

# 5 Natural Approaches to Managing ADD/ADHD

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## Remove food dyes and preservatives

Before pharmaceuticals existed specifically for attention problems, dietary intervention was the standard treatment. Now, it's easier to take pills. There are multiple nutrition possibilities to address ADD/ADHD but the one with the most frequent success is removing ALL food dyes and preservatives. For just two weeks, become a vigilant ingredient checker and label reader. For best results, keep a log to track changes.

## Physical activity

Any increase in physical activity can be helpful, but optimally, a 20-30 minute walk before your day fully begins has been connected to a decrease in symptoms. One of the studies in this area found "outdoor activities reduced symptoms significantly more than did activities conducted in other settings" (Kuo & Taylor, 2003).

## Electronics

The research is clear, and alarming: early television exposure is associated with attention problems at age 7 (Christakis et als, 2004) and frequent television viewing during adolescence was associated with elevated risk for subsequent attention and learning after family characteristics and prior cognitive difficulties were controlled (Johnson et als, 2007). These are just two studies directed at young people for attention problems; but a cruise through a research database produces plenty of reason to reduce the amount of time spent in front of a screen.

## Fish oil

Again, research supports the connection between Omega-3 supplements and improved neurological function. One such study found "statistically significant improvement in inattention, hyperactivity, oppositional/defiant behavior and conduct disorders" with heavy Omega-3 supplementation (Sorgi et als, 2007). Seek out a doctor supportive of research-based alternatives for appropriate dosing; but start with label dosing of a pharmaceutical-grade fish oil like Nordic Naturals brand.

## Other supplements

How about a good multivitamin? Research has connected attention difficulty to low iron levels, and improvements with iron, flax oil and vitamin C. A multivitamin is a good start to correcting deficiencies.

*These are just suggestions to help you get to the heart of your health and wellness challenges. If your issue is resolved using these tips... GREAT! Sometimes, the picture is more complicated. If you need additional assistance, let's talk.*