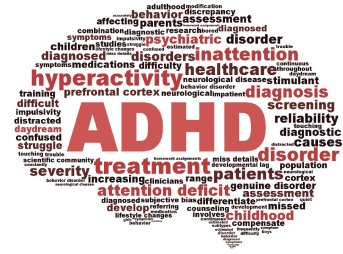


Causes & Mechanism of the Condition

Attention deficit/hyperactivity disorder (ADHD) is a common behavioral disorder estimated to affect 3-5% of school age children. There is a substantially higher incidence in boys than girls (10:1). The diagnosis is most often made during the school age year although symptoms often appear by age 3.

Symptoms of ADHD (which may continue into adulthood) include inattention, hyperactivity, and impulsivity in at least two settings such as school and home. Characteristics of the disorder include: short attention span, fidgeting, squirming and jumping up in seat, excessive talking and interrupting, not listening when spoken to directly, being easily distracted, learning disabilities, inability to follow instructions, forgetfulness, lack of organizational skills, etc.



Children with ADHD usually have at least one close relative with the disorder. Genetic and other factors which impact brain development are likely involved. Poor nutritional status of the mother as well as maternal use or exposure to alcohol, cigarettes, drugs and toxins increases the risk.

Many children are given the controversial drug Ritalin to treat ADHD symptoms. Other classical prescriptions include the stimulants Adderall and Vyvanse, and a new medication Strattera. Diet, appropriate supplements, behavior counseling, and minimizing exposure to potential neurotoxins such as lead, heavy metals, pesticides and herbicides can be successful alternatives for many children.

Suggested Dietary & Lifestyle Modifications



- Eat a diet based on vegetables, fresh whole fruits, whole grains (especially brown rice), legumes, fish (unless allergic) and poultry.
- Eliminate food additives, particularly artificial colors. Also avoid preservatives, hydrogenated fats, nitrates/nitrites, sulfites, and artificial sweeteners (NutraSweet/aspartame, Sweet N' Low/saccharine, Splenda/sucralose). Stevia is O.K.
- Identify and eliminate food allergies (common offenders include dairy products, soy, citrus fruits, peanuts, wheat, fish, eggs, corn and tomatoes). A rotation diet in which the same food is not eaten more than once every four days may reduce food sensitivities.
- Avoid sugar and limit other **refined** carbohydrates such as white flour and white rice.
- Drink plenty of water (purified when possible).
- Don't consume an excess of dairy products.
- Exercise at least 30 minutes three times per week. Participate in sports and hobbies to avoid boredom.
- Get at least 10 minutes of sunlight per day (avoid sunburn).



Supplements That May Be Beneficial

- Bitamins (Children's Chewable Vitamin/Mineral), Ultra Preventive Capsules or Ultra Vites (high potency multi vitamin & mineral supplement)
- The Pro's Edge (DMAE, Rhodiola, Ginkgo, Eleuthero, Passionflower)
- PhytoCalm (california poppy, motherwort, melissa)
- Ultra Omega-Linic (salmon oil, black currant oil, vitamin E)
- Ultra Cal Mag Chelate (Calcium, Magnesium)*
- Rest Easy (lavender, passionflower, valerian, california poppy) before bed
- Ultra 4x6 Probiotic
- Custom tincture and tea blends as recommended by a qualified health professional

**Large amounts of supplemental magnesium may cause diarrhea. Reduce dose if diarrhea occurs. Individuals with kidney insufficiency should not take magnesium supplements.*

Complementary Treatments That May Be Beneficial

- *Energize* Essential Oil Combination in the morning, *Nite-Cap* or *Tranquility* before bed (one or more of the following methods)
 - place 3-4 drops on a handkerchief and inhale
 - place a few drops on pillow
 - dilute several drops in a vegetable carrier or natural lotion and massage on feet & back
 - use in an essential oil diffuser
- Behavior counseling
- Parenting skills training
- Massage Therapy
- Biofeedback
- Elimination diet under the guidance of a qualified health professional
- *Ear Drops Extra* (as needed for Otitis media)



Individuals under a physician's care should seek the advice of their physician before taking nutritional supplements or beginning a new exercise program. The nutritional suggestions in this material are not offered to treat, mitigate or cure disease, and should not be used as a substitute for medical care. This information is designed to be used in conjunction with the services of a trained, licensed healthcare practitioner.

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