

Powerful Tools to Virtually Eliminate ADHD

Dietary interventions can be incredibly effective in helping alleviate the symptoms of ADHD. As Dr. Smith said in an interview:

“When I became familiar with nutrition, I found that if a stimulant drug had a calming effect [as is the case with ADHD], it meant that the child did not have enough norepinephrine (a stimulant) in his limbic system, and that I could help with a good diet and some supplements which should shore up the enzymes in his brain that make that neurotransmitter.

If he had ever had ear infections, I stopped his dairy products, and added calcium -- 1,000 mg -- usually at bedtime.

If he was ticklish, I added magnesium -- 500 mg is usually safe for a child or adult.

If he was a "Jekyll and Hyde" type of person (severe mood swings), he had intermittent low blood sugar and he needed to nibble all day to keep his blood sugar up. Or at least eat some additional protein and fewer carbohydrates for better maintenance of blood sugar levels. No sugar or white-flour junk food.

If he could not remember his dreams, he needed vitamin B6 -- 50 mg is about right.

If he ever had eczema or dry scaly skin, he is to take the essential fatty acids [omega-3 fats like krill oil]. If he had dark circles under his eyes, he was eating something to which he is sensitive. Milk, wheat, corn, chocolate, eggs, citrus. Usually it is his favorite food.”

So in place of harmful drugs, if you are a parent of a child with ADHD, or struggle with the symptoms yourself, these are excellent pearls of wisdom to try out.

The following powerful dietary and lifestyle suggestions can be extremely helpful as well:

- **Eliminate most grains and sugars** from your/their diet. Grains and sugars both tend to cause allergies in sensitive individuals. Even organic, whole grain can cause problems in many children so it would be wise to give them a grain holiday and see if their behavior improves.
- **Replace soft drinks, fruit juices and pasteurized milk** with pure, clean water.
- Increase **[omega-3 fats](#)** by taking an effective form of omega-3 oil. Krill oil is a good source because it contains a range of antioxidants, and the antioxidant potency of krill oil is, in terms of ORAC (Oxygen Radical Absorbance Capacity) values, 48 times more potent than fish oil. [\[xxiv\]](#) **[Super Omega 3](#)** is another great source.
- Minimize your use of nearly all **processed fats, especially trans fats** as they disrupt nerve cell intercommunication.
- **Avoid all processed foods**, especially those containing **artificial colors, flavors and preservatives**, which may trigger or worsen symptoms.
- **Clear your house of dangerous pesticides and other commercial chemicals**. Pesticide exposure has been linked with ADHD. [\[xxv\]](#)
- Avoid commercial washing detergents and cleaning products used on clothes, and **replace them with naturally derived cleaning products** with no added perfumes, softeners, etc.

Also, be cautious and read labels carefully when you buy clothing for someone diagnosed with ADD/ADHD. Chemicals are often added to fabrics in the manufacturing process that can cause allergic reactions similar to

ADD/ADHD symptoms. The person's symptoms may even subside after the clothing is out of contact with their skin.

After one hyperactive, very difficult 5-year-old had his clothes gently removed, he was instantly a calmer child, sucking his thumb and going to sleep in his mother's lap! He bore no resemblance to the angry and aggressive child that had been previously wreaking havoc all over the room.[\[xxvii\]](#)

This is clearly an allergic reaction, not ADD/ADHD, when symptoms are only present when clothing containing chemicals or even soap residue, is touching the skin. Or likewise when symptoms arise after eating a certain food or food group (such as pasteurized dairy).

For further information in this area it would be wise to review some of the many books that Dr. Doris Rapp has written on this subject. She is a pediatric allergist who has specialized in the treatment of ADD and has had success with many thousands of patients. She is also one of my early mentors.

