinical Faculty at the Southwest College of Naturopathic Medicine. She is also the Division Director of Clinical Education and Department Chair of Pre-Clinical Sciences at SCNM. Dr. Bain is a naturopathic physician practicing in Tempe, Arizona. Her practice focuses on primary care pediatrics and autism spectrum disorder. Dr. Bain completed a general medicine residency in Portland, OR and post graduate training in pediatrics and autism. She is certified in environmental medicine and taught environmental medicine for several years. She currently serves on the board of the Pediatric Association of Naturopathic Physicians (PedANP).

**BRANDON BELL, DO** is an Associate Clinical Professor of Obstetrics and Gynecology at Indiana University School of Medicine. He is board-certified in Obstetrics and Gynecology. Dr. Bell provides personalized, high-quality health care to women of all ages, including annual physicals, complete pregnancy care, labor and delivery, prevention and wellness services, cancer screenings, and menopause care. He also has expertise in minimally invasive operative and diagnostic hysteroscopy and laparoscopy. Dr. Bell earned his medical degree at the Philadelphia College of Osteopathic Medicine in Pennsylvania and completed his residency at New York Presbyterian Brooklyn Methodist Hospital. He is a member of the American Medical Association, American Osteopathic Association, and American College of Obstetricians and Gynecologists.

**HAIWEI GU, PH.D.** is an Associate Professor of Environmental Health Sciences in the College of Medicine at Florida International University. His research focuses on biomarker discovery and metabolic mechanism studies using multi-omics approaches.

**RODNEY R. DIETERT, PH.D.** is Professor Emeritus of Immunotoxicology in the Department of Microbiology and Immunology, Cornell University, Ithaca, NY USA. Professor Dietert was a Senior Fellow in Cornell's Center for the Environment who directed the Graduate Field of Immunology, the Institute for Comparative and Environmental Toxicology, and the Program on Breast Cancer and Environmental Risk Factors. His extensive publications (>300 publications in 70 different scientific journals) concern the developing immune system, the microbiome, communicable and non-communicable diseases, safety testing, and public health. He introduced the microbiome to Cornell's basic science DVM curriculum and was designated a "Microbiome Hero" by the inaugural World Microbiome Day Committee. Dietert is a member of the Society of Toxicology (Past-President of the Immunotoxicology Specialty Section) and the Society for Birth Defects Research and Prevention.

**DR. MARIANNE MARCHESE** is a highly accomplished naturopathic physician and recognized expert in environmental medicine, women's health, and integrative medicine. Her background spans clinical practice, teaching, writing, speaking, research, and professional advocacy. Dr. Marianne Marchese is the author of the bestselling book, "8 Weeks to Women's Wellness." She graduated from Creighton University as an Occupational Therapist and received her doctorate in naturopathic medicine from NUNM in 2002. Dr. Marchese is currently adjunct faculty at SCNM in Tempe AZ teaching both environmental medicine and gynecology. She also maintains private practice in Phoenix Arizona. Dr. Marchese served on the State of Arizona Naturopathic Physicians Medical Board, Naturopathic Academy of Environmental Medicine, Arizona Naturopathic Medical Association, and Council on Naturopathic Medical Education. She has been published in numerous magazines and journals and lectures throughout the U.S and Canada. For over 12 years she has written the environmental medicine column in the Townsend Letter Journal. Dr. Marchese was named to Phoenix magazines' Top Doctor Issue as one of the top naturopathic physicians in the Phoenix area. Learn more at [www.drmarchese.com](http://www.drmarchese.com)

**KATIE MCHUGH, MD** is an OB/GYN Hospitalist and chronic pelvic pain specialist in Indiana. She is a vocal advocate for comprehensive, trauma-informed care as well as evidence-based holistic care that patients can trust to help them be the best and healthiest versions of themselves. In addition to her clinical duties, Dr. McHugh has worked extensively for multiple national medical organizations, including the Executive Board of the American College of Obstetrics and Gynecology, the American College of Surgery, and Physicians for Reproductive Health. She recently partnered with the Neurologic Health Foundation, an organization dedicated to empowering parents to create healthy environments for children to achieve their highest neurologic potential, with the goal of evaluating commercially available products for safety in pregnancy. Dr. McHugh has been publicly recognized and awarded for her clinical skills, advocacy, and infectious positive attitude. She is a highly sought after speaker and has taught lectures, masterclasses, and seminars all over the country. She is an expert in chronic pelvic pain, healthcare and physician advocacy, reproductive health care, and trauma-informed care.



