



## MANAGING ADD/ADHD

### **Mission:**

We at West U Wellness are committed to serving people who want a natural, higher quality of life for themselves and their families. We acknowledge that physical, chemical, and particularly emotional stress has devastating effects on the nervous system. Chiropractic adjustments remove this nervous system interference. Therefore, we go to extraordinary measures in educating society about the benefits of chiropractic care for optimal health.

### **What is ADD/ADHD?**

Depending on which study you read, there are now 1.5 to 3.5 million children and adults who have been diagnosed as having attention deficit hyperactivity disorder (ADHD). In some cases, the terms hyperkinetic and attention span deficiency cover the same diagnosis. The principal characteristics of ADHD are inattention, hyperactivity, and impulsivity. ADHD is a condition that becomes apparent in some children in the preschool and early school years. It is hard for these children to control their behavior and/or pay attention. Also, adults who had ADHD as children continue to have ADHD in their adult years.

### **The Most Common Approach:**

Recent publicity has focused on the medical approach of using Ritalin (a stimulant medication) in these cases. This particular type of drug has been used for a longer period, and more frequently by far, than any other psychoactive drug administered for childhood psychiatric disorders. Its efficacy and side effects are well documented and are part of the chemical treatment used by most, if not all, child and adolescent psychiatrists.

But Ritalin is speed. Ritalin has the same drug classification as morphine, opium and cocaine. In fact the Diagnostic and Statistical Manual of Mental Disorders states that Ritalin is an extremely addictive substance and that classical symptoms of Ritalin usage and cocaine

dependence are the same. The main complication of withdrawal from Ritalin is suicide. According to Medical Economics, chronic use of Ritalin has produced psychosis. Ritalin is *not* a safe drug.

Ritalin is not the only controversial medication prescribed by doctors for treating ADD/ADHD. The other drugs prescribed are Concerta, a time release form of Ritalin, Adderall and Dexedrine. And like Ritalin these medications are stimulants and have adverse side effects such as depression, delusions, hallucinations, paranoid fears, and even stunted physical development with long term usage.

### **What is a safe treatment for ADD/ADHD?**

Some non-drug alternatives to consider and explore are chiropractic, acupuncture, and nutrition. Chiropractic adjustments restore the body's normal biomechanics and the nervous system's communication abilities. In other words, chiropractic aligns the spine by removing pinched nerves so the nervous system can communicate properly with the rest of the body because if left untreated these pinched nerves lead to loss of body function and disease. These pinched nerves or "subluxations" begin in early childhood from falls and spills and can be present without any obvious symptoms. Deepak Chopra, M.D., in his book Quantum Healing, states that interference to the intelligence in the body leaves it "...undirected and chaotic". Is ADD/ADHD not undirected and chaotic?



# HEALTHY LIVING

*E-Newsletter*

Volume I Issue III

August 2004

Researchers at Texas A & M University have shown that chiropractic treatment was 20-40% more effective than the commonly used medication. Studies at Life University have shown normalization of abnormal brain wave activity after the child was adjusted. And, functional MRI studies done at the University of California revealed increased brain efficiency with chiropractic treatments.

Therefore, chiropractic care has been shown to be effective in hyperactive children! The area of the spine involved is usually the upper cervical area. Above all, nutritional changes should be considered.

## ***Nutrition Tips for Attention Deficit Disorder:***

Children and adults with ADD/ADHD tendencies can benefit from a diet high in whole-grain products, green leafy vegetables, essential fatty acids, fish, nuts, fresh fruit, and vital nutrients. Some of the nutrients to consider are:

- **Calcium and Magnesium:** Deficiencies can result in restless sleep or daytime sleepiness
- **High copper and low sulfur:** Symptoms can include a “foggy” mind, lack of concentration, and poor memory. It is best to avoid beverages or foods high in copper and aluminum such as cocoa, chocolate products, coffee, tea, soy products, liver, seeds, shellfish, wheat germ, and sometimes antacid remedies.
- **Tyrosine:** Tyrosine is a precursor to dopamine and norepinephrine which some believe are involved in ADHD. L-Tyrosine supplementation may be warranted in certain situations.
- **Essential fatty acids:** Numerous studies have shown that lower levels of essential fatty acids (EFA's) can result in problems with learning, behavior, temper, sleep, and immune function. The best natural sources are cold water fish like salmon, herring, tuna, cod, flounder, trout and shrimp. Other sources of essential fatty acids (Omega-3

and Omega-6) are nuts, soybean, walnut oil, olive oil and flaxseed oil. If you aren't already cooking with extra virgin olive oil, now would be a good time to make the switch.

