ADD / ADHD

AVOID THE FOLLOWING (that means not a scrap!)

Food Dyes (as in margarine, candy, jello etc)
Refined sugars and anything containing glucose, sucrose, galactose, including brown sugar
White flour and white flour products
Fruit Juices
Chemicals, preservatives in foods

Gluten and Casein Products

You may have difficulty with Gluten. Gluten is a protein found in wheat, rye, oats, barley. You may also have difficulty with Casein. Casein is a protein found in milk. Here are some symptoms that may be experienced:

Glassy eyes	**Pupils dilated**	**Hyperactive**
Nausea	**Diarrhea**	**Stomach pains**
Swollen belly	**Fatty fluffy stools**	**Night sweats**
Bright red ears/nose	**May eat very little**	**Desire for milk/gluten**
Light sensitive eyes		

For many, these are toxic to their intestines, causing cramping, nausea, diarrhea, or constipation and they have difficulty absorbing nutrients from the food. There may be swelling in the abdomen, thin arms and legs, skin rashes, mouth sores and other signs of malnutrition. Often these proteins don't completely digest and they leave small bits of protein (called peptides). Certain of the peptides derived from gluten and casein go through the intestinal wall (leaky gut) into the blood stream, then they are carried to the brain where they have an effect called opioid peptide, much like morphine. The person actually becomes addicted to the gluten because of this affect. Because of the morphine effect, often the person doesn't feel pain, and may seem spacey. As it wears off, the person goes into withdrawal, just like a drug addict, becoming agitated or aggressive.
Some show no gastro-intestinal symptoms at all, just malabsorption of nutrients or neurological symptoms such as lack of co-ordination in walking. Some who have this opioid peptide problem show positive for celiac disease, some don't.

Try avoidance for 4 weeks and see if there is improvement. It can take weeks for the body to settle down when you remove these from the diet. Don't let even a crumb be ingested. Strictly avoid:

Milk	**Wheat**	**Rye**	**Oats**	**Barley**
Cheese	**Butter**	**Soy sauce**	**Yogurt**	

There are gluten free foods on the market, especially in health food stores but be careful there is no sugar or chemicals in the product. You can get corn or rice flour in breads and baked goods, or make your own. You can substitute soy milk, or rice milk, or oatmilk, instead of milk. You may have to take along your own food in a restaurant or when visiting family and friends so an accidental ingesting doesn't happen.

Some have difficulty with raw foods and everything has to be cooked very well and even finely minced if chewing is not carried out properly. You can try having no raw foods, and then including raw foods and see what the difference is.

Having the biggest meal at noon and a smaller meal in the evening is easier on the digestion if

they are at home.

If they have digestion problems still, they can take acidolphilus which is a healthy intestinal bacteria, usually 1-2 in the morning and 1-2 in the evening is sufficient. There are also digestive enzymes available to take with meals if the person is not producing their own enzymes.

If the intestines are too damaged for fat absorption, you can apply the fatty acids to the skin at bedtime.

DIET:

Best diet is higher protein, lower carb diet.
If you do not have a raw food problem, eat lots of fresh fruits, raw vegetables, grains, raw nuts and raw seeds (except those you tested against). Steamed vegetables can be tolerated by almost anyone.
No fried foods. In fact do not cook with oil at all (or butter or margarine).
Eat no refined sugars (table sugar, fructose, glucose, corn syrup). No candy and if the candy is natural homemade type and sugar free, no food dyes!
Eat no refined starches (white flour, pastas unless they are whole grain, white rice)
Lots of zinc rich foods: organ meats, seafood esp. shellfish, oysters, whole grains, legumes (beans and peas).
Include Omega 3 foods (seafish) or supplements daily. If you don't eat seafish, take an Omega 3 supplement of fish oil daily.
No food dyes which you find in candies, jello etc.
No transfatty acids (eg. margarine, hydrogenated oils)
Include 2-3 tbsp flaxseed oil (can use as salad dressing or drizzle over vegetables or bread). Other oils you may use in diet (do not heat these): cold pressed safflower oil, or sunflower oil.
Include 1,000 mg Borage Oil (for the nerves in the brain and spine)
Usually avoiding gluten and casein is very helpful.
Gluten: wheat, rye, oats, barley, spelt, triticale, soy sauce, hydrolyzed veg. protein
Casein: milk, cheese, butter, milk derivative products, some medicines contain casein
Stick to an organic diet, strictly avoid chemicals in foods and food dyes (eg. in jello, candies, smarties etc)

NEURO CHEMICALS

Attention Deficit Disorders

Symptom	Cause	Amino acid needed
Inconsistent attention	Dopamine	Tyrosine
Misplacing items; careless	Acetylcholine	Phosphatidylserine & Acetyl-L-carotine
Lack of attention; impulsive	GABA	Glutamine
Can't grasp concepts quickly	Serotonin	Tryptophan

You need good stomach acid to break proteins into amino acids.
To make stomach acid you need:
Vitamin B1 Iodine Zinc Salt Voltage Minerals

Here is another way to try and figure out the best treatment plan:

- **Regular ADD/ADHD – disorganized, hyperactive, restless, impulsive, easily distracted, can hold attention. HELP WITH: Zinc, rhodiola, green tea, grape seed or pine bark, L-**

tyrosine.

- **Easily Distracted – inattentive, disorganized, spacey, daydreamer, lazy, not hyperactive. HELP WITH: stimulating supplements eg: ginseng.**

- **Inflexible – inattentive, overfocused, can't shift attention, gets stuck in repetitive negative thoughts or behaviors, obsessive, always worrying, argumentative. May be hyperactive or not. HELP WITH: 5-HTP, and stimulating supplements.**

- **Temporal Lobe Issue – inattentive, easily distracted, disorganized, irritable, short fuse, dark negative thoughts, moody, may have learning disability. May or may not be hyperactive. HELP WITH: GABA, Hyperzine A., Ginkgo biloba, NAC, Alpha Lipoic acid, Vinpocetine, stimulating supplements.**

- **Limbic Issue – inattentive, easily distracted, disorganized, sad or negative, poor energy, isolates themself socially, feels hopeless, worthless. May or may not be hyperactive. HELP WITH: SAMe and stimulating supplements.**

- **Ring of Fire Issue – Inattentive, easily distracted, over sensitive, moody, irritable, oppositional. May or may not be hyperactive. HELP WITH: 5HTP, GABA, stimulating supplements.**

- **Anxious Issue – inattentive, easily distracted, disorganized, anxious, tense, nervous, predicting the worst, anxious when doing timed testing, socially anxiety, may have physical stress symptoms like gastro problem or headache. May or may not be hyperactive. HELP WITH: Magnesium, L-theanine, Holy Basil, Relora, stimulating supplements.**

There are many supplements that are currently available to help. Here is a list, you can test with muscle testing or pendeling to see what will work best for each ADD/ADHD person:

SAMe	**GABA**	**5HTP**	**L-Theanine**	**Fish Oil**	**Borage Oil**
Magnesium	**Holy Basil**	**Green tea**	**Ginseng**	**L-Tyrosine**	**Coconut oil**
Zinc	**Grapeseed**	**Pine bark**	**CBD oil**		