These certification programs involves 6 key steps to ensure that pregnancy and infant products are of the highest quality.

- A review of every ingredient in every product, to ensure that it is safe for intended use, and is not included on our list of “Not Allowed” ingredients.
- A review of Toxicological Risk Assessment of the ingredients in every product.
- A review of Patch testing on the skin to ensure no allergic skin reactions in healthy individuals.
- A review of additional product-in-use testing with humans for certain products.
- A review of Toxic metal testing to ensure that levels of toxic metals are minimal.
- Requirement that all ingredients and all fragrances are listed on the product label.



# *The Healthy Child Guide*

(includes Pregnancy Kitchen Program)

**A preconception-to-infancy wellness program that offers the opportunity to be empowered to have healthy pregnancies and healthy children.**

*The Healthy Child Guide* and Pregnancy Kitchen Programs are unique. We have integrated the findings from over 150 current scientific studies to provide over 50 specific recommendations aimed at increasingly the likelihood that the mother will bear a healthy child free of chronic health disorders and neurological conditions.

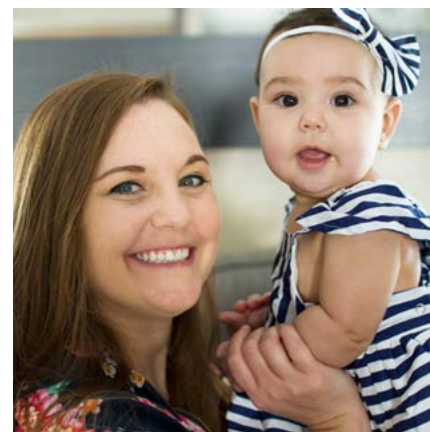


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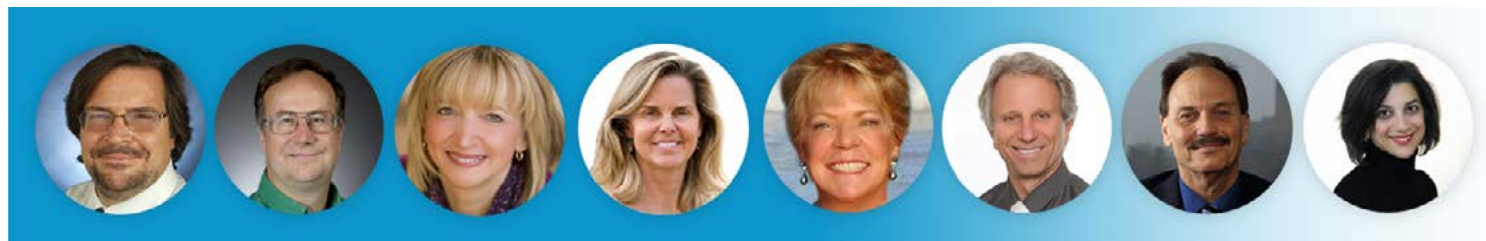
“I attended a **Neurological Health Foundation (NHF)** seminar in Arizona on *The Healthy Child Guide* prior to conceiving our daughter (#3 of 3), and decided to adhere to the recommendations throughout my pregnancy. Since my first two children were diagnosed with autism and chronic health issues, I felt it was important to do everything possible to prevent this from happening in our third child.

I sincerely believe that following the recommendations made a “night and day difference” in the health of our third child, who is very healthy and developmentally ‘advanced for her age.’ I very strongly recommend other parents read *The Healthy Child Guide* and do their best to follow as many recommendations as possible.”

