

ADD & ADHD

Harmony & Health

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What is Causing the Problem: Some possibilities are

- 1) nutritional deficiencies caused by poor diet, parasites, or fungus/yeast also known as candida
- 2) dehydration
- 3) genetics - allergies, blood sugar instabilities, brain chemical imbalances
- 4) toxins - food (artificial colors, flavors & preservatives) or environment (prenatal drug exposure, lead, etc.)

Basic Changes to make:

- Dehydration - How much water does your child drink? The first recommendation is get the child off of all beverages other than water. Nothing hydrates the body better than pure water.
- Diet - What does your child's diet consist of? Many processed foods have NO nutritional value, and contain many toxins. Fix organic fruits & vegetables (raw is best!), organic meats and whole grains such as spelt, kamut, quinoa, brown rice and millet that are highly nutritious.
- Essential Fatty Acids- Our brains are made out of essential fatty acids (EFA's) which is needed for it to work efficiently and to help us focus and maintain clarity. Foods that are rich in these fats or EFA's are avocados, nuts, salmon, olive oil and flax seeds. Most people do not eat enough EFA's and must supplement their bodies with fish or flax seed oil. Consider Chewable **Omega 3's w/DHA**.
- Treat for parasites - **Black walnut** is a good choice to start with. If for some reason that isn't strong enough, try **Herbal Pumpkin, Artemesia, or Paw Paw**. It is also important to make sure that your child's bowels are moving regularly. To help their bowels move, increasing their water intake and fruit and veggies can help. In addition, you may need to add some **Vitamin C** or **Magnesium**. If there is a yeast/fungus issue, **Probiotics** can be very useful, as well as **Pau'd Arco, Oregano, or Yeast/Fungus Detox**.
- Keep a peaceful environment. Consider the best education system (traditional or homeschool) for your child.

Drug Alternatives:

True ADD/ADHD people are "parasympathetic dominant" in their nervous system. These people are constantly in sensory overload, which keeps them constantly agitated. But a child who is hyperactive or tense is probably just stressed. Calming herbs such as **Valerian, Passion Flower, or Chamomile** can help. How do you tell the difference with your child? Look at your child's eyes. If the pupil is enlarged, this is an excess sympathetic nervous system reaction and may respond to calming products. If the pupil is small, however, this indicates excess "parasympathetic" activity and **Nature's Chi** may be helpful in small doses.

Other possible supplements: **Focus Attention** for memory and learning enhancement; **Mind Max** for improving memory and brain function; **GABA** to slow excess brain activity, thereby reducing anxiety and hyperactivity; and **B Vitamins** – many studies have shown that children with ADD/ADHD are deficient in B Vitamins.

Remember: "A hungry brain cannot behave."

Important: The information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness we recommend

Help Your Body Stay Healthy with Natural Remedies.

