

**Learning is the spice and success of life.**

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There have been cases of bad treatment of milking cows, caused I believe by the animals being stressed from excess manganese in wet acid soils, water, PKE and some other feeds, and deficiencies of other minerals. Read Manganese in Human Health and in Minerals in Soils, Plants and Animals. This is no excuse for civilised intelligent staff to be cruel, but if they are also affected by excess manganese and deficiencies of other minerals, their behaviour becomes understandably bad. In 1963 I had to sack a 29% sharemilker in January for minor cruelty to our cows. He got in the sharemilker's Union and they agreed with me. At the time our water and soils were very high in manganese, but we didn't know about the manganese problem. Since then I've dealt with animal stress and abuse problems and solved them. In 1999 a farmer on Swamp Road near Tauhei phoned and said his cows were nervous. I visited him and found he was feeding a mineral mix containing manganese. I changed him to Solmin and he phoned four days later and said that they had become calmer.

A correct diet can improve the development of the brain. As a result, mothers should eat and provide their baby with some foods which contain enough nutrients necessary for the brain development of the baby. Generally speaking, there are seven kinds of nutrients to enhance the intelligence of babies.

First, Glucose. This is the source of the energy of the brain. It is the basis of brain activity. Glucose can be absorbed from some foods which contain plenty of carbohydrates, such as rice, flour, potatoes and so on.

Second, Glutamate. This is an important nutrient for brain activity. It mainly comes from the foods which are rich in protein, such as tofu, sardines, clams, etc.

Third, Boron. Scientists find out that when the boron content in the diets is decreased, babies would be slower in picking out the letters than before. Foods containing boron include nuts, beans, leafy vegetables, apples, pears and grapes and correctly fertilised plants.

Fourth, iron and oxygen supply are most important for the nourishment of the brain. If more oxygen is supplied to the brain, the intelligence will increase. The supply of oxygen for the brain cells is mainly transported by red blood cells through the blood vessels. The component of the red blood cells which carry oxygen is haemoglobin, and the main component of haemoglobin is iron. Therefore, for people who suffer from anemia because of inadequate intake of iron, would naturally lack of nourishment for the brain. This will of course influence the intelligent development of the baby. Iron-rich foods include dark green vegetables, animal livers and red lean (not marbled with fat) meat.

Fifth, zinc. Scientists have found out that when healthy people take in lower zinc content, they tend to perform poorly in memory and attention tests. But when the zinc content is increased, their text memory increases by 12%, and their attention and memory to images increase by 17%. Foods containing zinc include seafood (avoid mercury in it), beans, turkey and others.

Sixth, vitamin C. Vitamin C can enhance the stress ability of the brain, and improve its functional acuity. Vegetables and fruits are high in vitamin C, and they are easy to be absorbed by the baby.

Seventh, B vitamins. These can improve the brain. So parents can arrange their daily diets with foods which contain higher levels of the vitamin Bs, such as meat, krill, beans, eggs and supplements if necessary, especially Vit B12, especially when older and after an operation. Read Vit B12.