

# ADHD



Attention Deficit Hyperactivity  
Disorder In Adults and Children

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## Disclaimer

We hope you enjoy reading our report, however we do suggest you read our disclaimer. All the material written in this document is provided for informational purposes only and is general in nature.

Every person is a unique individual and what has worked for some or even many may not work for you. Any information perceived as advice by must be considered in light of your own particular set of circumstances.

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Every attempt has been made to provide well researched and up to date content at the time of writing. Now all the legalities have been taken care of, please enjoy the content.

## Introduction

There is a great deal of confusion and misinformation regarding ADHD. Many people claim that it is not even a real condition, and that the undesired behaviors are simply a result of poor diet, lack of discipline, or both.

However, most medical practitioners concur that ADHD is a medical condition, with varying and complex causes. Certainly, diet may be one contributing factor, but that does not make ADHD any less a "real" condition. (Consider - diet is the primary cause of type 2 diabetes, but that doesn't make diabetes any less of a medical condition).

The bottom line is that many children have been diagnosed as exhibiting degrees of hyperactivity, restlessness and inability that are beyond a normal range. Many adults also present the same symptoms, although many have not been specifically diagnosed with ADHD.

So, call it ADHD or call it something else, and debate the causes, but the symptoms are consistent, repeatable and classifiable, so a condition exists.

Parents of diagnosed ADHD children certainly know it does.

This eBook discusses ADHD in adults and children, its effect on physical and mental health and treatment options, both mainstream pharmaceutical and natural.

## ADHD In Children

ADHD stands for Attention Deficit Hyperactivity Disorder. Sadly, many children who never seem to listen, have difficulty sitting still, or not follow instructions well, are often labelled as being undisciplined or lazy.



There are also children who seem to blurt out inappropriate comments at the most inappropriate times, and they are often labeled as troublemakers or criticized for their behavior. Quite often, their behavior is a clear indication that ADHD may be responsible.

Typically, those suffering with the disorder have a difficult time staunching their spontaneous responses. They may be abrupt in their speech, movement and attention level. Research shows that the symptoms and signs generally begin to appear before 7 years of age.

It is common for there to be difficulty distinguishing between what is considered normal child behavior and ADHD, as some children are definitely just rude and naughty. Some parents are also willing to lay blame on ADHD rather than their own parenting faults.

However, there are children who do need help regarding ADHD and a parental punishment won't fix the situation. If symptoms appear to be present across all situations: during play, at school and at home, it may be time to investigate further.

Every child has their hyperactive moments, and it is normal to occasionally daydream during class, fidget at the dinner table or be forgetful on occasion. If you are noticing impulsivity, inattention and hyperactivity on a frequent or consistent basis, these may certainly be signs of ADHD.

ADHD can greatly impact how well your child is able to learn and concentrate, as well as how they play or interact with others. Recognizing the symptoms and signs of ADHD can help you and your family adjust accordingly.

## ADHD Symptoms

There are 3 main symptoms of ADHD:

1. Hyperactivity
2. Inattentiveness
3. Impulsivity

Not all children display all three symptoms. Those who present mainly with inattentive behavior may go undiagnosed longer as they typically spend time alone, daydream and not necessarily act out or cause problems with others.

Specific symptoms, which are subsets of the above broad symptoms, may include:

- Inability to follow instructions
- Constantly interruptiong
- Frequently touching things and zooming around from one area to another
- Difficulty listening
- Difficulty sitting still
- Having a hard time focusing on tasks they feel are boring
- Non-stop talking
- Clashing with other kids regarding following the rules
- Underperforming in school
- Zoning out or spacing out
- Daydreaming

## Symptom Combinations of ADHD

It is important to note that children with ADHD may certainly be impulsive, inattentive and hyperactive, however, some children may be capable of paying attention, yet still be impulsive and hyperactive.

Other children may be inattentive, yet display no impulsivity or hyperactivity. So, there are combinations of symptoms. A diagnosis of ADHD does not require all symptoms to be present.

## Common Myths Regarding ADHD in Children

There are many myths regarding ADHD and often diagnosed children get a bad reputation. Not every child with ADHD is hyperactive or a poor listener. Sometimes the disorder presents itself in an under active child who seems unmotivated, inattentive or 'spacey' and sits quietly alone.

Another myth is that children with ADHD could simply behave better if they wanted to or taught to, which is simply not the case.