—Tara M. of Phoenix, Arizona



# 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* and Pregnancy Kitchen (launched January 2017).

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*

**RODNEY DIETERT, PH.D.**

*Professor of Immunotoxicology in the Department of Microbiology and Immunology at Cornell University*

**STUART FREEDENFELD, M.D.**

*Family Practice Physician, Stockton Family Practice, Stockton, NJ*

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

*Chief, Neurodevelopmental Disorders Barrow Neurological Institute at Phoenix Children's Hospital; Professor, Department of Child Health, University of Arizona College of Medicine - Phoenix*

**JOHN GREEN, M.D.**

*Physician, The Evergreen Center, Oregon City, Oregon*

**DEBBY HAMILTON, M.D., MSPH**

*Pediatrician at Holistic Pediatric Consulting in Denver, Colorado and author of "Controlling Risk Factors Before, During and After Pregnancy"*

**LYNNE HEILBRUN, MPH**

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

**VICKI KOBLINER, MS RDN, CD-N**

*Registered Dietitian Nutritionist, Owner of Holcare Nutrition in Wilton, CT*

**DANA LAAKE, RDH, MS, LDN**

*Licensed Nutritionist*

**PAMELA J. LEIN, PH.D.**

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

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

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

**SHARON MCDONOUGH-MEANS, M.D.**

*Developmental Pediatrician*

**JESSICA MITCHELL, ND**

*Associate Dean of Clinical Education, Southwest College of Naturopathic Medicine*

**ROBERT K. NAVIAUX, M.D., PH.D.**

*Professor of Genetics, Biochemical Genetics, and Metabolism, University of California, San Diego School of Medicine*

**NANCY O'HARA, M.D.**

*Pediatrician, Center for Integrative Health*

**RAYMOND PALMER, PH.D.**

*Associate Professor of Family and Community Medicine, University of Texas Health Science Center at San Antonio*

**KATHRYN RECORDS, PH.D., RN, FAAN**

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



**Statement of Scientific Policy** – The Neurological Health Foundation (NHF) has developed Pregnancy Kitchen and The Healthy Child Guide to address the concerning increase in the number of children diagnosed with developmental neurological disabilities (autism, cognitive disabilities, ADHD, etc.) as well as chronic health problems and diseases (diabetes, rheumatic diseases, asthma, childhood leukemia, brain cancer, food allergies, etc.). The recommendations provided by the NHF Scientific Advisory Board in The Healthy Child Guide integrate current scientific research findings with an emphasis on behaviors that lead to better health outcomes for parents and for children. NHF recommends what is “standard of care” according to the American Academy of Pediatrics (AAP) as well as the American College of Obstetricians and Gynecologists (ACOG) with an emphasis on healthier choices.

**Disclaimer** – The information provided by NHF, The Healthy Child Guide, The NHF Scientific Advisory Board and our contributors is provided for educational purposes only. The information provided on our websites and in our digital media is not intended as a substitute for the advice provided by your physician or health care provider. As the individual needs of every person vary, it is recommended you consult with your health care provider regarding any personal health care issues. There is no guarantee that 100% of the parents who follow the NHF Scientific Advisory Board recommendations will be assured or guaranteed a healthy child without any health issues; thus, working consistently with your health care provider is advised.



# NHF Board of Directors

The Board of Directors is composed of distinguished individuals with a diverse set of expertise.

Neurological Health Foundation (NHF) was founded in 2010 and obtained 501(c)(3) public charity status from the IRS effective March of 2011.

**DR. JAMES ADAMS, PH.D.** and Co-Founder of NHF, 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 an entrepreneur and mother committed to bettering the world through business that is socially, financially, and environmentally enlightened. She is the Founder of Happy Family Brands, which she led to become the #1 organic baby food company in the US market with disruptive innovations that have democratized organic food for new families, despite her very humble beginnings.

Shazi is also the Founder of Healthybaby.com, which is the culmination of a life's work dedicated to protecting children's neurological health. Healthybaby is a safe space for families to find the knowledge, community,

and products to build connected minds and bodies during baby's early years, a time when they are making one million neural connections every second. Healthybaby is the pioneer of the first ever diaper verified by the Environmental Working Group.

As an advocate of social entrepreneurship, Visram is actively engaged as an investor and advisor to companies innovating for a brighter future. Visram serves on the board of Environmental Working Group (EWG), the Board of Overseers at Columbia Business School and Columbia College, in addition to being a Founding Member of Columbia's Alumnae Legacy Circle.