- **Zinc:** A study published in the “Journal of Child Psychology and Psychiatry” in 1996 found a strong correlation between low zinc and EFA levels and children with ADD/ADHD.
- **Phosphatidyl Serine (PS):** 200-300 mg of PS daily improves learning capacity and behavior
- **B vitamins:** B vitamins assist the brain in transmitting information to other parts of the nervous system. B6 is especially helpful.

In some cases ADD/ADHD can be the result of food allergies. While milk, eggs, nuts, shellfish, wheat, corn, colors/additives/flavors, and soy products are common triggers for people with food sensitivities or allergies, **simple sugar(s)** have more of an effect on mood and hyperactivity than many other dietary factors. It would be best to avoid foods such as baked goods and sugary cereals. If you are concerned that your child may have food allergies, an elimination diet is an inexpensive and efficient way to determine what may be triggering your child's symptoms. Another good source of recipes that can help children can be found at: [http://www.add-adhd-help-center.com/adhd\\_recipes.htm](http://www.add-adhd-help-center.com/adhd_recipes.htm)

Nutritional advice can sometimes be overwhelming. It is best to consult someone with dietary and nutritional expertise. The doctors at West U Wellness are here to advise you if dietary changes can help your child's ADD/ADHD.



# HEALTHY LIVING

*E-Newsletter*

Volume I Issue III  
August 2004

## Fit for Life Program

**High cholesterol? Rising blood pressure or blood sugar?  
Gaining weight? Lack of energy and activity?**

**Join West U Wellness' 8-week doctor-supported "Fit for Life" program!**

**Each week you will meet at our clinic to take measurements such as cholesterol, blood pressure, blood glucose, height, weight and body fat. You will be given proven exercises, equipment, and nutritional advice to help you achieve your ideal body weight. A personal trainer will lead the exercises and participants may be eligible for a one-month free pass to 24 Hour Fitness. As a bonus, you can join our West U Walking Club which will meet three times a week. A great deal for only \$150.00!**

**Call (713) 490-2225 to sign-up.**

West U Wellness hosts or participates in numerous events and activities each month. Included in these events are free health talks covering a different topic every **Tuesday at 6:00 PM** in West U Wellness. We believe these talks to be a means of allowing our patients to improve their lifestyles.

## August Calendar of Events

1	2	3 Arthritis Health Talk	4	5	6	7 Nat'l Black Sisters' Conference
8	9	10 Isagenix Health Talk*	11	12	13	14 <b>West U Wellness Open</b>
15	16	17 Osteoporosis Health Talk	18	19	20	21 Prevent Blindness Benefit
22	23	24 Headaches Health Talk	25	26	27	28 Trinity Gardens Church Fair
29	30	31 Pregnancy Talk with Motherhood Center				

**\*Join us this coming Tuesday, August 10<sup>th</sup> at 6:00pm for a way to Detoxify your body that can also help you Lose Weight!!!**



# HEALTHY LIVING

*E-Newsletter*

Volume I Issue III  
August 2004

## September Calendar of Events

			1	2	3	4
5	6	7 Childhood Illness Health Talk	8	9	10	11 <b>West U Wellness Open</b>
12	13	14 Exercise & Fitness Health Talk	15 TSU Health Fair	16	17	18
19	20	21 Stress Management Health Talk w/ Pilates	22	23	24	25 <b>West U Wellness Open</b>
26	27	28 TMJ Health Talk w/ Dr. Howes, DDS	29	30		

Dr. Sherman Yeager & Dr. Caroline Long are available to give free “stress management” lectures to a variety of groups. If you would like us to speak at your company or have us come to offer free spinal screenings at your place of work, your school or your church, please contact our office at (713) 490-2225.