Yet another common myth is that the child will eventually "grow out of it." In fact, many symptoms of ADHD carry on into the teen years and adulthood.

## ADHD in Adults

Many people don't associate ADHD with adults. They think it is simply a disorder affecting children only. ADHD actually affects many adults and if you were diagnosed in childhood, it is possible that you still have some of the symptoms. It is also very probable that many adults have ADHD, which was not diagnosed at an earlier time.

Understanding the symptoms and the solutions may prove to be very beneficial. Realizing why you act or react to events on your daily life can greatly help improve your state of mind and quality of life.

There is a huge variety of symptoms for adult ADHD and they may affect everything from your career to your personal relationships.

Becoming educated on the topic is the first step. After you acknowledge and understand the challenges, you will be able to start recognizing and taking advantage of your strong points while learning how to cope and compensate for any weaknesses.

For any adult, life can seem to be one continuous balancing act. We all feel overwhelmed and disorganized sometimes; however, if you find yourself struggling to be punctual, constantly forgetting things, completely disorganized and overwhelmed by your responsibilities, you may have ADHD.



## Understanding ADHD in Adults

Many adults go life undiagnosed and resign themselves to thinking "this is just me; this is just my unorganized way of living."

Many adults who have ADHD have been labelled as a dreamer, a troublemaker, a slacker or someone who goofs off. Many, sadly have low self-esteem because they grew up feeling or being called "stupid," and got into trouble for talking too much or seeming not to pay attention.

## Symptoms of ADHD in Adults

Many of us associate hyperactivity, disorganization or inability to concentrate with ADHD. In adulthood, some of this restless behavior may also present itself in forms of Obsessive Compulsive Disorder, anxiety, and/or an inability to calm the mind.

These behaviors are all representative of constant engagement with little respite, and feeling unable to switch off or relax without resorting to drugs or medication. Because of this stress is also common. ADHD symptoms may also show as having low self-esteem, difficulty controlling anger, depression and mood swings.

Patients may have difficulty in keeping long term relationships whether in their personal life or at work. They can easily get frustrated and bored with their life and always be searching for something more.

They may develop anxiety problems and are prone to different forms of addiction, such as alcohol. They have difficulty finding and especially keeping a job and can't stay in one place of employment for any length of time. The grass always looks greener over the fence. New jobs quickly become unsatisfying and fault found with bosses and coworkers.

## Myths and Facts Regarding ADD / ADHD in Adults

There is a common misconception that adult ADHD is no more than a lack of willpower. Some feel that those with ADHD could focus on their tasks if they really wanted to apply themselves.

The line of thinking is that as we all show some of these symptoms at some point, that anyone who tried hard enough could overcome them if they wanted to. This is a simplistic attitude to a problem that can be very complex.

ADHD can affect anyone, regardless of their intelligence level.

ADHD when left untreated may lead to increasing emotional, psychological, and social problems, therefore, some form of treatment, whether it be medication, management or therapy will be helpful. Anyone who shows chronic symptoms should seek diagnosis, instead of letting these symptoms detract from their quality of life.

## ADHD and Anxiety in Children

Determining a diagnosis of either ADHD or anxiety in children can be difficult, as symptoms such as poor concentration and restlessness are hallmarks of both.

Many children with anxiety are also diagnosed with ADHD and vice versa.

It is important to note that the lack of focus and restlessness among children with any anxiety disorder is usually not from boredom, but from specific thoughts or response to a situation.



If you suspect your child to have ADHD or anxiety, the following information may help you.

## The Challenge of Making an Accurate Diagnosis

Firstly, don't try to diagnose your child. Even if the symptoms are obvious, the underlying cause may not be. Identifying the prominent symptoms alone leads to making superficial assessments that may put a child at risk of being diagnosed inaccurately.

There have been times when a child has been diagnosed with ADHD when in fact they really should have been diagnosed with anxiety and treated appropriately.

Anxiety can cause restlessness in a child, which can quite often be interpreted mistakenly as hyperactivity or inattentiveness. As a child's anxiety levels increase, their actions may become quick, irrational and impulsive, thereby making the parent believe that their child has ADHD.

For professionals to develop the most suitable treatment plan, a thorough and accurate diagnosis must be done first. A parent would be wise to choose a professional who is willing to delve deeper into the signs and symptoms exhibited by their child, thus coming up with the most accurate diagnosis.

