

Attention Deficit and Hyperactivity-- The Nutritional Approach

Jim Golick CCN, LDN

Factors adversely influencing brain health and behavior

- 1. Genetic + vaccinations** (Thimerosal /merc/alum) + viral/DPT/MMR + **nutritional**
- 2. Antibiotic abuse** → **yeast overgrowth**→ **leaky gut**→**impaired detox**, ↑**allergies**
- 3. Hypoglycemia** (low blood sugar) **genetically related to alcoholism /diabetes**
~80% of ADHD kids are hypoglycemic (sugar cravers)
- 4. Hidden allergy Sx:** fatigue, depression, brain fog, hyperactivity, GI and skin (eczema?)
Allergy testing is helpful IF done for delayed-type hypersensitivities. (NOT SKIN!)
ALCAT and ELIZA/ACT allergy tests very accurate, but most MD's unfamiliar with.
 - **Allergy-Addiction** Cycle is common. Avoid commonly demanded/craved foods:
 - **Top Food Allergies:** dairy, wheat, corn, sugar, yeast, orange, peanut, soy, egg, salicylates*
*artificial colors (Red #40, Yellow #5—salicylates--↑ ADHD), sweets, pop, fruit juice, bakery/bread, dairy, pizza, PB & J, French fries, corn chips, popcorn, cheese curls, nachos.
 - **Toxic fats, excess saturated fats** → ↑ **inflammation** and disrupts neurotransmitters
(French Fries, donuts, sweet rolls, chicken nuggets, nachos, shortening, margarine, etc.)
 - **Dietary suggestions**
 - **Essential Fatty Acids** (EPA/DHA/GLA) essential for mind, mood and memory
 - **Salmon, sardines, DHA-rich eggs, cod liver/ fish/flax oils liquid or caps**
 - **High protein diet usually helpful:** eggs(if not allergic), fish, turkey, chicken, beef
 - **Whey or rice protein smoothies** with **EFA-rich oil** + fruit such as berries and ½ banana
 - **Goat milk, rice milk, soy milk or almond milk as preferred beverages (may be allergic?)**
 - **High complex carbs/high fiber/low allergy potential:** oatmeal, Ezekiel Bread®, spelt bread(?), brown rice, rice bread, brown rice cereal, gluten-free pancakes, etc.
 - **Snacks:** nuts and seeds, almond butter on apple or celery stick, gluten-free cookies, fresh fruit (**no juice**), Fruit Leather® to replace Fruit Roll-ups®.
 - **Xylitol-** looks and tastes like sugar : add **cinnamon--** no effect on blood sugar or yeast
 - **Stevia-** herbal sweetener. (**French Vanilla is my favorite**)

5. Nutrients for Improved Brain and Behavior

- **B- vitamins--** especially folic acid, B-6, B-12, niacin
B-vit deficiency Sx: irritability, depression, insomnia, fatigue, poor appetite
- **Iron deficiency** (test ferritin) common-- affects dopamine and increases ADHD
- **Zinc (do liquid zinc taste test)** little or no taste implies deficiency. **May need 30-60mg+**
 - **Zinc, chromium--** aid thinking, memory, mood, appetite, sweet cravings
- **Magnesium** a.k.a. “nature’s tranquilzer”
 - **Liquid Cal-Mag or powdered/flavored Mag--** relaxes, soothes, aids sleep
- **Probiotics (acidophilus/ bifidus etc.):** Aids gut, liver, immune, combats candida yeast
- **Phosphatidyl Serine (PS)** – natural brain constituent. Aids memory, mood, sleep
- **DMAE (dimethyl-amino-ethinol):** increases acetylcholine, aids alertness and concentration (Several brands for kids have PS and DMAE together in chewable form)

6. Homeopathic Medicines: Safe and Effective (various brands at HFS)

- **Mold/Yeast /Dust, or Grain or Dairy (liquid or tablet forms)**
- **“Calming” homeopathic tablets**
- **“Attention and Learning” spray**

Suggested References

1. The Diet Cure by Julia Ross, M.A.
2. Is This Your Child by Doris Rapp M.D. (Pediatric Allergist)
3. No More Ritalin by Mary Ann Block D.O.
4. Smart Medicine for a Healthier Child by J. Zand O.M.D., and R. Rountree M.D.
5. www.hriptc.org (Pfeiffer Treatment Center in Warrenville, IL)