



Practitioner Select

PURE - PROVEN - EXCEPTIONAL



ADHD & LEARNING DISABILITIES

Attention Deficit Hyperactivity Disorder (ADHD) and Attention Deficit Disorder (ADD)



Attention Deficit Hyperactivity Disorder (ADHD) and Attention Deficit Disorder (ADD) are behavioral disorders classified on the autism spectrum. ADHD and ADD symptoms include inattention, inappropriate impulsive behavior and/or hyperactivity. These disorders usually affect children of school age but can continue into adulthood.

ADHD and ADD have many other related symptoms or co-morbidities (associated conditions) that manifest in many individuals including:

- Difficulty paying attention
- Difficulty focusing on tasks especially tasks requiring mental effort
- Difficulty completing homework or chores
- Auditory, sensory and visual processing problems
- Oppositional Defiant Disorder (ODD)
- Pervasive Developmental Delay Not Otherwise Specified (PDDNOS)
- Difficulty following instruction
- Organizational problems
- Forgetfulness
- Self-consciousness with a low self esteem due to constant criticism
- Fidgeting and difficulties sitting still
- Hyperactivity, excessive running, climbing and always being “on the go”
- Excessive talking and interrupting
- Stubbornness
- Outbursts of temper, irritability and rapid mood swings
- Difficulty making or keeping friends
- Depression
- High levels of anxiety
- Dyslexia
- Poor sleep patterns

Currently ADHD affects 6.4 million children (11% of the US child population) in the US alone. Including Autism, Attention Deficit Disorder (ADD), Pervasive developmental Delay Not Otherwise Specified (PDDNOS) and children with learning disorders, a staggering 18% of children (or 1 in 6 children) have these disorders in the United States.

The causative factors of these disorders remain specifically unknown to the conventional medical establishment, but there is growing evidence that these are not “genetic” disorders, but rather disorders with multiple causative explanations. ADHD and ADD, like other autism spectrum disorders, may be multi-factorial biomedical diseases rather than behavioral and psychological symptoms expressed by the individual. There are multiple underlying issues that may provide clues to the cause and understanding of ADHD and ADD, as listed below:

- Genetic and epigenetic predispositions and susceptibilities
- Exposure to environmental toxicity such as heavy metals (mercury, aluminum, lead and copper), pesticides and other organophosphates, smoke and alcohol, polyfluoroalkyl chemicals (PFC's are fluorine containing chemicals used to make product non stick, non stain), phthalates (a class of chemical plasticizers used in consumer products to soften plastics such as toys, plastic food wrapping and plastic drink bottles plus deodorants, lotions, creams)
- High antibiotic usage at an early age
- Vaccines
- Brain injury from encephalitis or brain trauma
- Gut related disturbances and imbalances of microbes in the gut, especially fungal species and insufficient levels of beneficial bacteria
- Leaky gut syndrome
- Liver overload

- Inhalant allergies such as house dust mite, grass and tree pollens
- Serotonin deficiency in the brain
- Salicylate intolerance. (Salicylates are derivatives of salicylic acid, a compound protecting the plant from disease, and are found in many foods including corn syrup, apples, grapefruit, kiwi fruit, melons, mandarines, nectarine, broccoli, spinach, sweet potato, watercress, brazil nuts, chewing gum, honey, jam, peppermints, and coconut oil. Please look at the Feingold Diet (<http://www.feingold.org/>), designed by Benjamin Feingold.
- Low thyroid function
- Food allergies or intolerances, especially gluten from wheat, rye, barley, and oats and casein from all dairy products, oranges and citrus fruits, soy, corn and chocolate
- Food additives such as artificial food colors including; Blue No.1, Blue No.2, Green No.3, Orange B, Red No.3, Sodium Benzoate, Red No.40, Yellow No.5, Yellow No.6 and Monosodium Glutamate
- Sugar consumption including high fructose corn syrup, dextrose, glucose, malt syrup, corn sweetener, fructose, maltose, agave, fruit juice concentrate and sucrose
- Artificial sweeteners saccharin, aspartame, sucralose, Acesulfame, Stevia and neotame
- Elevated anxiety including excessive worry, fear or panic and adrenal stress (hyper/hypoadrenia)
- Poor diets and nutrient deficiencies, specifically Omega 3 essential fatty acids especially DHA, Dimethylaminoethanol (DMAE) found in choline, phosphatidylserine, vitamins A, B3, B6, B7 , C and D, the minerals sulphur, selenium, iron, zinc and magnesium and the amino acid, L- Carnitine
- Problems with genetic detoxification including MTHFR gene mutations





