



## ADOPTIONS INC.

To Whom It May Concern:

In 2007, Brooke Randolph had the opportunity to be on the set of *The Biggest Loser*, to cheer on her very close family friend, Bernie Salazar, during the live finale. Through this experience she was able to connect with trainers, nutritionist, and even celebrity trainers. While cheering for her friend, where he won the “At Home” prize, she met Brandi Koskie of *DietsInReview.com*. In 2008, *DietsInReview.com* hired her as their Mental Health Expert Contributor. Since 2008, she has been writing about and commenting on research and trends that address nutrition and/or mental health, while also addressing these topics with her counseling clients.

What she learned from this experience has drastically impacted her dietary choices. She has seen amazing changes in herself, her family, her friends, and her clients. She has observed dietary changes eliminate behavioral and focus problems for young children adopted internationally. It is often a challenge for families, but the tears of joy and reports of miraculous change certainly make it all worth it in the end.

Her perspective on nutrition also comes from her role as a Licensed Mental Health Counselor, adoptive parent and adoptive parent educator. As founding team member of MLJ Adoptions, Inc., where she has worked since 2008, she educates adoptive parents on how nutrition affects behavior and how to eliminate behavioral and focus problems for young children adopted internationally. She has done personal research on wheat/gluten, trans fats, high fructose corn syrup, soy, dairy, sweeteners, and food dyes, and the symptoms and behaviors displayed when a child has sensitivity to these items, emotional/behavioral health diagnoses linked to these items, dangers and benefits.

She has presented on the topic of nutrition at the Crossroads of America Adoption Conference in 2012. This year she will be presenting at the 21st Annual Adoption Knowledge Affiliates conference on Nutrition: Nurture, Health and Behavior.

She strives to challenge others to look at their own diet and give practical advice on how to make improvements. We think your audience, will benefit from Brooke’s presentation and find it both valuable and inspirational. We hope you agree.

I’ll be in touch soon.

Sincerely,

Angela Simpson  
angela@mljadoptions.com