

# ADD & ADHD

**Harmony & Health**  
**(812)738-LIFE(5433)**  
Quality Products for Health  
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**Causes** -Some possibilities are:

- 1) nutritional deficiencies caused by poor diet, parasites, or fungus/yeast/mold (microbiome)
- 2) dehydration- lack of water &/or too many chemically laden beverages
- 3) genetics - allergies, blood sugar instabilities, brain chemical imbalances
- 4) toxins - food (artificial colors, flavors & preservatives) or environment (prenatal drug exposure, lead, etc.)

**Changes to consider:**

- Dehydration - How much water does your child drink? A first easy step is to get the child off of all dairy, sugar laden, &/or toxic beverages. Nothing hydrates the body better than pure water.
- Diet - What does your child's diet consist of?  
Many processed foods have NO nutritional value and contain many toxins. Increase organic fruits & vegetables (raw is great!), quality meats, good fats, and whole grains, such as quinoa & brown rice.
- Essential Fatty Acids- (EFA's) are needed for our brain to work efficiently and to help us focus and maintain clarity. Foods that are rich in these fats or EFA's are fish, olive oil, avocados, nuts & seeds. Most people do not eat enough EFA's and must supplement with **Omega 3's/DHA**.
- Treat for parasites - **Black walnut** is a good choice to start with. If for some reason that isn't strong enough, try **Herbal Pumpkin, Artemisia, or Paw Paw**. It is also important to make sure that your child's bowels are moving regularly. To help their bowels move, increasing their water intake and fruit and veggies can help. In addition, you may need to add some **Vitamin C** or **Magnesium**. If there is a yeast/fungus issue, then **Pau d' Arco, Oregano, or Yeast/Fungus Detox**. Add **Probiotics** to the regimen.
- Keep a peaceful environment, ensure adequate sleep, and supplement to support the nervous system. Consider: **Focus Attention, MindMax, Gaba Plus, or NutriCalm**.

**Drug Alternatives:**

True ADD/ADHD people are "parasympathetic dominant" in their nervous system. These people are constantly in sensory overload, which keeps them constantly agitated.

But a child who is hyperactive or tense is probably more in a stressed mode, calming herbs such as **Valerian, Passion Flower, or Chamomile** can help, look to blends like **Stress J or NutriCalm**.

How do you tell the difference with your child?

Look at your child's eyes. If the pupil is enlarged, this is an excess sympathetic nervous system reaction and may respond to calming products. If the pupil is small, however, this indicates excess "parasympathetic" activity and **Nature's Chi** may be helpful in small doses.

Other possible supplements: **Focus Attention** for memory and learning enhancement; **Mind Max** for improving memory and brain function; **GABA** to slow excess brain activity, thereby reducing anxiety and hyperactivity; and **B Vitamins** – many studies have shown that children with ADD/ADHD are deficient in B vitamins.

**Important:** This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.



*Building Better Health Naturally*