



# **Raise a Smarter Child by Kindergarten: Raise IQ by up to 30 points and turn on your child's smart genes**

*David Perlmutter M.D., Carol Colman*

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**Nature didn't finish your child's brain at birth. It's up to you to maximize your child's mental skills without causing additional stress. Acclaimed neurologist and bestselling author of *Grain Brain*, David Perlmutter, MD, offers these valuable tools:**

Simple games to reinforce memory pathways in the brain

Information on common household products and children's toys that contain brain-damaging neurotoxins

The right foods and supplements to boost intelligence and turn on your child's *smart genes*

How to turn the television, the computer, and video games into educational tools

Proven ways to reduce the risk of your child developing ADD and ADHD

Between birth and age five, your child has up to thirty IQ points at stake. Scientists now know that the human brain is undergoing a constant and dramatic transformation in the first years of life. During this peak time of development, *every* activity and experience leaves an indelible mark on your baby's brain, for better or worse. The right kind of stimulation and nutrition will create connections in the brain that promote intelligence and raise IQ. The wrong kinds of activities and foods can stifle intellectual development, destroy brain cells, and leave your child more vulnerable to learning or behavior problems down the road. So, what can you do during the first five years to ensure that your child is primed to excel?

The good news is that raising a smarter child is easier than you think. It doesn't require making an investment in expensive equipment or high priced tutors. It's as simple as playing the right games, serving the right foods, and maintaining a brain-enhancing environment in your home by eliminating common household toxins. In *Raise a Smarter Child by Kindergarten* by Dr. David Perlmutter, you'll learn easy and highly effective strategies that can vastly improve your child's brain power and reduce his or her chances of developing ADD and ADHD. For example, you can:

**Stimulate Memory:** Changing a component on the over-the-crib mobile every week makes the baby compare what was there before to what's there now, reinforcing memory pathways in the brain that are critical for learning.

**Spread out those shots:** Schedule more frequent trips to the pediatrician for vaccinations, so that fewer shots are administered at once. Flooding the immune system with a cocktail of different vaccines can damage the nervous system.

**Get rid of toxins:** Protecting a child from neurotoxins found in foods, toys and even baby bottles can help preserve precious IQ points.

Inside, Dr. Perlmutter provides a scientifically backed food and supplement plan for children and nursing mothers and details the many brain-building activities that you can do with your child. In addition, he reveals the numerous toys and household products that contain harmful, brain-damaging toxins and shows how to identify and combat common childhood problems like ADD and food allergies that may affect your child's development.

Your job over the first five years is to help your child build the best brain possible. With Dr. Perlmutter's help, you can mine the countless opportunities you have each day to make your child smarter, happier and better prepared to excel.

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