In 2013, she was acknowledged by President Barack Obama as "not only an outstanding businesswoman, but also a leader that all of us can emulate." In 2018, Visram proudly received Columbia University's University Medal of Excellence "for her gifts as a leader, her optimistic spirit, and determination".

**CHRIS WILLHITE** is Co-Founder of NHF, 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 was a Tax Senior for Arthur Andersen as well as an auditor for Ernst & Young. Chris is involved with multiple businesses. After working as the Financial Controller of a publicly traded company, he joined Robert Half international in March of 2000. He is currently a Senior Vice President of Staffing at Robert Half International ([www.RobertHalf.com](http://www.RobertHalf.com)). He is also a Principal and Head of the Investment Committee for Titus Capital LLC, a real estate investment firm headquartered in Dallas, Texas ([www.TitusCapital.com](http://www.TitusCapital.com)). Chris is the Founder and Chairman of the Board of Directors of Neurological Health Foundation (NHF) and lives in Dallas, Texas with his wife, Hailee, and their two children.

**KENNETH L. WATSON** is a Senior Vice President – Financial Advisor with RBC Wealth Management. He helps high net worth individuals and their families achieve their financial goals by creating and implementing comprehensive wealth management plans that focus on accumulating, protecting and transferring wealth. Ken graduated from Southern Methodist University in 1988 as a University Scholar with a Bachelor of Science degree in economics with finance applications. Ken lives with his wife and three children in Kerrville, Texas.

**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. He 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, Kenneth was the Director of Marketing for Ranger Capital Group, an alternative investment advisor located in Dallas, Texas. While at Ranger he was responsible for the marketing efforts of the firm in addition to investor relations. Prior to Ranger, Kenneth was a Principal and the Director of Marketing for John McStay Investment Counsel (JMIC), an institutional asset manager. He began his career as a Vice President for Smith Barney and focused on institutional and corporate clients. Kenneth was a member of the 401(k) Advisory Board and the Blue Chip Council. He 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 and is currently President of International Franchise Professional Group ("IFPG"). Prior to getting into entrepreneurial ventures, he worked in various marketing and sales roles with several large companies in the Dallas / Ft. Worth area.

**Neurological Health Foundation**  
**Audited Financial Statements**  
**For the Years Ended December 31, 2021 and 2020**



**Neurological Health Foundation**

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# *Sanville & Company*

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## **Independent Auditor's Report**

Board of Directors  
Neurological Health Foundation

### **Opinion**

We have audited the financial statements of Neurological Health Foundation (the Foundation), which comprise the statement of financial position as of December 31, 2021 and 2020, the related statements of activities and net assets, and cash flows for the year then ended, and the related notes to the financial statements.

In our opinion, the accompanying financial statements present fairly, in all material respects, the financial position of the Foundation as of December 31, 2021 and 2020, and the changes in its net assets and its cash flows for the year then ended in accordance with accounting principles generally accepted in the United States of America.

### **Basis for Opinion**

We conducted our audit in accordance with auditing standards generally accepted in the United States of America (GAAS). Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Statements section of our report. We are required to be independent of the Foundation and to meet our other ethical responsibilities, in accordance with the relevant ethical requirements relating to our audits. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

### **Responsibilities of Management for the Financial Statements**

Management is responsible for the preparation and fair presentation of the financial statements in accordance with accounting principles generally accepted in the United States of America, and for the design, implementation, and maintenance of internal control relevant to the preparation and fair presentation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, management is required to evaluate whether there are conditions or events, considered in the aggregate, that raise substantial doubt about the Foundation's ability to continue as a going concern within one year after the date that the financial statements are issued or available to be issued.

### **Auditor's Responsibilities for the Audit of the Financial Statements**

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not absolute assurance and therefore is not a guarantee that an audit conducted in accordance with GAAS will always detect a material misstatement when it exists. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control. Misstatements are considered material if there is a substantial likelihood that, individually or in the aggregate, they would influence the judgment made by a reasonable user based on the financial statements.