Additional Helpful Techniques

Here are some useful suggestions to further help you in improving many ADD/ADHD symptoms:

- **Spend more time in nature.**

Researchers have found that exposing ADHD children to nature is an affordable, healthy way of controlling symptoms.[\[xxviii\]](#)

- **Investigate sensory therapy and emotional wellness tools.**

Instead of looking for a quick fix, encourage ADHD sufferers to talk, and find out what emotions are causing issues. You may want to consider the energy tapping techniques to improve emotional coping and healing.

If your child or other loved one has been on drugs for an ADD/ADHD disorder, have the drugs really solved their problems, or only made them worse? Perhaps you are reading this because the drugs have had disappointing results. It's never too late to switch to natural therapies, and once you have, you will be very glad you did.

A good portion of the drugs that make up the multi-billion dollar industry of pharmaceuticals are simply doing nothing, and many are making us sicker. Unfortunately, most of the population has been brainwashed to believe that taking a pill will make them feel better. But once you become dependent on a drug, you then require it just to feel normal.

While it may not always be easy to choose the drug-free approach for problems like ADD/ADHD, using natural therapies will ensure that you treat the whole person rather than just a set of symptoms.

Most cases of ADHD will resolve naturally when you follow the recommendations above. So rather than relying on a dangerous quick-fix like Ritalin, teach your child that they can excel in life, and overcome their symptoms, by taking control of their health.

Remember to be patient when making these dietary and lifestyle changes, as the beneficial effects can take days or even a few weeks to kick in. But in exchange for a bit of patience, you will not only be avoiding the dangerous side effects of drugs, but will be assisting in the natural and healthy healing process that nature intended.

References:

