

Seacoast Christian Academy Wellness Filter Hydration Study

Abstract:

In 2005/2006, Wellness Enterprises supported a study by The Results Project at the Seacoast Christian Academy, Jacksonville, Florida...a private school. The study was confined to 165 children grades 1 to 6. The focus of the study was to see if the performance of the students could be positively influenced if good nutrition and hydration was introduced to the students. The study involved removing all Coke and candy machines from the school, attaching a Wellness Kitchen filter to each water fountain and requiring each student to drink 4 oz of Wellness Filter water each hour during the school day. There was an attempt to also provide the students with a basic course of glyconutrients and complimentary nutrition but the school was unable to obtain support from MannaRelief. Therefore the only change in each student's dietary intake was the amount and type of water they drank and the removal of soda and candy machines from the school. The students' grades were monitored as well as a number of behavioral aspects and the number of students taking prescriptions for ADD and ADHD. The results were compiled during the entire year and are summarized below.

2005-2006 School Year Study Results	Before Wellness Study	After Wellness Study	% Improvement
Overall Grade Point Average	2.9	3.3	14%
Number of children sent home from school	34	11	68%
Daily average children sent to Principal's office	7	2	71%
Number of serious acts of violence	9	2	78%
Number of children on medication	34	4	88%
Number of children sent to school nurse	54	7	87%
Number of children sent to detention	34	19	44%

Results showed a statistically significant improvement in all seven categories monitored. What was physiologically significant was the number (88% reduction) of children that were able to stop taking mood controlling drugs like Ritalin. In addition, the overall increase in grade point average was considered impressive by the school faculty.

Click here for more information on the <http://glyconutrients.zoomshare.com/19.html>