Biomedical testing is commonly used by many functional and integrative health care professionals in helping understand the underlying causes behind symptoms. For ADHD and ADD, it may be relevant to test for the following:

- Testing panels that identify food allergies and intolerances, and environmental allergies
- Nutrient deficiencies through tests such as the Optimal Nutrition Evaluation or NutrEval via Genova/Metametrix Laboratory. These tests help identify nutrient deficiencies such as zinc and magnesium, digestion and absorption problems, organic acids, as well as functional markers for the metabolic effects of yeast and bacteria, oxidative stress and neurotransmitter imbalances.
- Microbial imbalances through a comprehensive stool analysis to identify the presence of dysbiosis (imbalance of good and bad bacteria) and parasites
- Toxicity, especially heavy metals
- Abnormal thyroid function
- Iron and ferritin deficiencies, which can affect ADHD and ADD and create sleep disorders
- Deficiencies in Vitamin D 25 OH
- Phenylketonuria (PKU) (A disorder where individuals find it difficult breaking down the amino acid phenylalanine, which is used to make dopamine, a neurotransmitter often deficient in individuals with ADHD and ADD)
- Insufficiency in adrenal function

Identification of the many disturbances in individuals with ADHD and ADD has allowed for interventions and have produced some amazing results in children with ADHD and ADD. Functional and Integrative management of ADHD and ADD is a valuable approach.

Conventional medical interventions include drugs such as stimulants, non stimulants and antidepressants. Ritalin as an example, is an amphetamine, classified in the same category as cocaine and replaces dopamine in the brain. This symptomatic approach to treating ADHD and ADD does not address underlying causes and can also have serious side effects such as addiction, seizures, insomnia, growth impairment and psychotic behavior (such as tics). Other interventions outside of functional and integrative health support may include behavioral therapies, educational therapies such as additional tuition and occupational therapy, neuro-feedback therapy, cognitive behavioral therapy, craniosacral therapy, acupuncture, auditory and visual therapies.

Alternative therapies including functional and integrative health approaches have received criticism from the conventional medical establishment, but are essential in supporting underlying causative factors behind ADHD and ADD, rather than a reliance on drug interventions such as Methylphenidates, (Ritalin, Focalin, Quillivant and Daytrona), Amphetamines (Dexedrine, Adderall, Vyvanse), Norepinephrine reuptake inhibitors (Strattera), and Alpha-2-Agonists (Intuniv (Guanfacine) and Clonidine (Kapvay)). Drugs come with toxicity and possible side effects including headache, stomach ache, risk of tics, psychotic symptoms, sudden death, skin irritation, high blood pressure, stroke, and nausea to name a few. While drugs may be supportive for some individuals with ADHD and ADD, they do not address the causative issues underlying the symptoms. The list of possible causative factors is extensive and it is important to find a qualified professional to assist you with your child. It is important to address your child as a unique individual with different requirements and needs than other children who may be diagnosed with ADHD and ADD.



It is important to initiate consistent and complete dietary, lifestyle and toxic avoidance changes listed below for a period of 3 months before ruling these out as causative factors. You should:

1. **Remove all allergenic foods** including foods containing gluten, casein, soy and corn.
2. **Remove** all foods containing **additives, preservatives, coloring and flavoring**.
3. **Remove all sugars** and **artificial sweeteners** including ALL fizzy soda drinks.



4. **Remove** junk foods, including those which are refined, processed and packaged, including refined carbohydrates. **Basically, any food with a label on it!** Substitute candy with low sugar fruits such as blackberries, raspberries, strawberries, papaya and blueberries.



5. **Add** small frequent meals of wholesome, **natural organic foods** every few hours to stabilize blood sugar levels. Provide a “Paleo Diet” where grains and dairy are avoided similarly to how our ancestors used to eat before refining and processing was introduced to society.



6. **Remove** all household and personal products such as shampoos, toothpastes, deodorants containing toxins such as polyfluoroalkyl chemicals (PFC's are fluorine containing chemicals used to make product non stick, non stain), phthalates (a class of chemical plasticizers used in consumer products to soften plastics such as toys, plastic food wrapping and plastic drink bottles plus deodorants, lotions, creams). Replace with natural alternatives. See The Environmental Working Group website (<http://www.ewg.org>) for environmental ratings on household and personal products.

**These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.*

For best results, if you are viewing this pdf on an iOS device, please open in:





Practitioner Select
PURE - PROVEN - EXCEPTIONAL



Practitioner Select offers a number of ADHD and ADD nutritional packages to support your ADHD or ADD child:

Package 1. “Vital ADHD and ADD” support package



Klaire VitaSpectrum

Klaire Labs Vitaspectrum as a multivitamin and mineral including the required nutrients vitamin A, magnesium and zinc.

