

The Children's Corner School: Combining Diet and Education for Optimum Results

By Stan Kurtz

My world collapsed when my son Ethan was diagnosed as having autism at 20 months old. I had no idea what to do with my overwhelming feelings of devastation and loss; and so began what I would consider an obsessive and aggressive quest to recover my son.

That was three years ago. Today, Ethan is a lot like any other five-year-old. He attends kindergarten, where he is indistinguishable from his peers. I left my career as a technology executive, and now own and run Children's Corner School in Van Nuys, Calif. It is one of the most individualized schools in the country for pre-school and kindergarten-aged children.

The Children's Corner School is changing the way people think about health and schooling by employing a combination of traditional education, sensory techniques and a unique whole-family approach to nutrition.

After struggling to find answers for Ethan, I decided to open a school where education, diet and other techniques are combined to help form the optimum health conditioning for early childhood. It all works together and goes far beyond what we know about "food as fuel." It's about how food can have profound effects on mood, brain functioning, chronic illness, including autism spectrum disorder, and general quality of life.

We saw amazing things happen when we started using the same dietary techniques at the school that we used to help recover my son. Children with asthma, eczema, attention deficit hyperactivity disorder (ADHD), aggression, sensory issues and speech delays began improving--sometimes in days. We understood the implications of diet on autism spectrum disorder, but we were completely surprised at the broad range of chronic illnesses that were aggravated or alleviated by diet.

At Children's Corner School, the diet program is a four-step process, sometimes beginning with an OAT and IgG food sensitivity panel. I also try to get the families involved, because there usually is more than one person affected in the family.

The basic premise of the diet is to eat organic foods, including fruits and vegetables that are easily digested, and to drink purified or reverse osmosis (RO) water. Foods that commonly set off the immune system, like milk and wheat products, dyes and preservatives, are removed or greatly reduced, as are complex carbohydrates such as pasta and rice that tend to feed fungus and bacteria.

Likewise, we are particular about the cleaning and educational products we buy. We have HEPA air filters and mostly wood floors throughout the school. We constantly work to reduce any toxicity that might affect a child, and we encourage parents to do what they can at home. It's usually a radical change of thinking for parents, but when they read the literature, see our recovery videos, and then see their child improve, we've changed a family forever.

One of the dozens of children at the school whose life changed for the better is Deborah and Yvanny Espinosa's son Jonathan. "My son was thrown out of his last school for biting and not paying attention," Yvanny recalled. "Our doctor wanted to put him on Ritalin, and we were scared."

We worked with Jonathan's family on his diet, and within three days, Jonathan seemed like a different child. That was almost two years ago. "He doesn't act out like he used to," his dad said. "He pays attention, he listens, he's just a good boy now."

Stan Kurtz owns and operates Children's Corner School in Van Nuys, California, (www.childrencornerschool.com.) Kurtz also moderates the Internet health group MB12Valtre, and has a monthly Internet radio show, "From the Children's Corner: Research, Reform, Recoveries." Kurtz also serves as co-chairman of Hand in Hand Child and Family Development Center in Encino, Calif., a nonprofit center providing speech, occupational, physical and behavioral therapies.