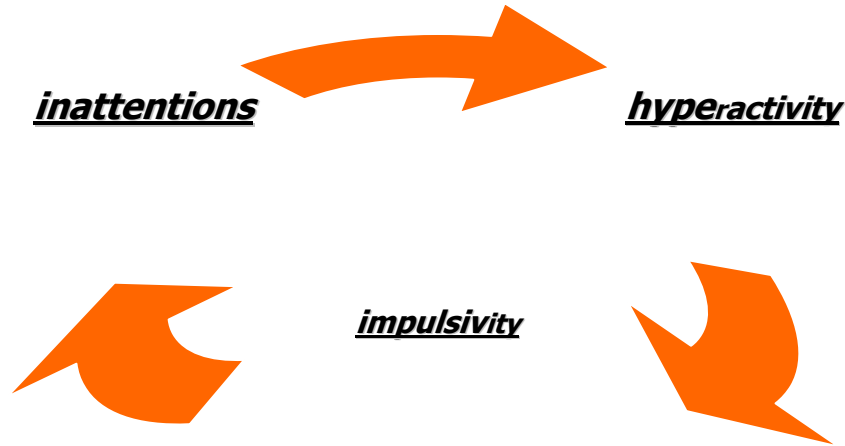




ADHD
Attention deficit ,hyperactivity disorder.



What is ADHD?



What is ADHD?

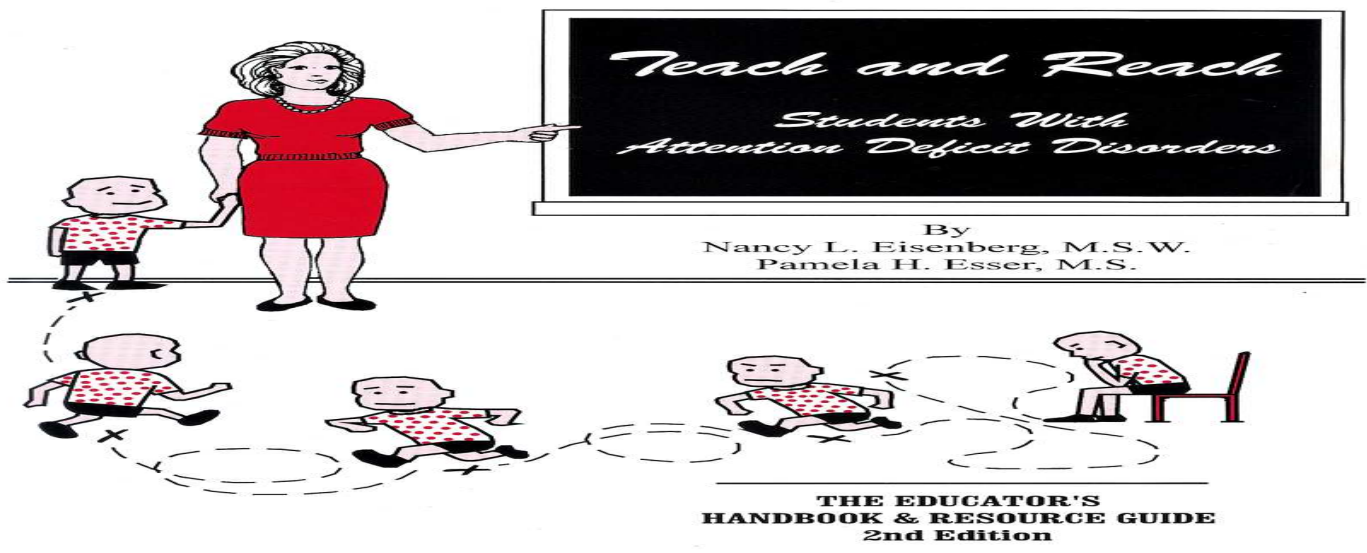


symptoms & signs:

- *Can not sit still.*
- *Never seen to listen.*
- *Do not follow instructions.*
- *Blurt out inappropriate comments at inapp.times.*
- *Sometimes labeled as troublemaker.*
- *Sometimes labeled as lazy& undisciplined*

Symp.&signs (cont.)

