

NUTRITIONAL STEPS TO SUPPORT

ADHD

NOURISH FUNCTIONAL HEALTH

11
Na
22.99
Sodium

12
Mg
24.31
Magnesium

19
K
39.10
Potassium

16
S
32.07
Sulfur

20
Ca
40.08
Calcium

30
Zn
65.41
Zinc

26
Fe
55.84
Iron

29
Cu
63.55
Copper

34
Se
78.96
Selenium

NUTRITIONAL STEPS

1.

BLOOD SUGAR, PROTEIN & FAT

Nutrition goes a long way when it comes to supporting those with ADHD. One of the first places to start is balancing blood sugar, ensuring quality protein consumption and getting enough essential fat.

2.

MINERALIZE & HYDRATION

The brain is 80% water, which means you need to stay well-hydrated in order to keep your brain functioning optimally. Mineralized hydration is key not only to brain function, but to whole-body health.

3.

GUT HEALTH & DIGESTION

Studies show that people with ADHD have a different composition of bacteria and other microorganisms in their gut than people who don't have the condition. This affects the gut-brain axis, which is a two way communication. Healthy gut = healthy brain.

4.

PERSONALIZED APPROACH

Children with ADHD tend to have a higher propensity to food sensitivities, reactions to sugar and GI issues. Personalizing your child's diet and gut health regime can greatly increase clinical outcomes.

5.

LIFESTYLE & BEHAVIORAL

Supporting children with ADHD includes a whole family approach. Setting expectations and boundaries is key. Parenting skills and child behavior modification, in addition to supporting nutrition, can lead to better outcomes.

1.

BLOOD SUGAR, PROTEIN & FAT

Nutrition goes a long way when it comes to supporting those with ADHD. One of the first places to start is balancing blood sugar, ensuring quality protein consumption and getting enough essential fat.

Keep those blood sugar levels steady. The brain is a very sugar hungry organ. Around 20% of the glucose you have circulating around in your body wants to be used by the brain to keep it firing and being the master organizer it needs to be. When that glucose fluctuates, it's not happy. In fact, it gets hangry. Moods will swing, drop rapidly, and hyperactivity will fly up. To flatten the curve you need to increase 2 key food groups: proteins, and fats.

Nourishing Tip: Avoid sugary fruit drinks, colas, energy drinks and juice, refined white sugars and white bread, processed snack foods, crackers, chips and commercial cereals.

Protein is a star player in the brain.

It breaks down into amino acids which are needed to make neurotransmitters for mood health and concentration. It keeps blood sugar balanced and can help control sugar cravings. Carbs have been found to do the opposite. The best times to have have protein is breakfast and lunch.

Don't be afraid of fat! The brain needs plenty of fats to build and strengthen connections between the cells, and to keep that internal communication firing along as it should. 60% of our brains are made of fat. No wonder deficiencies in fats can have huge repercussions on the behavior of the child.

2.

MINERALIZE & HYDRATION

The brain is 80% water, which means you need to stay well-hydrated in order to keep your brain functioning optimally. Mineralized hydration is key not only to brain function, but to whole-body health.

Not all water is the same. When it comes to hydration, we need to know the difference between the water we drink. Distilled and reverse osmosis water is void of minerals and can even strip your body of minerals. Most tap water is filled with contaminants. Adding electrolytes to your water ensure proper hydration.

Minerals in balance! Children with ADHD often present with low zinc, copper dysregulation and heavy metals. Since zinc, copper, and lead directly affect the brain, these children suffer from learning problems, inattention, aggression and hyperactivity. While minerals are crucial, they must be maintained in an appropriate balance.

Nourishing Tip: Aim for drinking at-least 1/2 your body weight in water every day. Ex: 100 lbs = 50oz water. Use mineral drops or a pinch of sea salt to ensure your water is mineralized.

Mineral and brain health. Minerals are found in the soil and ultimately the foods we consume. Today's soil and plants are often lower in mineral content, thus we are often lacking in these. Research has shown key minerals, such as magnesium, zinc and copper are often dysregulated in those with ADHD. We also see iron and other heavy metals such as lead, mercury and aluminum at the root of neurotransmitter imbalances for those diagnosed with ADHD. Minerals in balance with other minerals is key to brain health.

3.

GUT HEALTH & DIGESTION

Studies show that people with ADHD have a different composition of bacteria and other microorganisms in their gut than people who don't have the condition. This affects the gut-brain axis, which is a two way communication. Healthy gut = healthy brain.

Balancing gut ecology may be key to behavior modification.

Studies show, fungal dysbiosis in the gut, specifically levels, of *Candida albicans*, were significantly increased in ADHD patients as well as, those with *C. Diff* overgrowth. High levels of a leaky gut biomarker called zonulin appeared to correlate with more severe ADHD symptoms in children. Additionally, one study highlights taking antibiotics during pregnancy may be linked to a higher risk of ADHD in offspring, thus highlighting importance of gut health.

Nourishing Tip: Cleaning up the diet, lowering sugar intake, exploring functional gut labs and balancing the gut microbiome can be greatly supportive for children with ADHD.

