



Attention Deficit Disorder

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Attention deficit disorder (ADD) and Attention deficit disorder with hyperactivity (ADHD) are medical terms to describe a combination of symptoms associated with the central nervous system. From an inability to pay attention and focus, to behavioral problems and inability to rest and sleep. The list of symptoms is long, but they all have one thing in common: an over-stimulated, and out of balance nervous system. Medically the solution is a group of drugs, Ritalin, Dexedrine, and Adderall, all which control the symptoms, but do little to nothing to correct the cause. Long term use of these drugs is very questionable, and perceivably very dangerous.

From a natural standpoint, a symptom is the body's way of telling you something is wrong. The solution is to find the cause of the imbalance, or irritation, and correct it, thereby giving the body the opportunity to reverse the symptoms on its own. Many of you have tried natural supplements for these disorders but have been unsuccessful at getting the results needed. Before you give up on the idea, let me say that this is a complicated situation involving multiple imbalances and causes and it will take some serious effort on your part to put together the appropriate program for your child, or yourself. Below I will attempt to simplify the process by outlining some of the major contributing factors to the onset of ADD and ADHD and their nutritional relationships to the nervous system. I shall also outline a program, which may be tried as a starting point, which we have found from experience to be the most successful.

Nutritional Factors in ADD and ADHD

Blood sugar Imbalances - Craving sweets and carbohydrates, irritability if a meal is late, afternoon fatigue, occasional vision blurs, and overweight is a few of the common symptoms associated with low blood sugar. Psychologically, low blood sugar also can cause depression, anxiety, mood swings, confusion, incoherent speech, and bizarre behavior. How many children do you know that start their day with bowl of sugary cereal, juice, pancakes with syrup, sweet rolls, etc? Along with more sugary drinks and soda pops thru out the day? The second contributing factor in low blood sugar is the lack of protein with their meals. Protein provides amino acids that are critical for brain function particularly involving concentration, and irritability. Children need to start their day with a low sugar, high protein breakfast to maintain normal blood sugar levels and concentration levels thru out the day. Eggs and toast, a cold sandwich, protein drinks or bars are good choices. Note: If your child has a big sweet tooth, and suffers from low blood sugar, you may want to add in Licorice root, an herb which helps to curb cravings for sweets and balance the blood sugar. For young children use the liquid at 15 drops once or twice daily, and older children use 1 Atc. Licorice capsule twice daily. Licorice root will off balance Potassium if taken over a period of time. Since most children are low in potassium because they consume very little fruits or vegetables, it is recommended to add a potassium source when using licorice. Colloidal Minerals, or Herbal Trace minerals are good sources.

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Food Sensitivities - When food is eaten it is broken down by the digestive tract so it can be assimilated into the blood stream and used to build the body. When children are under stress, eat quickly, and tend to be emotional, they also tend not to digest their food properly or completely. This creates food allergies or sensitivities. Common symptoms that food is not being digested properly are constipation or diarrhea, dark circles under the eyes, hives, rashes, skin disorders, stomachaches, gas, sinus congestion, irritability, anger, mood swings, depression, headaches, hyperactivity, and learning problems. Note: If your child suffers from frequent gas, bloating, indigestion, or constipation it is likely that digestive support is needed. Proactazyme plus, or Chewable Papaya mints can be added to a meal to improve digestion of the food.

Toxins in the environment and Foods - Along with the problem of improperly digested foods comes the problem of food colorings and additives that create reactions in the brain and overload the liver. Again we think of the many cereals, drinks, and snacks that children consume that are loaded with artificial colors and flavors. On top of that the liver is further overloaded by excessive toxins in the environment such as cleaning chemicals in the schools and home, cigarette smoke, pollution, and pollens, molds, and other allergens in the air. Typically most children consume very little fiber and drink very little water; both these factors further enhance the build up of toxins in their systems and further weaken the eliminative organs of the body (liver, lungs, skin and kidneys). An overloaded liver creates symptoms such as mood swings, irritability and anger, difficulty falling asleep followed by difficulty waking in the morning, muscle aches, headaches, and skin problems.

* It is very important that children consume 4-6 glasses of water daily. If your child has been exposed to a lot of toxins, such as cigarette smoke, new house fumes, molds, or cleaning chemicals it may be necessary to support liver cleansing. The formula Herbal Trace Minerals provides alfalfa, kelp, and dandelion which are all helpful for improving kidney and liver function. This formula also provides a wide range of trace minerals to help improve energy as well. Enviro-Detox is a good choice if the child also suffers from constipation and sinus congestion.

