

Closing comments:

- ✓ The right dietary changes can decrease ADHD symptoms.
- ✓ Some nutritional supplementation has been shown to impact ADHD in ways similar to some popular medications.
- ✓ Don't forget the fresh fruits, veggies, fish, and nuts!

Consider involving a physician and/or nutritionist in your child's treatment.



For more information:

www.fmccwv.org
www.foodforthebrain.org
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References available upon request



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ADHD AND NUTRITION

*Research-Based
Recommendations*

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What you'll learn about ADHD from this pamphlet:

- ✓ What ADHD actually is
- ✓ How ADHD is typically treated
- ✓ Alternative and supplemental treatment options supported by research
- ✓ Closing comments

Let's get started...

What is ADHD?

ADHD is a complex disorder with a broad range of contributors, including genetic, social, prenatal, environmental, neurological, developmental, and nutritional factors (Curtis & Patel, 2008).

How ADHD is typically treated:

ADHD is often treated through the use of medication and/or behavioral plans.

What are some alternative treatments for ADHD?

Researchers support **dietary changes** and **nutritional supplementation** as two alternative treatments for ADHD.

Effective dietary changes:

Studies have shown that diets high in "junk food," food additives, and food dyes are related to symptoms of ADHD. Diets including turkey, lamb, vegetables, rice, and pear juice have been shown to reduce ADHD symptoms by 69% (Pessler et al, 2009)!

Researchers suggest this approach: For 2 weeks, cut common food allergens from your child's diet, including heavy metals (Aluminum, etc.). Then, increase proteins to 50-70% of each meal and add lots of raw fruits and veggies. Finally, increase essential fatty acids (Cowan, 2010). Yum!



Nutritional supplementation:

Deficits in vitamins and nutrients have been linked to symptoms of ADHD (Lakhan and Vieira, 2007).

Research has shown that treating children with low levels of iron, magnesium, and zinc with vitamin supplementation led to improvement in their ADHD symptoms (Sinn, 2008).

In two separate studies, vitamin and nutritional supplementation decreased the severity and number of ADHD symptoms comparable to Ritalin ® (Dykman & Dykman, 1998) (Harding, Judah, & Grant, 2003).

It is suggested that children get nutrients naturally from a healthy diet full of the following foods:

- ✓ Fresh, raw veggies and fruits
- ✓ Seeds and nuts
- ✓ Fish
- ✓ Lean protein (Cowan, 2010) (Holford, 2009)