

# ADD/ADHD RECOMMENDATIONS

Since there is no single treatment to address ADD/ADHD, the following is a recommended approach to eliminate factors that may have an effect on outcome.

## Dietary:

- **Eliminate ALL dairy, gluten, peanuts/peanut butter, simple sugars/carbohydrates, and chocolate for a period of 60 days.** Also eliminate ALL known food allergens for the same timeframe. If food allergies are suspected, you may want to opt for food allergy testing to identify and eliminate any allergens.



## Determine General Health:

- What is the state of GI health? Has the patient been on antibiotics?
- Does the patient have any chronic health conditions?
- Perform e-lyte mineral testing (age permitting)

## Nutritional:

- Assure GI health:
  - Probiotics (acidophilus/bifidus/saccharomyces if <10 y/o)
  - Multiple Vitamin/mineral
- Essential Fatty Acids (omega 6/3 balance) use EPA/DHA and GLA, avoid flax seed oil
- Amino Acids (SeaCure) or customized/compounded amino formula from amino acid analysis

*Lab Testing:* If initial dietary/nutritional changes have not resulted in a marked improvement in symptoms within a 2-3 week time frame, lab testing may be necessary. Imbalances in minerals, essential fatty acids, and amino acids may be contributing the condition. Hidden food allergies may be a contributing factor. The following is a recommended approach on testing sequence:

- Mineral Analysis (e-lyte)
- Amino Acid Analysis
- Essential Fatty Acid Analysis
- Food Allergy Analysis
- Organic Acids Analysis

Call for assistance in determining patient-specific recommendations.