

# Terry Talks Nutrition

**Compliments of Terry... Naturally**

Attention Deficit Disorder (ADD) and Attention Deficit Hyperactive Disorder (ADHD) have been described in children and adults as a pattern of inattentiveness, hyperactivity and OCD (Obsessive Compulsive Disorder). No pattern is the same in each individual as individuals can have any combination of these three behavioral patterns. Relief can be found in a variety of therapeutic approaches. Unfortunately, the most common approach is drug therapy. The most common drug used to treat these conditions is Ritalin although other drugs such as antidepressants and anxiolytic medications also have been used. Ritalin can be useful, but like any drug, it comes with a long list of side effects. Ritalin is a class 2 controlled substance and is listed in the same category as cocaine, codeine, morphine and amphetamines. It is often sold on the black market as a form of speed. There are potential side effects using Ritalin which may require the prescription of other drugs to correct the side effects. The side effects are nervousness, insomnia, anorexia, nausea, high blood pressure, dizziness, headache, drowsiness, abdominal pain, dermatitis, growth retardation, tics and tremors and depression. I don't believe that we have a deficiency of Ritalin. I believe we have a deficiency of nutrients, vitamins, minerals, trace minerals and other factors that can be supplied by a healthy diet. Not everyone agrees including professionals that the role of the diet plays a part in reducing ADD/ADHD. We are quick to discount a healthy diet and supplements in favor of drug therapy.

**Healthy Diet Changes** – Eliminate all refined white sugar and white

flour. Eliminate artificial sweeteners (Aspartame & Saccharin), artificial flavors, preservatives, trans fatty acids and hydrogenated fats. I would also include eliminating all gluten containing grains and dairy foods. I admit this will take a huge effort on the part of the family because what I've described to do, in most cases, makes up the current diet. I would emphasize a high quality protein diet; meat, fish, eggs, chicken, ample high quality fats such as butter (no margarine no matter how soft), flax seed oil, olive oil and a high quality omega-3 fatty acid complex from salmon; and a low carbohydrate diet (refer to the Glycemic Index and emphasize foods that are 50 and below on the Index). This will be hard work but overmedicating someone is just too easy a way out and we then believe that for every problem we have we can rely on drugs. **Beverages** – Pure mineral water (never drink tap water because of the toxic contamination of city water from chlorine and fluorides, 2 of the most toxic cancer causing poisons in our environment); diluted fruit juices, and in some cases, goat's milk.

**Supplements** – A multi vitamin and mineral supplement as indicated in the box below (age appropriate), additional B complex capsules or tablets – for children use rice bran syrup or Bio-Strath, and a liquid trace mineral formula which can be added to water. The following nutrients can be of particular benefit, **vitamin B-6** which has strong support for the central nervous system, **blackcurrant extract, grape seed extract and pine bark extract** are essential for the support of ADD/ADHD. Recent research has demonstrated that when given to restless children these powerful extracts can reduce hyperactivity, increase concentration and improve motor-visual coordination. **DMAE** – dimethylaminoethanol is an antioxidant and a precursor of the neural transmitter acetylcholine. In the brain acetylcholine is responsible for feelings of well being

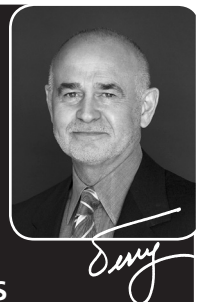
and relaxation. **DHA** – docosahexaenoic acid is a powerful omega 3 fatty acid. Necessary for brain development, it enhances intelligence, cognition and visual performance in infants and young children. DHA is also rapidly becoming an important tool in managing behavioral problems from childhood into adulthood. **Rhodiola (Rhodiola roseacea) Root Extract** – this is a very effective adaptogenic herb thought to enhance feelings of well being. Recent studies show it enhances thought processing and has antidepressive action. Rhodiola also supports proper adrenal function maintaining a normal level of epinephrine and norepinephrine which are the "feel good" chemicals. **L-Tyrosine** – is a superb stress reliever. When animals are subjected to stress in the laboratory they have been found to have reduced levels of the brain neurotransmitter norepinephrine. Treating with L-Tyrosine prior to stressing the animals prevents the reduction of norepinephrine. The use of L-Tyrosine and rhodiola can be of considerable benefit in the treatment of depression. Most hyperactive and ADD children have a shortage of neurotransmitters. Major symptoms of this lack are brain fog, mood swings, increased stress, anxiety, depression, insomnia, irritability and aggression.

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When in doubt, always consult your physician or health care practitioner. This column is to provide you with information to maintain your health.

Look for this column every Wednesday.

Terry Naturally



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2625 Development Dr., Suite 40  
Green Bay, WI 54311  
Hwy 172 at GV • 920-965-1002  
[www.TerryNaturally.com](http://www.TerryNaturally.com)

**Terry recommends this formula for your best health:**

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Vitamin B-6 (as pyridoxine HCL) 5mgs, Blackcurrant (*Ribes nigrum L.*) Extract 50mgs, standardized to contain >25% anthocyanins, DMAE dimethylaminoethanol bitartrate 50mgs, DHA as docosahexaenoic acid 50mgs, Phosphatidylserine 30mgs, Rhodiola (*Rhodiola roseacea*) Root Extract standardized to contain >15% rosavins 25mgs, Grape Seed (*Vitis vinifera*) Extract standardized to contain 95% polyphenols and 65% OPC's (oligomeric proanthocyanidin complex) 25mgs, L-Tyrosine 25mgs, N-Acetyl-L-Cysteine (NAC) 15mgs, L-Taurine 15mgs