



ADD/ADHD

Nutritional Support Protocol

Lifestyle Recommendations:

1. Avoid video and computer games, minimize TV viewing.
2. Do interactive metronome, biofeedback and neurofeedback, Brain Gym exercises.
3. Include physical exercise involving coordination.

Dietary Recommendations:

1. Avoid candy and desserts. Xylitol is an excellent sweetener and helps to prevent cavities and ear infections.
2. Avoid NutraSweet and other artificial sweeteners and colorings. Replace sugar with the polyol sugar xylitol.
3. Avoid white flour and all refined carbohydrates including cereals and pasta especially those that are made with yeast such as bread, bagels and English muffins. Replace these with brown rice, sweet or white potato and oatmeal.
4. Increase consumption of omega 3's (salmon, mackerel, herring, tuna, or flax oil).
5. Eat protein at every meal including eggs, fish, chicken and lean meat.
6. Avoid hydrogenated vegetable oils.
7. Include healthy snacks of vegetables, nuts, olives, avocado, celery with almond butter, PaleoBars, and Brain Power Sours.
8. Eat 5-9 servings of fresh fruits and vegetables daily OR add one heaping tablespoon of PaleoGreens and PaleoReds to your favorite drink.
9. Carry PaleoBars with you to prevent missing snacks throughout the day.
10. Check IgG and consider a trial of no gluten and dairy for 3 months.

Supplement Recommendations:

In addition to the core nutrient program recommended by your Health Care Professional and/or from the results of your most recent Designs for Health Metabolic Profile:

XanthOmega

Krill Oil: 1 softgel with breakfast and 1 with dinner, 2 per day

NeuroLink: 2 capsules per meal, 6 per day

Brain Vitale: 1/2 tsp. or 2 capsules once or twice daily

Pediafocus-DF: Refer to product label suggestions

Note: These are adult doses. For children, divide by weight difference. For example, assuming 120 lb adult, a 40 lb child would get 1/3 the dosage.

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