## Identifying Primary or Secondary Conditions

Correct diagnosis is essential for effective targeting of treatment methods.

A key factor for professionals and parents is determining whether the ADHD and/or anxiety is a primary or secondary condition. This is a "which came first – the chicken or the egg?" conundrum. Which is the cause, and which is the symptom?

Childhood can be a very anxious time for many children, and their many irrational fears may generalize to levels that constantly affect their attitude and behavior. If a child's level of anxiety appears ever-present and is seen every day, then their anxiety is likely a primary condition.

If one or both parents of a child are suffering from any anxiety disorder then it is more likely that the child's anxiety has a genetic or learned component, and hence likely to be classed as primary. When anxiety is determined to be a primary condition, treatment will by necessity focus on reducing and overcoming that anxiety, and associated triggers.

Conversely, symptoms of anxiety may have developed because of the struggle to deal with ADHD symptoms. Any negative feedback they feel due to their 'problem' makes them even more anxious. In this scenario, the anxiety symptoms will abate as the ADHD symptoms are effectively dealt with.

Therefore, the professional must come up with a treatment plan that is targeted towards the child's ADHD symptoms while also helping them deal with their emotional and social problems.

## Finding the Best Treatment Plan

Treatment for children with ADHD, anxiety or both may include medications, individual therapy, behavioral therapy and family counseling. It is always wise to ask for a second opinion if you are not happy with either the diagnosis or suggested treatment, before finally deciding which treatment to go with.

Rely on professional help but recognize that approaches to any mental or emotional issues can be very subjective and solutions will differ between practitioners.

Another crucial point to remember is that medications have side effects and if possible, the natural route is a safer option. Some ADHD prescriptions are believed to have caused as many problems as they have solved. Ask your doctor for full details.

## ADHD and Depression in Adults

ADHD and depression can present similar and overlapping symptoms, and research shows that depression is almost three times more common in adults who have ADHD.

Once it was thought that depression among people affected with ADHD was purely situational and that their symptoms of depression arose mainly because of their inability to cope with their ADHD symptoms. This implied that the depression was a secondary condition, or simply yet another symptom of the ADHD.



As a result, treatment was focused solely on the symptoms of ADHD believing that the depression will later 'disappear' once the ADHD had been managed successfully.

There certainly are cases when depression emerges as a result of repeated disappointments and perceived inadequacies, caused by poorly managed or undiagnosed symptoms of ADHD. This is when depression is determined to be secondary, and brought about by the underlying ADHD.

However, as more studies have been conducted regarding the comorbidity of these two conditions, many experts have come to believe that depression and ADHD are indeed two separate diagnoses, even if co-existing.

Therefore, both of these conditions require proper treatment, instead of just focusing the treatment on only one condition. Often, ADHD and depression are able to be treated simultaneously.

However, there are also cases where an individual's depression is so severe that it makes it difficult for their health care professional to determine the severity of their symptoms of ADHD.

Adults diagnosed with ADHD have often been found to be depressed much of the time for no apparent external reason. Even in the absence of the type of unpleasant circumstances that are usually associated with depression, such as job loss, divorce or chronic illness, they still exhibited signs of depression.

## The Link between ADHD and Depression

Multi generation studies have been conducted in order to discover more about the two-way connection between depression and ADHD. The results of these studies have revealed that the occurrences of ADHD among children born from adults who also have recurring symptoms of depression are relatively higher compared to the general population.

In addition, the first-degree relatives of juveniles diagnosed with ADHD are also at a higher risk of having depression. These findings indicate that mood disorders are largely inherited and that ADHD is one of the most common psychiatric disorders being passed on from parent to child.

Although there have already been many studies on both depression and ADHD, experts agree that the real causes are still difficult to determine. As with most mental and/or emotional disorders, the causes and individual responses are complex and variable.

## Treating ADHD and Depression

Also, responses to treatments differ among sufferers. Although not necessarily "cures" as such, treatment options are available to help manage the symptoms of both ADHD and depression. These options will differ depending on many variables including cause and severity; in any case a competent diagnosis is a vital first step.

Qualified health professionals can give guidance to managing symptoms to help make the impact of these symptoms as small as possible. Although treatments are often medications or therapy, there are also many herbal remedies that have proven their effectiveness in treating some symptoms of both depression and ADHD.

