

What is ADD/ADHD

ADD/ADHD is not a disease or a disorder. It is a brain that is in stress. Children and adults who suffer from this are often malnourished, their brain chemistry is impaired by lack of nutrients and things that are in the brain that should not be there. Our nutrition less foods, our process foods full of artificial colors, preservative, food additive, food emulsifiers, plus food that is not digested well cause this problem. Undigested protein molecules disrupt the whole body from the intestinal tract all the way to the brain. Also our environmental toxins affect our brain. How many things will it take to disrupt our brain?

Undigested proteins could be a problem with all of us not focusing well. You see single amino acids are precursors to neurotransmitters. Tyrosine, a single amino acid is a precursor to dopamine. Dopamine is responsible for focus. Ritalin increases your dopamine levels. The neurotransmitters in the brain are responsible for focus, thinking, reasoning. When food is not totally digested you will have undigested protein entering the blood stream. These undigested protein get into the blood stream causing many problems but when the brain receives them they take the place of the single amino acids. Now the neurotransmitters can not functioning correctly and there will an inappropriate reaction. Also toxins from food, air, water, could sit in those same receptor spots blocking the message from being sent, again causing unwanted reactions. Can a child help this reaction? No, not until you feed that brain and clear the toxins out. Fluoride in tooth paste will short circuit the brain as well as aspartame, MSG, colorings, preservatives, etc. You will get a reaction from your kids, a reaction that is not acceptable, when these things enter the brain and block the nutrients that are needed for the brain to function correctly.

Our American diet is the perfect diet to cause disruptions in the brain. Foods full of sugar and processed grains, foods full of additives, colorings, flavor enhancers, preservatives. Foods out of their natural balance. We now have a third generation that has been raised on processed foods. With each generation the symptoms will get worse. Perhaps a child with ADD has a mom with mood swings. We need to stop this process and help this generation feed the body as well as the brain so they can be the child God intended them to be.

You must know that what ever you put in your mouth is going to become part of you. Take a good look at what you are eating as well as what your child is eating. 30% of all the blood that your heart pumps will go directly to the brain. Your brain needs a constant supply of nutrients to function right since it has no reserves. The blood sugar levels need to remain steady for a child to focus and learn. What kind of breakfast are they eating, will it feed the brain until lunch? What kind of snack do they eat between meals when they are hungry? Take a look at these things, are they feeding their brains?

Hypoglycemic slides disrupts the brain patterns. Sugar, processed grains, fast foods are perfect foods to cause high and low blood sugar. These things need to be avoided. There is a very simple thing you can do in the morning for your children that will make your job

so easy. Mix some whole food concentrates into a juice or mix up a smoothie with fruit. This is a quick breakfast, the whole family can enjoy this treat. You can make it taste real good and you can change the taste with the different juices and fruits. This drink once or twice a day will balance the blood sugar and provide nutrients for the brain to cleanse, heal, and build. You can start today making a change in your brain as well as your child's and it is quite easy with these supplements.

We let our children sit in front of television and video games with constant changing and stimulating images. Children watch 15,000 to 18,000 hours of television between the ages of 2 and 17 as compared to 12,000 hours of school. This over stimulates the brain. Children need quiet time to think to slow down. Everything is tightly scheduled today for children, never enough time for sleep, free play, relaxation without noise. If this is happening in your family you need to make some changes. Play classical music in the car and at other times and especially at night when your child goes to bed, and slow down the pause.

ADD/ADHD is a central nervous system imbalance and we can balance this system as soon as we remove the offenders and intensely feed this system. When balance is restored all the symptoms disappear. When an imbalance accrues again, you will see the symptoms return.

Pesticides, herbicides and other chemicals cause imbalances to accrue. Pesticides damage can destroy nerve tissue, can stop nerve impulses. There has been a 33% increase of their use since 1945. They are in our food, air, water, in our yard, our homes and our office. One billion pounds are used annually in the United States. Pesticides may affect humans the same way they affect insects, they disrupt enzymes. Disrupting enzymes can have a far reaching effect on the brain as well as the whole body. Every second of our lives, over 3,000 different enzymes are constantly renewing and changing. Each enzyme promotes specific chemical reactions. An enzyme shortage in the brain will lead to a brain out of balance. Pesticides and other toxins also can cause an auto immune reaction. Humans put 2 to 3 pounds of food into their bodies every day and take in six to seven different pesticide residues from the more than 20,000 foods manufactured annually. Food is our greatest contact with the environment. Taking Multiple Digestive Enzymes with every meal will help bind the pesticides and other chemicals in the food and flush them out of the body. Everyone should be taking enzymes with their meals. This in itself will make a big difference in the health of the body as well as the brain.

Our American diet is the perfect diet to cause disruptions in the brain. Foods full of sugar and processed grains, foods full of additives, colorings, flavor enhancers, preservatives. Food out of their natural balance. Everything that enters the mouth will be received by the brain.

