

## 1. GET MORE OMEGA 3 & 6 FATTY ACIDS

"ADHD children also tend to have more allergies, eczema, asthma, headaches, stomachaches, ear infections and dry skin than non-ADHD youngsters," note Donald Rudin, M.D. and Clara Felix, authors of *Omega-3 Oils: A Practical Guide* (Avery 1996). Both Rudin and Felix claim that these problems, including ADHD, are part of a modernization-disease syndrome, which arises from malnutrition centered on an omega-3 fatty acid deficiency.

Omega-3 and omega-6 fatty acids cannot be synthesized in the body, and must be obtained from the diet. The omega-6 fatty acids are distributed evenly in most tissues and easily obtained through food sources commonly found in the American diet, but omega-3 fatty acids are concentrated in a few tissues including the brain.

- **SP Tuna Omega 3 Chewables** (containing **Vitamin E** to provide antioxidant protection for the oil)
- **Flaxseed**
  - can be used in baking (e.g., muffins and bread), salad dressings and in smoothies - as well as many other tasty dishes. Although many persons believe that flax is too fragile to be used as a cooking oil, recent studies show little or no loss of [alpha-linolenic acid] when milled flaxseed is baked as an ingredient in muffins or breads'
- **Reduce saturated/animal fat** (These are solid at refrigerator temp). It is not sufficient just to add Omega 3's to the diet. Saturated fat place extra responsibility on our enzymes for processing:
  - All margarine, butter, shortening, lard, cocoa butter, palm oil, coconut oil, any hydrogenated (processed) oils.
  - ground beef, dark chocolate, salmon, eggs, cashews, soybean oil. A good rule of thumb is to treat meat as a side dish as opposed to the main aspect of the meal.
- **Increase unsaturated fat** (mono and polyunsaturated fat, aka oils) These are vegetable and fish oils (liquid at refrigerator temp):
  - Safflower oil, sunflower seed oil, canola (rapeseed) oil, corn oil, cottonseed oil, soybean oil, sesame oil, wheat germ oil, linseed oil, peanut oil, olive oil.

*Always keep oils in the fridge to avoid oxidation and rancidity.*

## 2. SUPPLEMENT WITH ESSENTIAL COFACTORS AIDING IN OMEGA 3 ASSIMILATION

- **SP Catalyn Chewable** (amongst other minerals and Vitamins, it contains Vitamin C and B6, which are important cofactors for Omega 3 assimilation).

## 3. GREATLY RESTRICT PROCESSED/PACKAGED FOOD:

- Eat predominantly from the produce aisle of the grocery store. Processed foods are generally high in sugars and saturated fat.
- When choosing packaged grains, reach for *whole grain* products and avoid processed cereals and breads
  - Steelcut oats, barley, whole wheat berries, quinoa etc. They retain their nutrient value.
  - Ezekiel sprout grain bread should be substituted for white or even brown bread.
- Greatly reduce dairy consumption. Dairy is high in saturated fat, and often inhibits healthy digestion:
  - Choose almond, rice, or oat milk as a substitute
  - Greatly reduce cheese consumption.
  - Eggs and Fage yogurt are the exception,
    - Eggs contain biotin, a beneficial cofactor.
    - Fage yogurt contains natural live cultures of probiotic bacteria.

## 4. HOW TO TACKLE ADHD/ADD PRESENTING WITH ALLERGIES:

- **SP Prosynbiotic** (pro and prebiotic complex establishing healthy gut flora and contributing to the absorption of magnesium amongst many other benefits).

- Dependant on severity of allergies, patient may require an allergy elimination diet in addition to these diet changes and supplement additions.

### **ADULT SUPPLEMENTATION**

- **OPC Synergy** (2 tablets/capsules p/day) for powerful antioxidant support.
- **Tuna Omega 3** (2 perles, 2 x p/day) for Essential Fatty Acids
- **Cataplex G** (2 tab/caps, 3 x p/day) for nervous system support.
- **Catalyn** (2 tab/caps, 2 x p/day) for whole body supplementation.
- **Mintran** (2 tab/caps, 3 x p/day) mild natural calmative complex.

*The materials and content contained on this form are for general holistic nutrition information only to help support and enhance the body's own healing properties and are not intended to be a substitute for professional medical advice, diagnosis or treatment for any medical condition. You should not rely exclusively on information provided on this or any other nutritional guidelines for your health needs. All specific medical questions should be presented to the appropriate medical health care provider.*