## Parenting an ADHD Child

The attitudes and actions of a parent play a crucial role in shaping the life and future of their child. Children with special needs, such as those diagnosed with ADHD, require parents to learn and employ special parenting skills. This is not only for the benefit of the child, but for the whole family.

Any person pushed to the extent of their ability to cope cannot function effectively as a parent, and their own happiness will be adversely affected also. Your patience may be pushed to the limit at times when dealing with a child with ADHD, however, you have to work to ensure your patience doesn't reach breaking point.

It certainly isn't easy bringing up a child with ADHD. Learning to cope is half the battle. Embracing a mindset that enables you to exhibit love and patience, even when feeling challenged, will make your child's life better, and yours easier, than continual confrontation and recrimination.



## Stop Blaming Yourself for Your Child's Behavior Problems

Some parents of children with ADHD blame themselves for their child's behavior problems, and may also feel that others do too. It should give some reassurance to know that studies reveal that the majority of ADHD cases are due to an imbalance in the brain chemistry.

So, although your parenting skills may have an effect on your child's subsequent behavior, for better or worse, it is not the root cause of the ADHD.

Instead of blaming yourself, obtain as much information as you can about your child's condition. This will help you be better able to cope with the challenges of parenting. You will be better prepared, rather than feeling anxious and frustrated.

The more knowledge you have, the easier it will be for you to understand why your child keeps forgetting the simple things you tell them every day. Frame reasonable expectations for your child, based on their specific set of conditions. Don't compare them unfavorably with other children, even to yourself.

That is unfair to the child, and sets up resentment in your own mind. Discipline to the extent that is a positive correction, rather than simply as punishment for mistakes. No matter how often you tell the ADHD child something they will either forget or fail to follow your simple instructions.

Learning of your ADHD child's rights to special education and your rights as a parent of a child with ADHD will help make parenting and child-rearing more effective and less frustrating for you both.

## Don't Complain or Punish All the Time

It won't do you any good – especially to your own sanity - if you keep on complaining and reprimanding your child about every little task left undone.

Try to be more positive by acknowledging what your child has accomplished for the day. It does not matter if it is a task that is seemingly insignificant to you. It won't be to them.

These small achievements should give you reason to praise, so don't forget to do it! If you have the mindset that one task left undone is no big deal compared to several small tasks completed, you will both be a lot happier.

Set aside your own perfectionism, if that's in your personality, and you will not find you are so harsh or judgmental. Constantly remind yourself that your child is not intentionally trying to test you. Your child is constantly struggling and needs a tolerant, loving "best-friend" parent more than anything else.

Remember, you need to be in a healthy state to be able to cope, therefore, pay attention to your own health. If you are in good health you will be able to deal with your child's behavior in a positive manner. Be the person you would like your child to become, to be a role model to your child and subconsciously develop good habits in your child.

## Boost Your ADHD Child's Confidence

Children who are suffering from ADHD may often have confidence and insecurity issues, especially if they become the subject of ridicule by others. Their classmates may laugh at them and their parents and teachers may reprimand them in front of others, causing feelings of belittlement and embarrassment.



This can all lead to a dwindling level of confidence. If you are a parent of an ADHD child, it's important you boost their confidence whenever possible, and it's never too late to start.

## Know Your Child's Strengths and Weaknesses

It helps to know what areas your child excels in, and what areas of their life they have problems with. If you notice your child is excellent in the arts, make sure to provide them with what they need to excel further in that area. This will boost their confidence as they will feel they are achieving at something.

Expand on their successes as a teaching experience. Use this to help them realize that no-one excels in every area. When they become frustrated with tasks they struggle with, remind them of their skills, and that others struggle in areas they don't.

## Your Child's Schooling

It can be difficult to develop your child's confidence if their environment is not conducive to their learning needs. Their home and school is their breeding ground of self-esteem and confidence. Finding a school and teacher that can cater to their needs and make their lessons enjoyable and interesting will make the child's life, and yours, massively better and easier.

If you are able to place your child in a particular school whose teachers and staff are helpful and understanding, that is well and good. The reality for many parents is that there is little choice, and they are limited by various factors to one school.

Do listen to your child and ask questions about their school relationships, with teachers and peers. Be perceptive and read between the lines. You may have to "go in to bat" for your child. You may have to make the effort to speak directly to the teacher if you believe your child is being disadvantaged or bullied.

Interceding on their behalf does not mean you have to be confrontational. Be realistic and realize that your child is not the only one in the class. Don't expect special treatment, but ask for understanding of your child's particular circumstances.

