

"THEY ARE WHAT YOU FEED THEM"

9am - 12pm Friday, Jan.25th 2008

Keynote Speaker: Dr. Alex Richardson



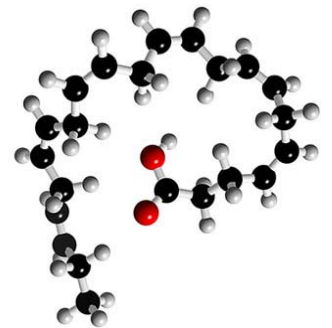
Visiting Senior Research Fellow, Dept of Physiology, Anatomy and Genetics, University of Oxford; Visiting Fellow, Dept of Community Medicine, University of Bristol; Founder Director of FAB Research.

Research Interests:

Dr. Alex Richardson has been based at Oxford University's Dept of Physiology, Anatomy, and Genetics since 1987. She is best known for her research into how nutrition can affect behavior, learning and mood, although her work involves several large-scale collaborative programmes that include studies of epidemiology, genetics, brain imaging, biochemistry and nutrition as well as physiological and psychological functioning.

Her primary research interests include:

- The role of nutrition in brain development and function, and its implications for behaviour, learning and mood.
- The biology of individual differences in personality, perception and cognition, particularly in relation to developments; and psychiatric disorders.



Docosahexaenoic acid (DHA) is an omega-3 essential fatty acid. It is most often found in fish oil.

Her current research centres on the role of fatty acids in relation to both normal individual difference and developmental and psychiatric disorders such as dyslexia, dyspraxia, ADHD, autism, depression and schizophrenia. Recent and ongoing work includes controlled treatment trials to investigate the effects of dietary supplementation with fatty acids in relation to features of these conditions, experimental studies of possible underlying mechanisms, and collaborative investigations into the epidemiology and genetics of neurodevelopmental disorders.

Food & Behaviour Research:

Omega-3 fatty acids are found in oily fish like salmon and flaxseed and canola oils



#ADAM

Nutrition can play an important role in the prevention and management of many kinds of difficulties in behaviour, learning and mood. These include:

- Everyday difficulties in behaviour, learning or mood that can affect children and adults - at home, at school or in the workplace.
- Developmental conditions - such as ADHD, dyslexia, dyspraxia, and autistic spectrum disorders.
- Mental health conditions - such as anxiety, depression, bipolar (manic-depressive) disorder and schizophrenia.

"They Are What you Feed Them"

Dr. Richardson is also the author of "They are what you feed them" - a widely acclaimed book written for parents and professionals that explains how and why children's diets can affect their behaviour, learning and mood, and offers easy-to-follow practical advice based on the latest scientific evidence. All author proceeds from this book are dedicated to the FAB Research charity.

