

## **ATTENTION DEFICIT DISORDER (ADD/ADHD)**

Mental malnutrition or imbalance is Attention Deficit Disorder (ADD). When hyperactivity is involved, it's Attention Deficit/Hyperactivity Disorder (ADHD). Chemical irritants, pollutants, or food additives may have a role in this problem. A nutritious, well-balanced diet is imperative. Psychological factors should be addressed by a counselor.

### **PRIMARY FORMULA:**

- FOCUS ATTENTION (Modulate Brain Activity)

### **CALMATIVES:**

- GABA PLUS + FLAX SEED OIL - To calm neurotransmitters in the brain
- CALCIUM-MAGNESIUM  
VALERIAN T/R or PASSION FLOWER - Nervines  
NUTRI-CALM, STRESS-PACK, STRESS-J or STRESS RELIEF  
B-COMPLEX – To support the Nervous System

### **VITAL NUTRITION:**

- MINERAL CHI TONIC or SUPER ALGAE - Important trace minerals
- PROTEASE/HIGH POTENCY or PROACTAZYME PLUS - Digestive enzymes
- SPIRULINA or SYNER PROTEIN - As an important high protein source, especially at breakfast
- DHA, KRILL OIL or SUPER OMEGA-3 - For normal brain function  
MULTIPLE VITAMINS w/IRON  
THAI-GO  
SUNSHINE HEROES MULTIPLE VITAMIN & MINERAL - For Children

### **GENERAL:**

LICORICE ROOT Extract - For blood sugar balance  
L-GLUTAMINE - To stimulate mental alertness and learning ability  
GLYCO ESSENTIALS – For essential sugars

### **ESSENTIAL OILS:**

LAVENDER, NEROLI, SANDALWOOD, FRANKINCENSE  
MANDARIN - Apply to child with slow rhythmic touch

**DIET:** Eliminate all sugar, white flour, carbonated drinks, food coloring, food additives, artificial sweeteners and all food allergies.

**OTHER:** One tsp. raw Apple Cider Vinegar + 1 tsp. Honey each day. Remove dental problems and aluminum from environment. Consider Hypoglycemia and possible lack of minerals in the diet.

See: *Allergies, Asthma, Children, Environmental Toxicity, Heavy Metal Poisoning, Parasites, Vaccinations*