

## ADHD Complementary & Alternative Approaches to Therapy

Vitamin C 4-8 gm/d

B-Complex

MVI/d

Niacinamide 500 mg tid (B3)

Avoid sugar/dye/additives

***Dr. Hoffer's ABC of Natural Nutrition for Children***, by Abram Hoffer, M.D., PhD (Quarry Press, Kingston, Ontario 1999)

Hyperactivity (attention deficit disorder with hyperactivity): Signs of inattention, impulsiveness, and hyperactivity inappropriate for the child's age

Learning disability (attention deficit disorder without hyperactivity): Developmentally inappropriate brief attention span and poor concentration for the child's age

### QUICK REVIEW

- Over two million American school-aged boys take the drug methylphenidate (Ritalin).
- Food additives and food allergies are the major factors in ADD with hyperactivity.
- Three factors appear to be particularly relevant to learning disabilities:
  1. Otitis media
  2. Nutrient deficiency
  3. Heavy metals

Several clinical studies have shown that nutritional supplementation can improve mental function in school-aged children.

### ADD with Hyperactivity

Despite the controversy about the significance of food additives in hyperactivity, careful reading of the published studies yields some clear conclusions:

- Virtually every study, both negative and positive, demonstrated that some hyperactive children consistently react with behavioral problems when challenged by specific food additives
- Virtually every study, whether supportive or critical of the Feingold hypothesis, is marred by significant experimental design defects
- Critics of the Feingold hypothesis are misusing the apparently inconsistent statistical group results to ignore the significance of the clear individual results, which are reproducible under double-blind conditions

Although the best approach would be to eliminate all food additives, practical realities make this difficult. Ultimately, the sensible and economical approach is to follow the oligoantigenic diet for a period of four weeks, then reintroduce suspected foods (full servings at least once a day, one food introduced per week). If symptoms recur or worsen upon reintroduction/challenge, the food should be withdrawn. If there is no improvement when on the oligoantigenic diet, it is possible that the child is reacting to something else in the diet or environment. Further testing may be indicated in these cases.

All refined sugars should be eliminated from the diet, and a general multivitamin and-mineral supplement should be used (with special care to ensure that the child is not allergic to the product used).

Also, the factors discussed in LEARNING DISABILITIES, should be considered. For example, hyperactive children have been shown to have increased lead levels in their blood.