Your goal is not to demand outcomes, but to simply advise the teacher of circumstances they not be aware of. Remember, part of your ADHD child's problems will probably be an inability to communicate effectively.

## Communicate in a Positive Tone

An ADHD child may often (and usually quite often) hear negative words from their parents, teachers and friends. If you want to improve your child's self-esteem you have to be conscious of your choice of words when conversing, and watch your facial expressions and body language too.

Minimize the use of negative sounding words such as "don't, no, stop and never". If there is something that you would like them to do, frame it in a positive manner. Always encourage them and let them know that it's alright to make mistakes.

As a parent, you need to help them learn how to correct their mistakes by offering ways on how to do it right in the most positive way you can.

## Provide Clear Instructions

Avoid giving your child vague and complex instructions. Instead, give them simple instructions that allow them to work on their task, step by step. Be understanding of your child and treat them as an individual.

If your instructions are worded in a way that is too complicated for your ADHD child's level of comprehension, then both of you will feel disappointed, as the task given will not be tackled or completed. If this happens do not reprimand, instead provide clearer instructions.

For some children, two choices are one too many. Being called on to make a choice can make them feel that one choice will be wrong, yet again. Try to gently provide options where no choice is wrong, and explain that to them.

Your child's self-esteem and confidence can grow with your help, or grow worse if negative 'vibes' is all they receive. So many ADHD children are affected with low self-esteem, which only contributes further to their behavioral and emotional problems. As a parent, you have the power in your hands to help your child gain positive experiences, that will in turn help them develop their confidence.

## ADHD Medications for Treatment

There are a variety of medications for treating ADHD that are reputed to help reduce the symptoms of impulsivity, inattentiveness and hyperactivity, in both adults and children who have been diagnosed with Attention Deficit Hyperactivity Disorder.

It is important to note that most medications come with certain side effects and risks, and medications for treating ADHD are not the only option. It is necessary to learn the pros and cons regarding the specific ADHD medications so that you can make an informed decision on your treatment of choice.



### ADHD Medications – Not Magic Pills

Deciding to take medication can be a difficult choice for many people; therefore, doing your homework will help you determine whether or not the benefits outweigh the risks.

ADHD medications may assist in helping the patient to remain more focused, thus making completing tasks easier, being able to plan ahead, to better concentrate and curb impulses. Understand though, there is no such thing as a "magic pill" and putting you or your child on prescribed medication may not be the fix you're looking for.

It is still possible to struggle with emotional issues, forgetfulness or awkward behavior, even when the medication is considered to be "working." An adult may also still have to cope with relationship difficulties, and with being easily distracted and unorganized.

This is why it is more important and imperative to make vital lifestyle changes which include sufficient sleep, a healthy diet and regular exercise, rather than relying solely on a pharmaceutical solution. It is never as easy as simply taking a pill.

## ADHD Medication Is Not a Cure

ADHD medications are for managing the symptoms of the condition. It is possible to relieve and alleviate symptoms to some degree while taking medication, however, these can reoccur once the medication stops.

ADHD medications may work better for some individuals than others. You may have to try a few different prescriptions prior to finding one that is effective, and that you can tolerate. Work closely with your doctor and provide as much feedback as you can regarding both efficacy and side effects.

## Stimulant Medications for ADHD

The most common prescribed medicine for ADHD are stimulants. Popular stimulants include: Dexedrine, Adderall and Ritalin.

Stimulants are used as they are believed to be effective in increasing the levels of dopamine in the brain. Dopamine is a neurotransmitter that is associated with pleasure, movement, attention and motivation.

Many people on stimulants report a boost in focus and concentration with a decrease in impulsive and hyperactive behaviors.

Be aware if you or your child experiences any of the following while taking stimulant medication:

- Upset stomach, difficulty sleeping, headaches, feeling jittery and restless, loss of appetite, mood swings and irritability, dizziness, depression, racing heartbeat.

Stimulants raise the heart rate and blood pressure so some experts are concerned about the long-term dangers associated with taking these medications for an extended period of time.

## Additional Concerns Regarding Stimulant Medication

It is possible for stimulants to possibly interfere with the developing brain of young patients. Stimulant use may also exacerbate psychiatric issues such as increasing anxiety, paranoia, depression, aggressive behavior and hostility.

