

3-12-14

# Dr. Otto

- Full moon is bigger when it rises  
- False
- The earth is closer to the sun in ~~summer~~ summers  
- False
- The sun rises in the east  
- 2 days a year
- Days get shorter in winter  
- False winter solstice
- Summer days are longer  
- False

## wives fate #1

giving kids sugar makes them hyper and behaviorally challenged.

- A lot of sugar put together becomes a carbohydrate.
- Brain feeds on glucose

K Sugar is a sedative

low blood sugar = hungry

Hungry - look for food

Full - Rest

Sugar makes you sleepy, not hyper.

Kids get hyper because their body is functioning properly because it is full & a kid's job is to explore. So sugar completes the body so they can explore.

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