In performing an audit in accordance with GAAS, we:



- Exercise professional judgment and maintain professional skepticism throughout the audit.
- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, and design and perform audit procedures responsive to those risks. Such procedures include examining, on a test basis, evidence regarding the amounts and disclosures in the financial statements.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Foundation's internal control. Accordingly, no such opinion is expressed.
- Evaluate the appropriateness of accounting policies used and the reasonableness of significant accounting estimates made by management, as well as evaluate the overall presentation of the financial statements.
- Conclude whether, in our judgment, there are conditions or events, considered in the aggregate, that raise substantial doubt about the Foundation's ability to continue as a going concern for a reasonable period of time.

We are required to communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit, significant audit findings and certain internal control–related matters that we identified during the audit.

*Sanville & Company*

Dallas, Texas  
June 6, 2022

**Neurological Health Foundation  
Statements of Financial Position**

	<b>December 31,</b>	
	<b>2021</b>	<b>2020</b>
<b>Assets</b>		
<b>Current Assets:</b>		
Cash	\$ 131,851	\$ 50,152
<b>Total Assets</b>	<b>\$ 131,851</b>	<b>\$ 50,152</b>
<b>Liabilities and Net Assets</b>		
<b>Liabilities</b>		
<b>Total Liabilities</b>	\$ -	\$ -
Net Assets:		
Unrestricted	131,851	50,152
<b>Total Liabilities and Net Assets</b>	<b>\$ 131,851</b>	<b>\$ 50,152</b>



**Neurological Health Foundation**  
**Statements of Activities and Net Assets**

	<b>December 31,</b>	
	<b>2021</b>	<b>2020</b>
<b>Support and Revenue:</b>		
Contributions:		
Cash	\$ 128,000	\$ 11,390
Services	15,000	26,000
Programs	7,015	3,629
<b>Total Support and Revenue</b>	<b>150,015</b>	<b>41,019</b>
<b>Operating Expenses:</b>		
Program costs	30,089	26,817
Program development costs	34,800	10,131
General and administrative	1,298	1,291
Advertising	135	1,512
Professional fees	-	175
Technology expenses	1,994	1,036
<b>Total Operating Expenses</b>	<b>68,316</b>	<b>40,962</b>
<b>Excess of Revenues Over Expenses</b>	<b>81,699</b>	<b>57</b>
<b>Net Assets, Beginning of Year</b>	<b>50,152</b>	<b>50,095</b>
<b>Net Assets, End of Year</b>	<b>\$ 131,851</b>	<b>\$ 50,152</b>

**Neurological Health Foundation**  
**Statements of Cash Flows**

	December 31,	
	2021	2020
Excess of Revenues over Expenses	\$ 81,699	\$ 57
Adjustments to reconcile the excess of revenues over expenses to net cash provided by (used in) operating activities:	-	-
Net cash provided by operating activities	81,699	57
Cash, Beginning of Year	50,152	50,095
Cash, End of Year	<u>\$ 131,851</u>	<u>\$ 50,152</u>

**Supplemental Disclosure of Non-Cash Operating Activities:**

In 2021 and 2020, the Foundation received donated services with a value of \$15,000 and \$26,000 respectively.

Neurological Health Foundation  
Notes to Financial Statements  
December 31, 2021 and 2020

Note 1 - Organization and Purpose

The Neurological Health Foundation (the Foundation) is a 501(c)(3) not-for profit organization incorporated in Texas in March 2011. The Foundation is dedicated to helping families have healthy and happy children. Building on existing science and clinical practice, the foundation works with medical doctors, nutritionists, neuroscientists and other researches at nationally recognized universities 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.

Neurological Health Foundation's mission is to empower parents to have healthy children free from chronic health conditions to realize their full neurological potential.

The Foundation is not a private foundation.

Note 2 - Neurological Health Foundation Programs to further its mission are:

**Program Number 1 – The Healthy Pregnancy Summit:**

**The Healthy Pregnancy Summit ("HPS")**, found conveniently at [HealthyPregnancySummit.com](https://HealthyPregnancySummit.com), is a one of a kind virtual summit developed and underwritten by the Neurological Health Foundation ("NHF") where the focal point is for expecting mothers and infant baby health and wellness. The goal is to share insights on how to minimize risks of complications, miscarriage and developmental disorders, while doing the right things to enjoy a safe, full-term hiccup-free pregnancy. NHF spent over 2.5 years developing the Healthy Pregnancy Summit and launched the HPS in July of 2020. Since inception, just over 12,000 attendees (four separate HPS events in 2020 and 2021) from 25 plus countries have signed up for the HPS. The goal is to use the HPS as a platform to positively impact over 1 million pregnancies and babies with the long-term objective being to utilize it as a research study platform. The HPS is hosted by Dr. Debby Hamilton and Professor Jim Adams.