Individuals with a family history of bipolar disease, suicide or depression are at a higher risk than others.

# ADHD Medication Side Effects

There are many stimulant and non-stimulant ADHD medications prescribed for treating adults and children. Stimulant medicines include: Ritalin, Focalin XR, Quilivant XR, Concerta and Vyvanse. Strattera is a non-stimulant example.

Although these drugs have different names and produced by different pharmaceutical companies, the side effects are all usually similar, as reported by patients undergoing treatment.

If you or your child has been prescribed medications for treating ADHD symptoms, here are a few of the side effects, that you may expect to see:



## Insomnia

Most ADHD prescription medicines are stimulants. If you or your child finds it hard to fall asleep then it is quite possible that the prescribed medication is still active. You may try administering the medication at an earlier time of day to ensure that its effect has worn off before bedtime.

It would also be worth your while asking your doctor for a short-acting medicine instead of a long-acting one.

It would also be wise to refrain from drinking any stimulant type drinks, such as tea, coffee, or caffeinated soda. If you're taking stimulant drugs for your ADHD symptoms, adding more stimulants to your system is not going to help you sleep one little bit.

## Nausea

Atomoxetine<sup>3</sup> is known to cause nausea. This is why doctors advise that ADHD drugs should be taken during a meal, to lessen nausea symptoms. If you are supposed to take your medication in the morning, but you are not a breakfast person, find something simple to eat to avoid suffering from nausea.

## Weight Loss

Taking ADHD medications such as Vyvanse, Adderall, Focalin and Concerta may lead to weight loss. This is because they contain substances that can significantly reduce your appetite.

However, most people report minimal weight loss and that the weight reducing effect tends to diminish over time.

Some children also experience reduced appetite during lunchtime after taking the medication at breakfast. To avoid severe weight loss or any nutrient deficiency, make sure your child has a substantial breakfast and regular healthy lunch and dinner.

## Mood Changes

Some people complain of mood changes. They report feeling irritable, agitated and depressed while under ADHD medication treatment. It is important to make your doctor aware if this happens to you or your child.

If this happens, your doctor may lower the dose to see if there are improvements in your mood. If there are still signs of moodiness, despite lowering the dose, your doctor may try you on an extended-release ADHD drug instead.

## Headaches

Headaches caused by ADHD medications can be either mild or severe. Mild headaches which are usually felt at the back of the head may occur as a rebound effect of the drug.

For those patients who experience severe headaches, your doctor may change your medication and /or dose, or if that doesn't work, stop the treatment totally and look for other alternatives.

## Call Your Doctor Immediately If Any of the Following Occur

If you or your child experience any of the following red flags, it is important to contact your doctor immediately: chest pain, paranoia or suspicion, fainting, hallucinating, and shortness of breath.

If you are concerned with medicinal side effects, as you should be, perhaps it would be time to check out natural treatments instead. They are safer and many are claimed to be just as effective.

## ADHD Diet Tips for Children

Every year there seems to be more parents saying their child has been diagnosed with ADHD, and more adults realizing they too have ADHD.

Although some studies remain inconclusive as to whether or not diet has some role to play, there are some experts who believe it has.



After all, our eating habits certainly affects our health in many ways and there is increasing understanding that what we eat definitely affects how we feel, think and behave.

Therefore, if you have a diagnosed ADHD patient in the family, it pays to be extra careful when planning and preparing meals.

Below are some helpful tips in preparing your ADHD child's diet and nutrition.

## Avoid Foods Containing Food Dyes

Steer clear of foods that contain sodium benzoate and food colorings, such as:

- D&C Red No.40 (allura red)
- FD&C Yellow No. 5 (tartrazine)
- D&C Yellow No. 10 (quinoline yellow)
- FD&C Yellow No. 6 (sunset yellow).

Some studies have shown that these additives can cause hyperactivity among children, and worsen symptoms of children diagnosed with ADHD. This is why the British Government advised food manufacturers to remove most food colorings or dyes in their packaged food products.

## Add Plenty of Protein-Rich Foods

Protein is important for the brain neurons to function properly. Eating protein-rich foods can help ensure that the brain is capable of doing what it should and help to repair damaged neurons.

Turkey breast, pork loin, yogurt, nuts, seeds, beans and cheese are examples of foods that contain high amounts of protein.