- *Different sustaining focuses.*
- *Day dreaming or focus elsewhere.*
- *Starting more projects than complete.*
- *Misplacing things or forgetting concepts.*



- *Easily distracted by environmental changes or thoughts.*

Complications:

- *Psychological problems:*
- *Anxiety, depression, sleep disorders, up to bipolar disorder.*
- *Learning disabilities: reading, writing, motor skills, language*

Positive effects of ADHD

- *Nothing to do with intelligence & talents.*
- *Creativity.*
- *Flexibility more open to diff. ideas.)*
- *Enthusiasm & spontaneity.*
- *Energy & drive.*

Causes of ADHD:

- *1-genetics?(running in families).*
- *2-perinatal:*
- *Brain damage (during preg. Or labour)*
- *Drug or alcohol.*
- *Toxemia, raditions, infectious diseases.*
- *Meningitis, febrile seizures, head injuries, heavy metal toxicity or encephalitis.*

Treatment :

- *1-medication(it might not be the best option.)*
- *2-education*

- *3-behav.therapy.*
- *4-support at home and school.*
- *5-exercise*
- *6-proper nutrition.*
- *Zn.,iron,mg,vit.B6 > ADHD like symptoms.*
- *50% cases have salicylates & phenol compounds sensitivity.*
- *Hair mineral analysis show high level of metals as lead,mercury,cadmium,manganese &*
- *Copper.*
- *95% of ADHD have Mg. deficiency.*
- *84% have iron deficiency.*
- *(low iron altered dopamine activity which involved in controlling movement,slower development of the brain.*
- *Zn deficiency.*
- *Disturbance in a.a. metabolism >low tryptophan,phenylalanin and tyrosine >poor synthesis of neurotransmitters involved in ADHA (dopamine and norepinephrin)*
- **Neurotransmitters involved inADHD roles:**
- *Norepinephrin and Dopamine:*
- *Control attention and activity.*
- *Dopamine is “feel good”chemical ;its deficiency >restlessness.*
- *Serotonin:*
- *Depression,aggression,impulsivity.*
- *Food intolerance:*
- *Eg. Cow milk*
- *Soya*
- *Chocolate*
- *Wheat,corn,oats*
- *Egg*
- *tomato*

Food intolerance > leaky gut > toxins (foreign particles, undigested) > blood stream > overwhelming immune response. > release of cytotoxins > altered metabolism of fats and proteins.

- *Otitis media (v. common in add)*
- *> hearing disturbance, poor nutrition + intolerance + heavy metal toxicity > aggravate the condition.*
- *what to do?*
- *elimination diet + vit. & minerals support.*

Nutritional plan for ADHD:

- *1-CHO/protein balanced diet.*
- *2-Management of food sensitivities:*
- *A- elimination of allergens.*
- *,elimination of all refined sugars, CHO*
- *B-ttt. of intestinal permeability.*
- *C-Ag dilutions.*
- *D-Feingold diet.*

Treatment of ADHA (cont.)

- *3- nutritional supplementations*
- *B6 vitamin pyridoxine) > synthesis of serotonin.*
- *Niacinamide > in severely disturbed or psychotic behavior.*
- *Thiamine*
- *Multivitamin.*

ttt. (cont.)

- *Mineral deficiencies: Mg., Zn., iron.*
- *5-essential fatty acid omega 3 (DHA).*
- *Efalex, fish oil, flax seed oil.*
- *Avoid trans fats*
- *Avoid large meals or fasting.*
- *Eat freq., small meals: 40% CHO, 30% good fats.*



- *Avoid vegans diet (low essential F.a.,high CHO)*
- *6-chelation therapy for heavy metal toxicity.*

Feingold Diet

– *What is Feingold diet?*

- *Real food without the worst of additives or aspirin-like chemicals.*
- *What symptoms does it help?*
- *Various behaviour, learning and health symptoms.*
- *Does it help ADHA?*
- *Yes, it does.*
- *Although it is originally developed as an allergy ttt.*
- *Attention and behv. Improvements were discovered as a side effects.*
- *4-what are the chances it will help ADHA?*
- *About 70% success.*

- *5-is it hard?*
- *No.*
- *6-sugar is allowed?*
- *Yes, sugar itself, in moderation not a problem.*

What to avoid in Feingold diet?

- Artificial chemicals such as colorings, flavourings, emulsifiers, preservatives, thickeners, gums, anti-caking agents as calcium silicate, bleaching agents.
- Salicylates and phenol compounds.
- Grapefruit interfere with absorption and breakdown amphetamines.

What is salicylates?

- Hyperactive people are sensitive to naturally occurring salicylates and phenol compounds., more than 50%.
- Foods high in salicylates:



- Fruits as berries, citrus, pruns, pineapple, melons, dried fruits.
- Liquorice, peppermint sweets
- Nuts and seeds
- Herbs (curry, paprika, thyme, dill, oregano)

Salicylates sensitivity (cot.)

- Food flavors as cake mixes, puddings, ice cream, chewing gum and soft drinks.
- Safe foods:
- Vegetables, legumes, grains, meat, poultry, fish, eggs, dairy products.
- Fruits: banana, peeled pear.

<http://special-needs.org>