**Program Number 2 – The Healthy Child Guide:**

**The Healthy Child Guide** is a 50 page, colorful guide summarizing the most current, scientifically based findings for having a healthy pregnancy and increasing your chance of birthing a child free of chronic health conditions. **The Healthy Child Guide** outlines 17 easy to follow recommendations that science tells us are the key to unlocking your child's full neurological potential. The guide was written by 20+ medical, scientific and health experts in prenatal health, nutrition, and toxicology.

**Program Number 3 – The Science Behind the Healthy Child Guide:**

**The Science Behind the Healthy Child Guide** is a 50 page companion scientific document that summarizes the 150+ research articles that created the foundation for **The Healthy Child Guide**. Said to be "one of the most comprehensive summaries on current prenatal research", the **Science Behind** is a useful tool for medical professionals and parents who want a deeper knowledge of our research based recommendations.

**Program Number 4 – Pregnancy Kitchen:**

**Pregnancy Kitchen**, found conveniently at [PregnancyKitchen.org](https://PregnancyKitchen.org), is a comprehensive approach to meal planning while pregnant, to optimize highly nutritious and chemical free food choices. Written by nutrition and

Neurological Health Foundation  
Notes to Financial Statements  
December 31, 2021 and 2020

Note 2 - Neurological Health Foundation Programs to further its mission are:, continued

health experts, the **Pregnancy Kitchen** resources consist of the 32 page Weekly Meal Plan with healthy meal and snack ideas, a 6 page Grocery Shopping list of NHF approved foods and brands, and a 2 page Simplicity Menu to make meal planning on the go easy and fun.

**Program Number 5 – HealthyBaby.com Prenatal Vitamin:**

NHF is currently partnering with HealthyBaby.com to develop and launch a one of a kind, best-in-class prenatal vitamin developed and formulated by NHF's co-founder, Professor Jim Adams. Healthy Baby Prenatal is the only one on the market specially formulated to maximize the health of the baby's brain while being tailored for each pregnancy trimester. Want to learn more? The HealthyBaby.com Prenatal Vitamin was launched in 2022 and can be found here: <https://healthybaby.com/pages/prenatal-vitamins-customized-by-trimester>

**Program Number 6 – NHF Prenatal App for iOS and Android:**

Developed by the Neurological Health Foundation and Arizona State University, including ASU students Noor Matloob, Mays Albaiaty, Yirong Wang, Travis Lo, and Laura Gilles, working with Prof. James Adams, Jasmine Kirby MS, Jacob Sorenson, Elena Pollard MS, and Dr. Tapan Audhya, with help from Tianhang Liu and Jenna Breunig. Prenatal supplements help give your baby their best chance at a healthy life. With hundreds of supplements on the market, how do you know what to choose? The NHF prenatal app rates supplements based on nutritional content. The NHF Prenatal Rater app includes:

**\*\*Quick rating:** 1-100% rating based on vitamin and mineral content.

**\*\*Vitamin & mineral info:** descriptions of what nutrients you need during pregnancy, how they help, and our recommendations for how much you need.

Helpful links: links to resources from the Neurological Health Foundation, a 501(c)(3) nonprofit, including the Healthy Child Guide, Pregnancy Kitchen, and the Healthy Pregnancy Summit.

**Program Number 7 – Microbiota Transplant Therapy (“MTT”) Research:**

Professor Jim Adams (NHF Co-founder) is a leading international researcher in the field of Microbiota Transplant Therapy (“MTT”) for treating autism spectrum disorder and associated symptoms. Dr. Adams continues to spend significant research time studying the effects that the gut biome has on the brain health of children with autism (with funding support from NHF).