## Include Omega 3 Fatty Acids

Eating foods that are rich in omega 3 fatty acids provides the brain with the necessary fats for its synapses to process information with efficiency. Experts have found that a miscommunication is often taking place inside the brain of an ADHD child because its synapses are not working properly.

There is also mounting evidence that a deficiency in omega 3 fatty acids may result in neurodevelopmental and psychiatric disorders. So, make sure your child is getting enough omega 3 fatty acids! Some of these foods are: flaxseeds, walnuts, salmon and eggs.

## Limit the Consumption of Processed Foods

Australian researchers found a correlation between the high consumption of processed foods and ADHD. A study published in *The Lancet* revealed that a restricted diet can significantly reduce ADHD symptoms.

Muffins, fizzy drinks and processed breakfast cereals are just a few of the many favorite processed foods that are frequently consumed by kids today.

They may be quick to give a hungry child, but unfortunately these foods contain additives and preservatives which can only worsen a child's symptoms, notably fidgeting and inattention.

Experts advise that parents ensure their children are eating whole foods and limit their exposure to processed foods. This will require more time in preparation, but the benefits will outweigh the effort.

## Try an Elimination Diet

It is also advised that parents try an elimination diet for their ADHD children. This is to determine if there is an improvement in their child's behavior after excluding certain known ADHD trigger foods from their diet.

Usually an elimination diet is done with the supervision of a dietitian. This way their nutritional needs are met. First targets are usually the aforementioned processed foods, soft drinks, coffee and foods high in sugar. Most of these have little nutritional benefit anyway.

## Do Natural Supplements Provide ADHD Help?

Many ADHD prescription drugs have received some bad press, causing concerned patients and carers to look for safer solutions. For those looking for a natural treatment in relieving ADHD symptoms, the question of whether or not vitamin supplements may be helpful is often asked.

There have in fact been many studies made that do suggest that the use of vitamin supplements may be helpful for treating ADHD symptoms. Here's how vitamin supplements may provide help for those suffering with ADHD.

### Magnesium and Vitamin B6 Supplements for ADHD

Magnesium is a mineral that is essential to human health and is very lacking in a modern western diet. Magnesium is necessary for allowing muscles to relax and deficiencies have been correlated with muscle cramps, heart attacks, agitation and hyperactive behavior.

Most children with ADHD have been found to be deficient in magnesium and incorporating this mineral into their treatment plan may help decrease their levels of hyperactivity.

The vitamin B6 plays a crucial role in neurotransmitter production, which includes serotonin, dopamine and adrenaline.

These neurotransmitters are important for better communication between the brain cells. A vitamin B6 deficiency has been linked to the inability to concentrate, having a poor memory and a bad temper.

Vitamin B6 allows magnesium improved access to the brain, so incorporating these supplements into the treatment plan have a positive compounding effect that can significantly help alleviate several symptoms of ADHD.

### Proven by Research

One study conducted among 52 children diagnosed with ADHD showed that supplementing magnesium with vitamin B6 led to a significant reduction in hyperactivity.

At the beginning of the study, each participant's level of hyper-excitability, aggressiveness, mood instability, inattentiveness and muscle contractions were thoroughly assessed. After a six-month period of magnesium and vitamin B6 supplementation the children participating were found to have lowered levels of hyper-excitability.

## Essential Fatty Acids Supplementation for ADHD

Another study conducted was to determine whether or not essential fatty acid supplementation can help children and adults with ADHD. This study was conducted based on findings that people with ADHD had low levels of essential fatty acids.

Those given essential fatty acid supplementation were found to have improvement in focusing and a calmer behavior. The results proved that omega 3 and omega 6 supplementation can help reduce ADHD symptoms.

## Why Vitamin Supplementation Works Effectively for ADHD

If the ADHD brain lacks certain vitamins for it to function optimally, naturally supplementing any deficiency is going to be helpful.

Any level of vitamin deficiency can lead to a neurotransmitter imbalance which can have adverse effects on the brain. Supplementing with the right vitamins will lead to an improvement in brain function.

Supplementing with vitamins and minerals is only necessary if the diet isn't fulfilling the nutritional requirements. However, this is more common than is often realized, as adequate or excessive food intake does not necessarily equal optimal nutrition, especially if a large portion of the diet is processed foods.

Most of all make sure to consult a professional before taking any supplements for managing ADHD symptoms, and before making any changes at all to a doctors prescribed treatment.