- [i] Stimulant ADHD Medications, June 2008, <http://www.nida.nih.gov/infofacts/ADHD.html>, (Accessed February 23, 2009)
- [ii] ADHD Numbers Increasing in Older Kids, http://www.oregonlive.com/health/index.ssf/2008/07/adhd_numbers_increasing_in_old.html, (Accessed February 23, 2009)
- [iii] MayoClinic.com Attention-Deficit/hyperactivity disorder <http://www.mayoclinic.com/health/adhd/DS00275/DSECTION=symptoms> (Accessed May 21, 2009)
- [iv] WebMD, Attention-Deficit/Hyperactivity Disorder: Cause, <http://www.webmd.com/add-adhd/tc/attention-deficit-hyperactivity-disorder-adhd-cause>, (Accessed February 23, 2009)
- [v] ADHD Linked to Lead Exposure and Smoking During Pregnancy, <http://www.medicalnewstoday.com/articles/52298.php>, (Accessed February 23, 2009)
- [vi] Non-Drug Treatment of ADD/ADHD, Interview with Lendon Smith, MD, January 2001 <http://articles.mercola.com/sites/articles/archive/2001/01/07/lendon-smith.aspx> (Accessed May 21, 2009)
- [vii] NIH News, February 2009, NIDA Study Shows That Methylphenidate (Ritalin) Causes Neuronal Changes in Brain Reward Areas, <http://www.nih.gov/news/health/feb2009/nida-02.htm>, (Accessed February 23, 2009)
- [viii] Strattera Drug Information, www.rxlist.com/strattera-drug.htm, (Accessed February 24, 2009)
- [ix] Strattera (Atomoxetine HCL), <http://www.strattera.com/index.jsp>, (Accessed February 24, 2009)
- [x] Ritalin Heart Attacks Warning Urged After 51 Deaths in U.S., <http://www.guardian.co.uk/society/2006/feb/11/health.medicinemandhealth>, (Accessed February 23, 2009).
- [xi] Drugs are Not the Answer to ADHD, <http://articles.mercola.com/sites/articles/archive/2007/12/01/drugs-are-not-the-answer-for-adhd.aspx>, (Accessed February 23, 2009)
- [xii] Cancer Prevention Coalition, "Ritalin: Stimulant for Cancer" <http://www.preventcancer.com/patients/children/ritalin.htm> (Accessed May 21, 2009)
- [xiii] Cancer Letters Volume 230, Issue 2, 18 December 2005, Pages 284-291 http://www.sciencedirect.com/science?_ob=ArticleURL&_aset=V-WA-A-W-A-MSAYWW-UUA-U-AAWBUWUVUB-AAWUZUAWUB-WUZEDECYV-A-U&_rdoc=1&_fmt=summary&_udi=B6T54-4FH0DHK-4&_coverDate=02%2F16%2F2005&_cdi=4992&_orig=search&_st=13&_sort=d&_view=c&_acct=C000050221&_version=1&_urlVersion=0&_userid=10&md5=0827800284004eed7fc475cf9832552c
- [xiv] Annual Meeting of the Society for Neuroscience in San Diego November 11, 2001, Mercola.com, "Ritalin Changes the Brain Long-Term" <http://articles.mercola.com/sites/articles/archive/2001/12/01/ritalin-part-three.aspx>
- [xv] Drugs are Not the Answer to ADHD, <http://articles.mercola.com/sites/articles/archive/2007/12/01/drugs-are-not-the-answer-for-adhd.aspx>, (Accessed February 23, 2009)
- [xvi] Free Press Release.com, December 2008, ADHD:Tampa Dr. Nelson Mane Warns, 'Are you aware that ADHD medication may stunt your child's growth?', <http://www.free-press-release.com/news/200812/1229706535.html>, (Accessed February 23, 2009)
- [xvii] Death from Ritalin: The Truth Behind ADHD, <http://www.ritalindeath.com/>, (Accessed February 23, 2009)
- [xviii] Medical News Today, February 2006, FDA Panel Suggests Adding Black Box Warning to ADHD Medications about Risk of Sudden Death, Heart Problems, <http://www.medicalnewstoday.com/articles/37631.php>, (Accessed February 24, 2009)
- [xix] Ritalin Heart Attacks Warning Urged After 51 Deaths in U.S., <http://www.guardian.co.uk/society/2006/feb/11/health.medicinemandhealth>, (Accessed February 23, 2009)
- [xx] Fish Oil Treats ADHD Better than Ritalin, <http://articles.mercola.com/sites/articles/archive/2006/07/04/fish-oil-treats-adhd-better-than-ritalin.aspx>, (Accessed February 23, 2009)
- [xxi] Non-Drug Treatment of ADD/ADHD, Interview with Lendon Smith, MD, January 2001 <http://articles.mercola.com/sites/articles/archive/2001/01/07/lendon-smith.aspx> (Accessed May 21, 2009)
- [xxii] Fish Oil Treats ADHD Better than Ritalin, <http://articles.mercola.com/sites/articles/archive/2006/07/04/fish-oil-treats-adhd-better-than-ritalin.aspx>, (Accessed February 23, 2009)
- [xxiii] Is Krill Oil 48 Times Better Than Fish Oil? <http://articles.mercola.com/sites/articles/archive/2008/08/14/is-krill-oil-48-times-better-than-fish-oil.aspx> (Accessed May 21, 2009)
- [xxiv] Is Krill Oil 48 Times Better than Fish Oil?. <http://articles.mercola.com/sites/articles/archive/2008/08/14/is-krill-oil-48-times-better-than-fish-oil.aspx>, (Accessed February 24, 2009)

[xxv] 80 Percent of Schools are Applying Pesticides,

<http://articles.mercola.com/sites/articles/archive/2007/08/16/80-percent-of-schools-are-applying-pesticides.aspx>, (Accessed February 23, 2009)

[xxvi] New Effective, Non-Drug Treatments for ADHD, <http://articles.mercola.com/sites/articles/archive/2005/05/31/adhd-treatment.aspx>, (Accessed February 24, 2009)

[xxvii] Spending Time with Nature, A Natural Remedy for ADHD, <http://articles.mercola.com/sites/articles/archive/2004/09/18/adhd-nature.aspx>, (Accessed February 24, 2009)

Reference website: <http://articles.mercola.com/sites/articles/archive/2009/07/09/ADHD-Childlike-Behavior-or-Serious-Condition.aspx>