

# ADD/ADHD

By Christa Way

Although primarily thought of as a childhood disorder, ADD/ADHD can be found in adults as well. This is the name given to a group of disorders of certain mechanisms in the central nervous system which causes a variety of learning and behavioral problems.

In recent years, more emphasis has been placed on the role of diet in ADD/ADHD. Many people with these conditions react to certain preservatives, dyes and salicylates in foods. These items can throw off the balance in the chemistry of the brain, often producing undesirable changes in behavior. Though the topic has been debated for years, studies have definitely shown that food additives do play a major role in hyperactivity, and nutritional and dietary measures can have a significant impact.

**Body Balance**—All nutrients are needed for equilibrium within the body. Nutritionally, ADD/ADHD disorders have been found to be associated with deficiencies in trace minerals and amino acids. Researchers have found that a lack of these nutrients to the brain can cause from minor to severe mental and emotional imbalances. Using a liquid form is preferable here for best absorption. In addition, the natural neuropeptides in Body Balance help to repair, rebuild and strengthen the neurotransmitters in the brain and central nervous system.

**OsteoProCare and OsteOmegaCare**—calcium and magnesium have a calming effect on the system. Low levels of these minerals have been indicated in hyperactivity. The essential fatty acids in the OsteOmegaCare are vital to help maintain healthy eye and brain function.

**SunSet**—designed to help calm the nervous system and manage the effects of stress on the body. Some of the ingredients in SunSet, including valerian, have been used for this disorder with dramatic results and no side effects.

**SunBright**—Amino acids feed the brain essential nutrients, as well as help to focus thought processes. GABA is an amino acid that functions as a neurotransmitter in the central nervous system. Research demonstrates that GABA reduces stress and anxiety. It also has been shown to calm the body the same way as some tranquilizers, without side effects or danger of addiction. Ginkgo biloba is helpful for brain function and concentration. It has experimentally demonstrated neuroprotective properties shown to improve memory, alertness and attention.

**AminoCharge and Amino Regulator**—Bio-available proteins are needed to supply the body with amino acids. Some researchers have studied the similarities between hypoglycemia (low blood sugar levels) and ADD/ADHD. A consistent supply of amino acids is required to stabilize blood sugar. 5HTP in the Amino Regulator is converted by the body into serotonin.

**TrueGreens**—Powerful antioxidants offering cellular protection for the body and the brain.

## Dietary Recommendations:

When you are dealing with this kind of disorder, it is best to think of the diet as feeding the brain rather than the stomach.

Limit dairy products. Dairy foods have been known to cause behavioral problems in some ADD/ADHD sufferers.

Remove from the diet all forms of refined sugars and any products that contain it.

Eliminate junk food and all foods that contain artificial flavorings, colorings, MSG, and yeast.

Eliminate as much as possible foods containing salicylates. These include almonds, apples, apricots, all berries, cherries, cucumbers, currants, oranges, peaches peppers, plums prunes and tomatoes.

Avoid carbonated beverages which contain large amounts of phosphates. Phosphate additives may be responsible for hyperkinesia (exaggerated muscle activity)

All other fresh fruits and vegetables should make up a large part of the diet.

Include cold water fish contain essential fatty acids. These are vital for healthy brain development, and are thought to be deficient in those with ADD/ADHD.

Use natural whole grain breads, cereals and crackers made from rice and oats.

Keep red meat to a minimum.

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.*