Yeast Build-Up - Perhaps you have heard the term Candida, referring to yeast like fungi which normally lives in the digestive tract. The overgrowth of this yeast often occurs when the diet is high in sugar, low in fiber, coupled with poor digestion and assimilation of foods and a history of the frequent use of antibiotics. In this situation the population of "good" friendly bacteria are destroyed, while "bad" unfriendly bacteria multiply and take over the digestive tract. This results in many symptoms, a few of the most common include: fatigue, poor memory, feeling of "spaciness", depression, constipation, diarrhea, intestinal gas and bloating, reoccurring vaginal or bladder infections, and muscle aches and weakness. Yeast/Fungal Detox or Colloidal Silver may be needed in severe cases of yeast. If your child has a history of antibiotic use, it is likely that he suffers from some amount of yeast buildup. This can intensify symptoms of craving sweets, as well as the other symptoms mentioned in the paragraph above on that subject. It is recommended that you supplement the child with a pro-biotic product to build up friendly bacteria.

The following Probiotic formulas are recommended to build up friendly bacteria.

Supplement	Age 6-11	Age over 12
L-Reuteri (chewable)	1 per day	
Bifidophilus Flora Force		2 per day

Nutritional Deficiencies - All of the above mentioned areas are tied into nutritional deficiencies in the body. A few are particularly important in the solving of the ADD and ADHD puzzles and deserve mentioning here.

Program recommendations: The following basic program is guide to use for children with ADD, or ADHD. The supplements listed address the most common factors mentioned above. It is recommended you try this program for 4 weeks, after which you can re-evaluate and decide if you need to incorporate some of the other supplements mentioned above.

Supplement	Age 6-11	Age over 12
Focus Attention Powder	1/2 tsp. twice daily	
Focus Attention capsules		2 capsules twice daily

Flaxseed oil liquid	2 tsp. daily	2 tsp. daily

Children's Multiple	2 per day	
Multiple Vitamin Time released		1 per day

Cal/Mag Tablets		3 per day
Liquid Calcium	1 Tbs. per day	
Or/ Stress-J liquid	15 drops twice daily	

Essential Fatty Acids (EFA) contained in Flaxseed oil - A diet composed of largely saturated fat, animal fatty acids, cholesterol, and trans-fatty acids like margarine, provides negative fatty acids that disrupt the cell membrane. We need a diet that supplies the essential fatty acids Omega 3 and Omega 6, which cannot be manufactured by the body but must be supplied by the diet. These good fatty acids are concentrated in a few tissues in the body but in particular the brain. They help to control what enters the cell as well as the exiting of waste products from the cell. A lack of these good fatty acids has a dramatic impact on moods, behavior, and mental function. A small deficiency of these fatty acids can cause impaired ability to learn and recall information. Foods that are high in essential fatty acids include salmon, mackerel, herring, raw almonds, and sunflower seeds, flaxseed oil, black current and evening primrose oils. Since very few children and adults consume these foods regularly in their diet it is easy to see how deficiencies result. Other symptoms of lack of EFA include dry skin, eczema, psoriasis, and inflammatory disorders like arthritis, hair loss, and irritability. Note: Flaxseed oil is the most recommended oil for ADD and ADHD, it can be mixed in a protein drink, or fruit smoothie, and is well tolerated by children in that way. Good quality protein drinks can be found at your health food store. Flaxseed oil needs to stay refrigerated. Flaxseed oil is available in capsules but they are rather large and some children may object to swallowing them. You can use black current oil capsules which are much smaller as an alternative, 3 per day.

B Complex - Crucial for the function of your brain and nervous system. The B-vitamins help with proper mental function, memory, and moods. They are also involved in keeping your blood sugar levels stable, and your ability to handle stressful situations. Since both stress and sugar intake depletes B-vitamins you can see why children need this vitamin to be supported. When B-vitamin levels are low people tend to be “wound up”, with “go go go energy” that drops when they finally stop. They tend to always have something in motion such as tapping fingers or feet whenever they are sitting. The B-complex vitamins are available in the multiples suggested below. Some of the older children if they are particularly stressed, or wound up, may require additional B-complex capsules.

Calcium/Magnesium - These two minerals are very valuable to the proper function of the nervous and structural systems. The lack of calcium and magnesium will cause nervous tension, irritability, an inability to sleep soundly, muscle cramps, jumpy leg syndrome, achy bones, clenching of the teeth, constipation, and bladder spasms- resulting in bed wetting, and a lowered immune system.

Focus Attention Formula -

Focus Attention combines powerful nutrients required for quiet, balanced mental activity. It helps modulate brain activity and energy levels without harsh chemicals and supports blood circulation and neurotransmitters in the brain. Focus Attention can also protect the body from undesirable effects caused by exposure to chemicals, food additives and pesticides. By supporting the body with a wide range of high-quality nutrients, balance and function may be maintained, while learning and memory are enhanced. Focus Attention contains Melissa officinalis to soothe the nervous system, Ginkgo Biloba to support brain and circulatory health, DMAE for memory and learning enhancement, slippery elm to aid nutrient absorption, l-glutamine to support healthy brain activity and mental ability, and grape seed extract to neutralize brain cell-damaging free radicals.

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