The brain needs a constant supply of nutrients. Our brain controls everything, our attitude, behavior, reasoning. Our brain is our most precious physical possession, it is the seat of our entire being, our intelligence, our personality, our humanity, our mind, and our soul. They say to build a computer that does the work of the human brain, the

structure would have to be as long as Manhattan Island and as high as the empire State Building. The complexity of the brain is beyond the scope of any book. The brain has more than 12 billion cells, which function as batteries, resistors, transformers and switches, and it weighs a little more than 3 pounds and it all fits in our skull. We are wonderfully made.

In the book “Miracle Brain” written by Jean Carper we learn that the brain can rebuild, repair and grow. Before the CT and PET scans they could only study the brain after death and we were told the brain could not heal, repair or grow. But it is not true, they now know the brain can repair just like any other part of your body. It all depends upon usage and nutrition. The neurotransmitters in the brain are chemical language sent between cells in the brain. Neurotransmitters have the responsibility for behavior and learning. A deficiency of neurotransmitters could have a dramatic effect on children or adults ability to learn and function. Most children who are hyperactive and ADD are born with a shortage of neurotransmitters, which tend to run in families. Am I making it sound like there is no hope. If so, this is not true. The brain can grow and repair itself. On each neuron there are projections called dendrites. There could be 10 or there could be thousands of dendrites on each neuron. They are like figures sticking out of the end of the neuron. The more dendrites you have in your brain the more messages or neurotransmitters get sent back and forth from your messenger channels, the neurons. Your brain can produce these dendrites at any age, anytime in your life. These new dendrites increase the brains ability to think, create, focus, and learn. Even with yourself if you fed your brain and used it, read, learned something new, you will also be growing new dendrites. When I read this book and saw this research I became very excited not only for myself but for those children that have been given a label, such as ADD/ADHD.

Sometimes we as parents and teachers just think that a child with ADD/ADHD needs to just try harder. But this just isn't so. You will just cause frustration. Trying is not the same as being able to do. Doing is actually temporarily impossible. Sometimes the confusing in the brain is so bad that the person with ADD/ADHD doesn't even know what you mean. These children really do want to please you and their teachers but they really don't know how to do it. The brain cannot function in a manner that permits the person to understand and absorb what's going on. Threats, punishment, rewards are useless because a malfunctioning brain can't remember the consequences of bad behavior nor the rewards of good behavior. You can not say sit still and be quiet, you must sit them still and show them how to be quiet. Until you get rid of the offenders that are short circuiting the brain and feed the brain and rebuild the brain you will always have a brain that cannot function in a manner that permits the person to understand and absorb what's going on.

Parents today are taking the hard road perhaps not only for your children but also yourself. Often both parents are working, not enough time to prepare meals. You are busy with all the activities of a growing family. You too need the stimulants to keep you going, caffeine, sugars, process grains. Perhaps you feel stressed, maybe even depressed, all symptoms of an endocrine system and central nervous system out of balance. You and your whole family need to start feeding your physical body as well as your brain.

Research shows today that nutrients, including glucose and fat, can have an almost immediate impact on brain cells and brain function. So today's meal will effect the brain within minutes where as in the other organs the effect is not so immediate.

Take the easy road. Put in your mouth the real food that God intended you to eat. Reinforce your diet with whole food supplements since our life is different then it was in the early 1900. Our soils are depleted and we are not picking and eating our food fresh. Be sure to drink plenty of water. Sleep is very important, the brain needs sleep more then the body. Rest before midnight is the best sleep. Be very careful about keeping your children up too late. It is so much better for them to be early risers. Life can really be very good when we take care of our basic needs.

Parents at first your children may oppose making these changes but once they experience a positive results, there is more ability, as well as willingness to cooperate. You will be opening a door for them, you will be giving your child an experience of clarity of thought, now your child will be willing to do it, just be consistent. Sometimes you as a parent will have to make the changes first and do the nutritional smoothie, this will help you feel better and give you the time to do what needs to be done.

If you have a child or grandchild who is ADD/ADHD perhaps you haven't even see the real child as yet. These children are very intelligent, very creative thinkers. Did you know Albertt Einstein, Thomas Edison, Winston Churchill are all classic individuals that no doubt would have been labeled ADD kids. Thomas Edison was said to be uneducable, he attended less than 6 months of formal schooling but by doing things his own way he became a great inventor. Aren't you glad there was no Ritalin then? In many instances the person with ADD/ADHD is unable to use his or her unique gifts or talents because the symptoms of ADD or ADHD get in the way. Let your child be who God intended him to be. Help him feed the brain and get the offenders out of your house that might be causing reactions. Get rid of as many chemicals as possible. Do not spray fresheners in the air, and do not use softeners in the dryer. In one study it was determined that school children performed poorly on tests taken early in the morning following applications of floor cleaners and or insecticides. These were not the ADD kids so you can imagine how they would have responded to this exposure.

