

GENERATION SICK



Are we fostering a generation of sick boys and girls? Read how SVPN Magazine wellness columnist Molly Brown, PhD, DNM, offers some insight and ideas on how to balance our brain for better health, mental clarity, and improving the human spirit.

Robert F. Kennedy Jr. states that the

greatest crisis America faces is the chronic disease epidemic in America's children.

Statistics show that this generation is the sickest generation in the history of our country, with the number of chronic conditions among the highest in the world. For example, according to Kennedy's website, childrenhealthdefense.org, 1 in 6 children have been diagnosed with a developmental disorder such as ADD, autism, and learning disabilities. Kennedy also says:

"According to HHS (U.S. Department of Health and Human Services), more than 54% of American children are suffering from one or more chronic illnesses, with the late 1980s and early 1990s viewed as the gateway period that launched the decline. Autism, ADHD, asthma, and allergies have doubled since that time, with autism now affecting 1 in 34 children in some regions. Pediatric autoimmune conditions are also on the rise... Mounting evidence indicates environmental toxins such as heavy metals, pesticides, and herbicides as the principal culprits, while studies link vaccines and toxic vaccine ingredients to a wide range of adverse health outcomes."

It is not difficult to piece together that with the greatest chemical and environmental toxicity of all time poisoning our environment, our bodies and brains are being poisoned and scrambled. It is as though we are walking around in sickness and confusion. Statistics also show a global decline in children's IQ levels. The scrambling of our brains with potent toxins, chemicals, neurotoxic pesticides, and herbicides, along with GMO foods, EMF pollution, devices, and SO MUCH MORE is taking its toll on us all. It is a general state of overwhelm on many levels.

It is up to us to take our health back. With awareness and self-protection, we have solutions. This dire state of health is creating a huge shift in people's lifestyle choices, awareness, and desire to maintain health for themselves and their families. From this dire state of affairs, enormous change is being generated, and isn't that how it always works: out of the mud, the lotus blossoms.


The very basic tools involve the food we eat. Eating low on the food chain (plants), identifying allergies, eating organic food, knowing your farmer and knowing that they keep pesticides and herbicides off their land to the best of their ability is essential. Eating local, organic food plays a basic role in health and well-being. And not only that, but eating mostly plants makes a difference. Toxins consolidate

in the flesh of animals, as top feeders. Cleansing periodically is important for everybody on this planet. A well-balanced cleanse can leave you feeling physically light, strong, and mentally clear.

Sodas, chemicals, dyes, drugs, sugar, alcohol, and substances lead to anxiety, depression, lack of focus, and inability to concentrate. The decline we are seeing is a neurological decline. And this neurological decline is what is creating this sick, anxious, depressed generation. One in six Americans are taking some form of anti-depressants. And so, this becomes a spiritual crisis, a crisis in consciousness. People want help.

The human spirit desires health. The human spirit will seek out health at all costs. And there are amazing people out there working to create solutions as quickly as people, and as this planet, need them. There is specific neurological work that can set us on the path to health, above and beyond our lifestyle choices. We can treat the body from the neck up rather than the neck down. If the problems are neurological, let's treat the brain. The set of problems being handed to us require a creative set of solutions to overcome.

Incredible tools I have found to combat anxiety, depression, overwhelm, autoimmune, allergies, ADD, and so much more are specific



to balancing and training the brain. One of these tools is neurotherapy, a brain training system that trains the brain through audio and video feedback loops, creating healthy brain wave balance in the process, increased stress tolerance, decreased emotional volatility, increased focus and concentration, and improved immunity. The brain controls everything in our body, and so we must work with the brain to create health in our body. Training the brain can lead to a sense of coherence and harmony that feels like the most amazing sense of self in the world. It feels like a deep state of meditation, a serene state of joy. A balanced brain can lead to quick intelligence, sharp focus, and a sense of well-being like you are being protected, held, and nurtured truly, at all times.

We will turn this around, because we must turn this around. No mother will settle to see her child or children suffer in these ways. Through protecting ourselves, caring about ourselves, and loving ourselves and our children so much, we are willing to set new paradigms of health and protection, and people will wake up to a bigger vision of

health that involves a larger perspective. It is one that doesn't involve trickery, deceit, corporate domination, or simply symptom management that makes things ten times worse in the long run. Work is out there that provides solutions and improvement.

"I will spend the rest of my life fighting to make sure that....no other child suffers this kind of unnecessary injury," says RFK Jr., with such direct and unusual ferocity. May we all be inspired towards that level of truth and justice for the health of our country.

Dr. Molly Brown, PhD, DNM, owns CENTER health & performance and GLOW café in Ketchum, Idaho. Specializing in sleep, endocrine issues, autoimmune, anxiety, depression, detoxification, and pain and sports injury through many different modalities including: QNRT, PEMF, AMIT method, neurotherapy, and REAMS metabolic testing, Molly passionately holds space for limitless healing.

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