Everyday ways to support the gut.

Supporting gut health can bring benefits to the brain. A good starting diet strategy for ADHD is eating as many whole-food, antioxidant-rich, nutrient-rich foods as possible, and the least amount of processed foods. An anti-inflammatory, paleo-type diet has shown great benefits.

Feed the good guys! Beyond a healthy diet, research on show beneficial bacteria (probiotics) may benefit brain function. Clinically, we see by adding resistant starches to the diet; we can see an increase intestinal short chain fatty acids (SCFA), such as butyrate. This in turn, supports brain health.

4.

PERSONALIZED APPROACH

Children with ADHD tend to have a higher propensity to food sensitivities, reactions to sugar and GI issues. Personalizing your child's diet and gut health regime can greatly increase clinical outcomes.

Food Sensitivity Testing. Food sensitivity is a delayed reaction and can bring inflammation to the gut. An inflamed gut = inflamed brain, so ensuring you are on a true inflammatory diet for your body. I always recommend Vibrant Lab's, Food Sensitivity and Zoomer package for a thorough assessment.

Food Additives and ADHD. The literature show those with ADHD react to food colorings, 72% to flavorings, 60% to MSG, 45% to all synthetic additives/ preservatives. Knowing the reactivity and/or removing these from the diet can be helpful. Try the Feingold diet or test with Vibrant Lab's Food Additive Test.

Nourishing Tip: To learn about a personalized approach and function testing options; reach out to us and we can create a custom panel, to help take the guess work out of some of the steps.

Gut Health Testing. Getting a comprehensive look at gut health is often a valid investigation in kids dealing with ADHD. Literature shows those with ADHD have a high level of dysbiosis, leaky gut and digestion capability. My favorites for kids are (OAT), organic acids test paired with a comprehensive stool analysis.

Environmental Toxic Load. Studies show correlation between high levels of pesticides, phthalates, fire retardants and heavy metals, such as lead and mercury and those with ADHD. Cleaning up toxicant exposure through a Ditch & Switch approach can be helpful. Test with HTMA & GPL-Tox can show levels.

5.

LIFESTYLE & BEHAVIORAL

Supporting children with ADHD includes a whole family approach. Setting expectations and boundaries is key. Parenting skills and child behavior modification, in addition to supporting nutrition, can lead to better outcomes.

Specific supportive nutrients.

Numerous studies show individuals with ADHD have low Omega 3, magnesium, zinc, b-vitamins and the need to ensure the iron recycling system is optimal. Gaining these through food everyday is ideal, however, we find those with ADHD often need additional support.

Screen time and ADHD. Studies on the interplay between ADHD and screen time. One particular study has shown how video games and social media, affect the frontal cortex in the same way that cocaine does which increases compulsive and erratic behaviors. Limiting screentime and setting boundaries for use is helpful.

Nourishing Tip: There are many parenting programs in most local regions, as well as support for the child. Reach out to your doctor or school to ask for resources.

Tips for behavioral support.

Develop consistent routines. Keep rules clear and simple and give reminders calmly. Have their full attention when you talk. Only give 1-2 instructions at a time. Ask them to repeat. Praise them when they do appropriate behavior. Be clear about discipline. Get outside, in nature. Do hikes or family walks.

Neurofeedback and ADHD.

Existing research does suggest that neurofeedback can result in improved attention, diminished hyperactivity, and enhanced executive functions, including working memory, for some patients. However, it should be considered a complement to other therapeutic approaches.



ABOUT US & APPROACH

About Us: I am a clinical trained psychotherapist. I worked with women, men and children, who struggled greatly with many neurological imbalances. What I discovered during my practicum training hours is that almost all my clients were nutritionally deprived.

As I dove in deeper on the biomechanics of neurological imbalances it became clear the body needs specific nutrient precursors to support the brain chemistry. Additionally, environmental toxicants and endotoxins can all hinder our neurochemistry. Overtime, I shifted my focus from talk- therapy to nutritional therapy and have never looked back.

Our Approach: I take an integrative holistic approach to ADHD through the assessment of the following areas:

- Diet & nutritional assessment (macronutrients, micronutrients, heavy metals, blood sugar)
- Assessment of the microbiome and the gut
- Assessment of the environmental exposures (mold, candida, glyphosate)
- Assessment to identify underlying infections and inflammation
- Education & support for the parent

This provides a comprehensive approach to identification of potential root causes. This needs to be followed by an individualized program that engages and empowers individuals and families to treat the root causes and improve the symptoms.



Functional Testing.

Functional testing is the back bone of our practice. Testing provides us clues to where we can pin-point our approach for optimal impact. This can help take the guess work out of the process, thus often increases the time in which we can see a shift in the presenting symptoms. Test packages will be different for each client due to bioindividuality.

How to work with us.

We like to start an email dialogue to explore you and your child's needs. We always like to ensure we are a good fit for your needs. We ask that you fill out a short (private) informational form. From there we will continue the dialoug. If we do not feel we can support you at this time, we often have someone in mind that may be a better fit. Please reach out here to begin the process.

[LEARN MORE ABOUT US](#)

[REACH OUT TO US](#)