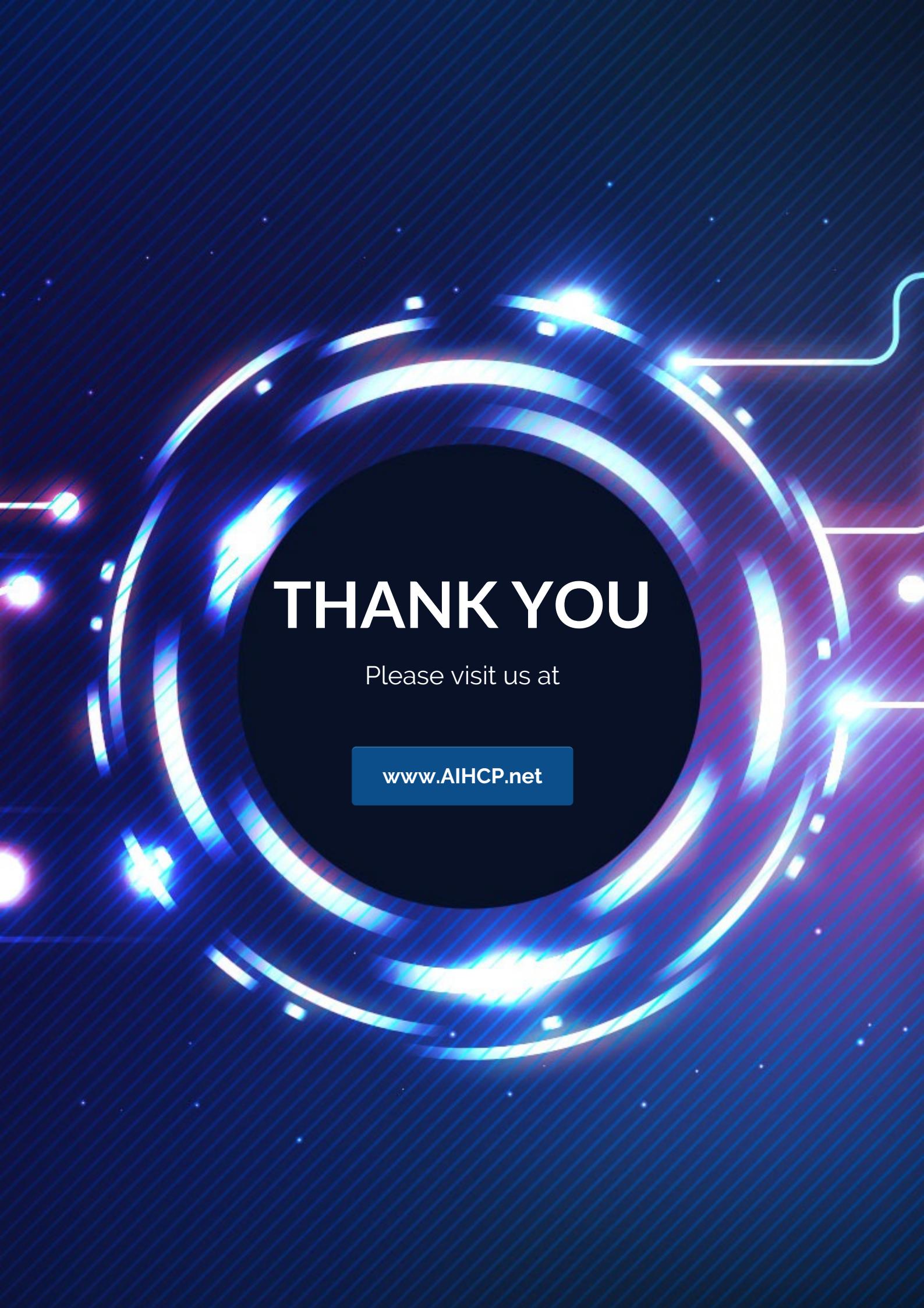
## Conclusion

It is hoped that this document has given insight into a problem that affects many people, either as a sufferer, or as a carer.

ADHD symptoms and behaviors can have an extremely disruptive effect on family harmony. Many parents would think that "extremely disruptive effect" was an understatement, and does not come close to describing the impact it can have.

The aim of this eBook has been to provide insights into behaviors, and options to help manage these behaviors and symptoms.

It is possible to reduce the effects of ADHD, through more understanding and effective parenting, dietary changes, and if necessary, medication.



# THANK YOU

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