

Attention Deficit Disorder (ADD) Battle Plan

What is Attention deficit disorder?

Attention deficit disorder (ADD) is a recurrent pattern of behavior characterized by short attention spans and impulsivity, and may include hyperactivity. Boys are ten times more likely to suffer from ADD than girls. The onset of ADD is generally by three years of age, but ADD usually is not diagnosed until the child begins to have problems in the school setting. The medical community differentiates three types of ADD: ADD with hyperactivity, ADD without hyperactivity (considered a learning disorder), and residual type ADD where the disease persists into adulthood.

Causes of Attention deficit disorder:

The causes of ADD are still a hot topic for debate and speculation. Many studies have shown those subjects with food allergies and those that consumed foods with chemical additives had a higher chance of having ADD. Risk also increases with:

- High sugar consumption – destructive, aggressive, and restless behavior has been found to significantly correlate with the amount of sucrose consumed.
- Ear infection – common among learning disabled children.
- Nutrient deficiency – poor nutrition may be most harmful in the early developmental stages of life. The most common nutrient lacking in American children, Iron, is associated with decreased attentiveness.
- Heavy metals – studies have shown a strong correlation between childhood learning disabilities and the body's storage of heavy metals, particularly the toxic metal lead.
- A history of ADD in the family – children may be genetically prone to suffer ADD if there is a history of the disease in the family.

Facts you should know:

- ADD is estimated to affect 5-10% of schoolchildren
- Over two million American school-aged boys take the drug methyl-phenidate (Ritalin) for ADD.

Signs and Symptoms:

Hyperactivity (squirming, fidgeting, inability to remain still or quiet)	Disorders of memory and thinking (difficulty following instructions and/or listening)
Perceptual motor impairment	Frequent ear infections
Emotional instability	Moderate to severe hearing loss
General coordination deficit	Impaired speech and language development
Attention Disorders	Lower general intelligence scores
Impulsiveness	Learning difficulties

Treatment and Prevention:

1). Diet

- Eliminate all refined sugars and food allergens from the diet.
- Limit the consumption of processed foods and food additives as much as possible.

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- Provide a diet composed from whole, unprocessed, preferably organic foods prepared at home, where consumption can be monitored accurately. Organic produce has the maximum nutrient density and a minimal amount of pesticides and other harmful chemicals.
- To chelate heavy metals, increase consumption of foods high in sulfur such as garlic, onions, and eggs, provided your child is not allergic to these foods.
- Increased consumption of water-soluble fiber (guar gum, oat bran, pectin, and psyllium seed) will help promote toxin excretion.

2). Nutritional Supplements

- Take a green food like **Organic Barley Green Juice**, **Organic Kamut Blend** or **Spirulina** as a foundation of nutritional support for naturally occurring vitamins and minerals. Take 1 tbs. twice daily of your choice of green food.
- **C from Nature** contains naturally occurring Vitamin C. Should a child be found to have heavy metal toxicity, vitamin C is particularly helpful to combat heavy metal poisoning. Take 3 capsules twice daily.
- **Chlorella** helps to chelate heavy metals out of the body. Take 15 tablets or 2 grams of powder daily.
- **Rice Bran Solubles** contain B-complex vitamins, which are important nutrients to combat heavy metal poisoning. It also contains naturally occurring vitamin E and tocotrienol, which are potent anti-oxidants. Rice Bran Solubles can help to balance blood glucose levels. Take 1 tbs. 1 –2 times daily.
- **Master Amino Complex** provides easy-to-assimilate protein. Take 1 tablet for every 25 pounds of body weight per day.
- **Aktivated Barley** provides slow burning carbohydrates for sustained energy and balancing blood glucose levels. Also contains soluble fibers that promote detoxification. Take 1 tbs. 1 – 2 times daily.
- **Daily Fiber Blend** contains both soluble and non-soluble fibers to promote elimination and detoxification. Take 2 tbs. mixed with water 1 time daily prior to bedtime.

3). Herbs

- Silymarin – an extract from milk thistle, Silymarin contains compounds that exert powerful beneficial effects that protect the liver from damage and enhance the detoxification process. Silymarin is an antioxidant many times more potent than vitamin E or vitamin C. (*Take 200 mg daily*)

Recommendations:

1. Screen your child for heavy metal poisoning using a hair mineral analysis and EDTA challenge rather than blood tests. The hair analysis will illustrate long-term burden while the EDTA challenge will only reflect recent exposure, failing to accurately assess the heavy metal concentration in the brain.
2. Provide a structured environment for your child at home. Have clearly set defined behavior limits and use parenting techniques consistently.

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3. Professional counseling for parents and child may be helpful. Behavior and cognitive therapies may help alter undesired behavior by instilling in the child self-monitoring, self-recording techniques the child can use throughout the day.
4. Keep in close contact with the child's teacher. Arrange for extra lessons or tutoring if needed.
5. Identification and elimination of clear causative factors (wheat, dairy, and sugar) will often bring about dramatic improvements with the first few weeks of many cases. However, if food allergies or sensitivities to food additives do not appear to be the primary cause, improvements will be more subtle and gradual.

Protocol for PHP Supplements

Mix 1 tbs. of your *green food* choice, 1 tbs. *Aktivated Barley*[™] and 1 tbs. *Rice Bran Solubles*[™] on an empty stomach first thing in the morning and mid afternoon. May be mixed with water, plain rice or almond milk or apple juice.

Take 3 *C From Nature*[™] Capsules with morning and afternoon green drink.

Take 1 *Master Amino Complex*[™] for every 25 lbs. of body weight with morning green drink.

Take *Daily Fiber Blend*[™] in evening mixed with plain rice or almond milk or apple juice in place of nighttime snack.

**** *These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease.* ****

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