

# The Natural Solution for ADD and ADHD

Attention Deficit Disorder (ADD) and Attention Deficit Hyperactive Disorder (ADHD) have been described in children and adults as a pattern of inattentiveness, hyperactivity and OCD (Obsessive Compulsive Disorder). No pattern is the same in each individual as individuals can be labeled with any combination of these three behavioral patterns. Relief can be found in a variety of therapeutic approaches.

Unfortunately, the most common approach is drug therapy. The most common drug used to treat these conditions is Ritalin although other drugs such as antidepressants and anxiolytic medications also have been used. Most professionals, doctors, psychiatrists and teachers find it easier to medicate the child than to explore a more natural approach. Ritalin can be useful, but like any drug, it comes with a long list of side effects. Ritalin is a class 2 controlled substance and is listed in the same category as cocaine, codeine, morphine and amphetamines. It is often sold on the black market as a form of speed. There are potential side effects using Ritalin which may require the prescription of other



drugs to correct the side effects. The side effects are nervousness, insomnia, anorexia, nausea, high blood pressure, dizziness, headache, drowsiness, abdominal pain, dermatitis, growth retardation, tics and tremors and depression. Over long term use, Ritalin has not proven valuable or

successful and the individual can build a tolerance requiring a larger dose to produce the same benefits. Whether a drug such as Ritalin is prescribed or not, I believe the most advantageous approach would be to include a natural approach to assist biochemically. There are many biochemical imbalances in the body that can be corrected with natural supplements and proper diet. I don't believe

that we have a deficiency of Ritalin. I believe we have a deficiency of nutrients, vitamins, minerals, trace minerals and other factors that can be supplied by a healthy diet. I am absolutely convinced that the major increase in disease in this country is brought about by the drastic change found in our food supply

To your good health,  
*Terry... Naturally*



(refining and processing, stripping our foods of the necessary nutrients, care of our soil and farming methods). Not everyone agrees including professionals that the role of the diet plays a part in reducing ADD/ADHD. We are quick to discount a healthy diet and supplements in favor of drug therapy.

**Healthy Diet Changes** – Eliminate all refined white sugar and white flour. Eliminate artificial sweeteners (Aspartame & Saccharin), artificial flavors, preservatives, trans fatty acids and hydrogenated fats. I would also include eliminating all gluten containing grains and dairy foods. I admit this will take a huge effort on the part of the family because what I've described to do, in most cases, makes up the

*More...*

### **Look for this formula at your local health food store:**

Vitamin B-6 (as pyridoxine HCl) 5mgs, Blackcurrant (*Ribes nigrum L.*) Extract 50mgs, standardized to contain >25% anthocyanins, DMAE dimethylaminoethanol bitartrate 50mgs, DHA as docosahexaenoic acid 50mgs, Phosphatidylserine 30mgs, Rhodiola (*Rhodiola rosea*) Root Extract standardized to contain >15% rosavins 25mgs, Grape Seed (*Vitis vinifera*) Extract standardized to contain 95% polyphenols and 65% OPC's (oligomeric proanthocyanidin complex) 25mgs, L-Tyrosine, N-Acetyl-L-Cysteine (NAC) 15mgs, L-Taurine 15mgs

*When in doubt, always consult your physician or health care practitioner. This column is to provide you with information to maintain your health.*

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current diet. I would emphasize a high quality protein diet; meat, fish, eggs, chicken, ample high quality fats such as butter (no margarine no matter how soft), flax seed oil, olive oil and a high quality omega 3 fatty acid complex from salmon; and a low carbohydrate diet (refer to the Glycemic Index and emphasize foods that are 50 and below on the Index). This will be hard work but overmedicating someone is just too easy a way out and we then believe that for every problem we have we can rely on drugs. **Beverages** – Pure mineral water (never drink tap water because of the toxic contamination of city water from chlorine and fluorides, 2 of the most toxic cancer causing poisons in our environment); diluted fruit juices, and in some cases, goat's milk. **Supplements** – A multi vitamin and mineral supplement (age appropriate), B complex capsules or tablets – for children use rice bran syrup or Bio-Strath, and a liquid trace mineral formula which can be added to water. The following nutrients can be of particular benefit, **vitamin B-6** which has strong support for the central nervous system, **blackcurrant extract, grape seed extract and pine bark extract** are essential for the support of ADD/ADHD. Recent research has demonstrated that when given to restless children these powerful extracts can reduce hyperactivity, increase concentration and improve motor-visual coordination. **DMAE** – dimethylaminoethanol is an antioxidant and a precursor of the neural transmitter acetylcholine. In the brain acetylcholine is responsible for feelings of well being and relaxation. **DHA** – docosahexaenoic acid is a powerful omega 3 fatty acid. Necessary for brain development, it enhances intelligence, cognition and visual performance in infants and young children. DHA is also rapidly becoming an important tool in managing behavioral problems from child-



hood into adulthood. **Phosphatidylserine – PS**, supports brain function. It enhances the availability of acetylcholine and promotes the release of dopamine, an important neural transmitter known to improve mood and movement control. **Rhodiola (*Rhodiola roseacea*) Root Extract** – this is a very effective adaptogenic herb thought to enhance feelings of well being. Recent studies show it enhances thought processing and has antidepressive action. Rhodiola also supports proper adrenal function maintaining a normal level of epinephrine and norepinephrine which are the “feel good” chemicals. **N-Acetyl-L-Cysteine (NAC)** – children with ADHD have low levels of antioxidant protection. This interferes with normal functioning of the brain and central nervous system. NAC helps maintain proper glutathione levels in the body. Glutathione is our most powerful antioxidant. **L-Taurine** – is very important in the brain and other electrically excitable tissues. L-Taurine facilitates the

passage of sodium, potassium and possible calcium and magnesium ions into and out of the cells to electrically stabilize the cell membranes. **L-Tyrosine** – is a superb stress reliever. When animals are subjected to stress in the laboratory they have been found to have reduced levels of the brain neurotransmitter norepinephrine. Treating with L-Tyrosine prior to stressing the animals prevents the reduction of norepinephrine. Certain clinics have utilized comparatively large doses of L-Tyrosine in the treatment of and withdrawal from cocaine with a very high success rate. The use of L-Tyrosine and rhodiola can be of considerable benefit in the treatment of depression. Most hyperactive and ADD children have a shortage of neurotransmitters. Major symptoms of this lack are brain fog, mood swings, increased stress, anxiety, depression, insomnia, irritability and aggression. TN