Get natural soaps and toothpaste from a health food store. Fluoride disrupts neurotransmitters in the brain. Dr. Phyllis Mullenix in 1995 found that fluoride concentrates in the brain and animals that were exposed to fluoride before birth exhibited behavior characterized as hyperactive. Your child brushes his teeth right before bedtime and the fluoride absorbs into the membrane of his mouth and it enters the neurons in the brain. Now your child goes to bed and closes his eyes. It is dark and the hormone melatonin increase when it gets dark, decreases when it gets light. This hormone is responsible for putting you into a deep sleep, so it is very important for the rest of the brain. Fluoride can disrupt the production of this hormone, melatonin. If you wake up in the morning always tired you may not be getting into a deep sleep. Changing your toothpaste may help, but there could be other reason for this also. If you have this problem give me a call at my store and I will be glad to help you. 1-800-388-3436. If

enough fluoride hits the brain you and your child will have a hard time going into that wonderful deep sleep. The need to sleep is not so much to rest our body, as it is to rest our brain. The body rarely needs more than an hour of rest, but parts of the brain require seven or eight hours of sleep. Sleep before midnight is a more restful sleep, children need to be in bed early and this is your responsibility as a parent to see that this gets done.

It will take a great deal of effort at first to make these changes but the results will be so incredible and rewarding that the effort will seem like nothing. You see we have gotten use to living a certain way and to change seems so hard but not when you have a goal.

Dr. Feingold in his book “The Hyperactive Child” tells us that food additives disrupts the brain and causes a reaction. There are over 6000 known food additives in our processed foods. If these food additives enter the brain and sit in the receptor sites where amino acids, B vitamins, magnesium, enzymes, belong then there will be a disruption in the response you will get from your child. You will need to decrease these foods and many you will have to discontinue. I am not asking you to do anything that I have not already done or been through. You see my 5th child began to display ADHD symptoms soon after one of her booster shots at the age of 3. She became very hostile, non compliant, couldn't sleep, wetting bed, hallucinating nightmares, very aggressive, hitting me as well as her siblings. This was not her. Her real self had disappeared. This was 29 years ago and I am grateful that ADHD was not a label as yet. I wanted the best for my child just as you as parents do. I knew if she continued to act like this she would not get the best. Would her teachers like her, what about her peers, what would she think of herself. I knew if I didn't find some answers for Ashley's problem she would not be the best that she could be. Dr. Feingold's book “The Hyperactive Child” and Dr. Price's book “Nutrition and Physical Degeneration” gave me direction. With all these changes I am encouraging you to do I did and I had incredible results. I had a sweet little girl back. She is now a beautiful young lady with three children of her own. Parents it is worth all the effort, all the time, all the persuasion, persistence, whatever it takes to help your child be the person that is within, the person that God intended him to be.

Our brain is fat and water and the fat that is in the brain is lacking in the American Diet. There are two fats that are a must for us to eat since our body cannot make them. These two fats need to be in balance, they are the Omega 3 and Omega 6 fatty acids. Our American diet is very high in the Omega 6 fat but very low in the Omega 3 fats and this creates an extreme imbalance. Our brain needs these Omega 3 fats that are missing in our diet. One of the richest sources of Omega 3 fat is found in the flax seeds. This is one of the products I recommend mixing in the drink.

These things will help you to move toward success:
Bowels must move daily, for help add Bowel Toner
A drink or Smoothie with Nutritional Essentials - 2-3 tablespoons, Mega Omega - 1-2 tablespoons, BarleyLife - 1-2 teaspoons or 3-5 capsules.

Eliminating dairy and meat from your diet would be wise. There are so many toxic residues in these products. If you can get organic sources, you can use them in

moderation. The protein in these products are very hard to digest so be sure to take more enzymes with these meals.

Eliminate processed foods, food additives, preservatives, processed meats, bacon, hot dogs - you can get organic, be sure they are frozen. Wheat, soy, and corn could be a problem with your child, watch for this. If you add the enzymes with meals this will digest these things and may eliminate the problems your child may have with these foods.

Change his drinking to all water. We have rivers in our body, the circulatory system the lymphatic system and the spinal cord system. They will not run clear on sodas, cool aid, fruit juice, Gatorade, these rivers need water. Without water they get very dirty, sluggish and do not flow well. The brain is fat and water. Do you want a plum or a prune for a brain? It's all up to you.

Children with ADD/ADHD have a wiring problem. We can correct this with diet. Diet is a must but we are dealing with the third generation of kids raised on processed foods. Supplementation is crucial to get the results you want.

Add a drink to your child's morning breakfast that includes Nutritional Essential, Mega Omega, and Barleylife, a must. Add the workers also, enzymes and probiotics.

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