**Program Number 8 – Pregnancy Safe and Healthy Baby Certifications:**

**Pregnancy Safe Certified** and **Healthy Baby Certified** are seals developed by Neurological Health Foundation (“NHF”) to empower families to minimize exposure to toxic chemicals which could affect the health of the pregnant mom as well as the developing baby. NHF created the Pregnancy Safe Certification with the oversight of OB/GYNs, physicians, chemists, toxicologists, product formulators, medical school professors, and scientists who met many times to develop the requirements for this ongoing certification program for pregnancy related health care products.



Neurological Health Foundation  
Notes to Financial Statements  
December 31, 2021 and 2020

Note 3 - Significant Accounting Policies

**Basis of Accounting**

The accompanying financial statements are presented using accounting principles generally accepted in the United States of America ("U.S. GAAP"). The Foundation meets the definition of a not-for-profit entity in the Financial Accounting Standards Board ("FASB") Accounting Standards Codification ("ASC") Topic 958, "Not-For-Profit Entities". Under ASC 958, the Foundation is required to report information regarding its financial position and activities according to three classes of net assets: unrestricted, temporarily restricted and permanently restricted.

Unrestricted net assets – Net assets that are not subject to donor-imposed stipulations. Unrestricted net assets may be designated for specific purposes of action by the Board of Directors.

Temporarily restricted net assets – Net assets that are subject to donor-imposed stipulations that may or will be met by the occurrence of a specific event or the passage of time. When a donor restriction expires, temporarily restricted net assets are reclassified to unrestricted net assets and reported in the statement of activities as net assets released from restrictions.

Permanently restricted net assets – Net assets required to be maintained in perpetuity, with only the income from the investments used for operating activities due to donor-imposed restrictions.

There were no temporarily or permanently restricted net assets at December 31, 2021 and 2020.

**Contributions**

Contributions received are recorded as unrestricted, temporarily restricted or permanently restricted support, depending on the existence and/or nature of any donor restriction. Unconditional promises to give cash are recognized as receivables in the period that the promises are received and as contribution income or liabilities depending on the terms of the promise. Unconditional promises to give in future periods are recognized as temporarily restricted support based on donor-imposed stipulations. Conditional promises to give are recognized only when the conditions on which they depend are substantially met and the promises become unconditional. Contributions that are restricted by the donor are reported as increases in unrestricted net assets if the restrictions expire in the fiscal year in which the contributions are recognized.

All other donor-restricted contributions are reported as increases in temporarily or permanently restricted net assets depending on the nature of the restrictions. When a time restriction expires, or a purpose restrictions is accomplished, temporarily restricted net assets are reclassified to unrestricted net assets and reported in the statement of activities as net assets released from restrictions.

**Tax-Exempt Status**

The Foundation is exempt from federal income taxes under Section 501(c)(3) of the United States Internal Revenue Code (IRC). Since inception, the Foundation has not produced income from unrelated business activities. Therefore, no provision has been made for federal income taxes in the accompanying financial statements.

The Foundation's income tax returns are subject to examination by the Internal Revenue Service, however, there are currently no audits for any tax periods in progress.

Neurological Health Foundation  
Notes to Financial Statements  
December 31, 2021 and 2020

Note 4 - Donated Services

For the years ended December 31, 2021 and 2020, the Foundation received donated specialized research services of approximately \$15,000 and \$26,000, respectively, which were recorded as revenue and expense for research services.

Note 5 - Liquidity and Availability

Financial assets available for general expenditures, that is, without donor or other restrictions limiting their use, within one year of the statement of financial position date, are cash of \$131,854.

Note 6 - Programs

For the years ended December 31, 2021 and 2020, the Foundation held The Healthy Pregnancy Summit which provided attendees with the opportunity to learn about the latest studies and scientific research related to the promotion of having healthy pregnancies and children. The Foundation received proceeds from admission to this program in the amount of \$7,015 and \$3,629 in 2021 and 2020 respectively.

Note 7 - Subsequent Events

The Foundation has reviewed events that have occurred after December 31, 2021 through June 6, 2022, the date the financial statements were available to be issued. Since year-end the Foundation had approximately 5,000 participants attend its Healthy Pregnancy Summit in late March of 2022.



**Neurological Health Foundation**  
11700 Preston Rd., Suite 660-109 | Dallas, TX 75230  
[neurologicalhealth.org](http://neurologicalhealth.org) | [pregnancykitchen.org](http://pregnancykitchen.org)