[Buy now](#)



Neurobiologix Advanced Neurotransmitter

Neurobiologix Advanced Neurotransmitter support including choline, inositol, huperzine A, vitamins B3, B6 and B12.

[Buy now](#)



Barlean's Omega Swirl Fish Oil Supplement Lemon Zest flavor

Barleans Omega swirl (lemon flavour) as Essential omega 3 fatty acids.

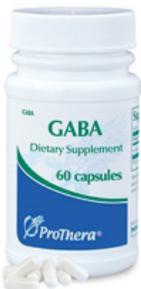
[Buy now](#)



PRL Vit C Premier

Premier Research Labs Premier Vit C. A natural bio available source of vitamin C.

[Buy now](#)



ProThera GABA

Prothera GABA (Gamma-Amino butyric acid) a calming neurotransmitter.

[Buy now](#)



ProThera NeuroThera

ProThera NeuroThera a multinutrient formulation including choline as DMAE, ginko biloba and phosphatidylserine aimed at supporting mental alertness, memory and absentmindedness.

[Buy now](#)



ProThera L Carnitine

ProThera L-Carnitine. Carnitine protects and enhances DHA (omega 3) delivery, it may reduce aggression, support memory, clears toxins, and enhances dopamine levels.

[Buy now](#)

Additional products that may be added to the basic package are provided below based upon symptoms and behaviors present in your child may be found below.

**These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.*

For best results, if you are viewing this pdf on an iOS device, please open in:





Practitioner Select

PURE - PROVEN - EXCEPTIONAL

Practitioner Select offers a number of ADHD and ADD nutritional packages to support your ADHD or ADD child:

If hyperactivity co exists add:



Neurobiologix Calming Cream

NeuroBiologix Calming cream including GABA, L-Theanine, L-Tyrosine, 5-HTP and magnesium in a topical liquid.

[Buy now](#)

If heavy metals and environmental toxins are elevated add:



BioRay NDF Plus®

NDF Plus® (Gentle Heavy Metal & Chemical Detoxifier) safely removes toxic heavy metals, chemicals, pesticides, organochlorides and BPA.

[Buy now](#)



PRL Gama Detox-FX

Extraordinary Detoxification. A rare form of zeolite (laumontite) mixed with a uniquely absorptive and adsorptive calcium-based bentonite.

[Buy now](#)



If digestive disorders co exist add:



Custom Probiotics D lactate free

Probiotics Custom Probiotics D-Lactate free as a high strength probiotic.

[Buy now](#)



BioBotanicals Biocidin

BioBotanicals Biocidin Liquid Advanced as a liquid anti-microbial.

[Buy now](#)



PRL Paratosis

Premier Research Labs Paratosis as an anti-microbial.

[Buy now](#)



Houston Enzymes Trienza

Houston Enzymes Trienza as a broad spectrum enzyme formulation supporting digestion.

[Buy now](#)

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

For best results, if you are viewing this pdf on an iOS device, please open in:





Practitioner Select

PURE - PROVEN - EXCEPTIONAL

Practitioner Select offers a number of ADHD and ADD nutritional packages to support your ADHD or ADD child:

If depression or low mood co exist add:



ProThera SAME

ProThera SAME a natural sulphur amino acid supporting low mood.

[Buy now](#)

If anxiety and fears co exist add:



PRL Max B-ND

Max B-ND™ is a nutritional industry first - with never before available probiotic-cultured B vitamins.

[Buy now](#)



PRL D3 Serum

PRL's one-of-a-kind, live-source vitamin D3 delivers premier cardiovascular and immune system support. Vitamin D3 also aids in calcium absorption for healthy bones and teeth.

[Buy now](#)

If poor sleep patterns co exist add:



Premier Research Labs Melatonin-ND

Biocidin® is a potent Broad-Spectrum Botanical Combination which addresses the G.I tract and supports a healthy and balanced intestinal ...

[Buy now](#)

Other beneficial natural interventions include:

- **Ginkgo Biloba** (a herb derived from the Ginkgo tree used to improve memory and sharpen focus and thinking. It is also said to increase blood flow throughout the brain). To be used for short periods only under the guidance of a qualified herbalist.
- **St John's Wort** (a herb derived from the St John's Wort plant commonly used for depression).
- **Bacopa extract** (a herb to support cognition, memory and reduce anxiety).
- **Huperzine A** (a substance derived from Chinese club moss to support schizophrenia, aids in relaxing muscles).



**These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.*

For best results, if you are viewing this pdf on an iOS device, please open in:

