

ADD & ADHD

The Problem the Cure



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NUTRITION AND SUPPLEMENTATION

In my opinion there is a hierarchy of getting your body's needs met.

1. Nutrition/Supplementation
2. Energetic Balancing
3. Detoxifying the Environment
4. Pharmaceuticals (if necessary)

1. Nutrition

Most emotional, mental and physical issues can be greatly assisted and sometimes completely resolved with proper nutrition.

Ideally this is done with food. In today's world there are more and more toxins finding their way into our foods...some of it purposely.

It may be hard to swallow, but I would say 90% of illness is a result of what we have put in or taken out of our food.

Food

Your Enteric Nervous System produces 95% of the serotonin (bliss hormone) in your body.

- **Carbohydrates:** Help release Serotonin. It is best to eat Complex Carbohydrates and/or High Fiber Complex Carbs. These will calm the mind and body but not cause the typical CRASH (insulin response) of trash carbs like chip.
 - Complex: most of your whole grains. NOTHING WHITE!!!
 - High Fiber: Apples, Blue Berries, Figs, etc
- **L-tryptophan:** L-tryptophan is converted into serotonin.
 - **L- tryptophan foods:** Eggs, meat (chicken & turkey is the highest) and milk. Organic and/or grass-fed animal protein is very important due to the additives in regular “commercial grade” products that cause brain inflammation and excitation.
- **Omega 3 Fatty Acids:** You can buy a Omega 3 supplement. However, food is the best way to get it. Sardines are the best source, because they are small and do not typically have a lot of mercury in them

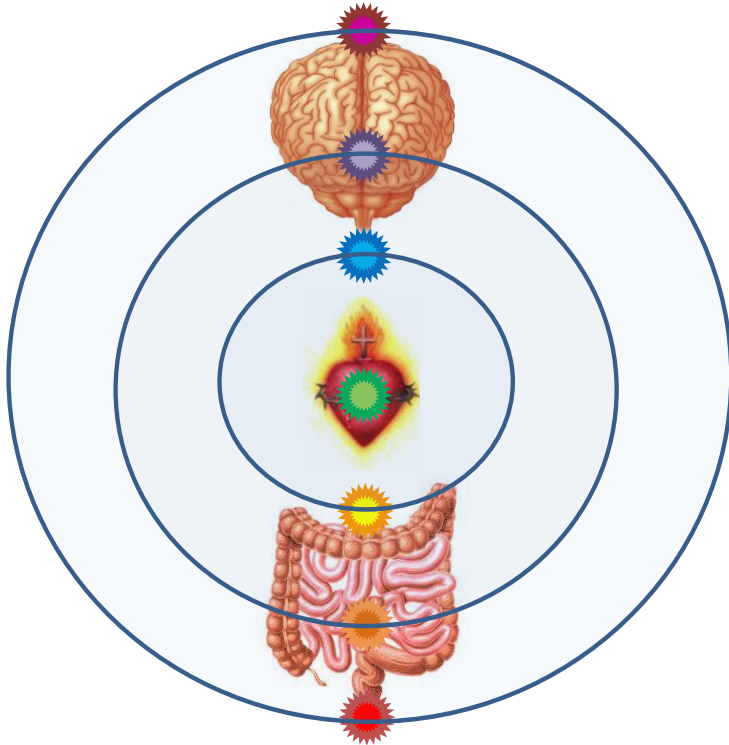
Enteric Nervous System

In ADD and ADHD children and adults, not only are there sensitivities in their brain but also in their Enteric Nervous System (2nd Brain). The second brain is a direct reflection to “the brain.” You even produce most of your serotonin in your gut.

ADD and ADHD people are usually very *sensitive to gluten. Gluten is the protein found in wheat. For sensitive people, it causes swelling in the intestines, and where you have swelling you have irritation. This irritation is then reflected in their behavior. If you or they are blood type A this sensitivity and irritation is doubled.

Ideally you would avoid these foods, but that is hard because we all love bread/carbs...especially kids. However, you can get gluten free products. There are many on the market now.

*Celiac Disease



The Golden Rule of Food

The further a food gets
from the way God
(nature) made and
intended the worse it is
for you!

The Mind

- Underactive Mind: High protein and low carbohydrates. Like the Atkins Diet. This normalizes blood sugar thereby eliminating extreme mental and emotional ups and downs. Proteins are best consumed in the morning for breakfast because it “turns” the brain on.
- Overactive Mind: A balance of carbohydrates and protein eaten throughout the day - separately. Carbohydrates are best consumed at nighttime for dinner because it slows the nervous system in time for bed.

Ideal Diet

- Ideally Protein is consumed in the morning when we need energy and carbs, like a baked potato, in the evening when we need to slow down before bed.
- The worst thing for an ADD or ADHD child is a carb breakfast like cereal. The insulin rush at the beginning of the day sets them up to lethargic and cranky!!!
- If you would start this diet with your ADD/ADHD child they would dramatically experience a dramatic change.

Supplementation

Since we do not live in an ideal world and our food is lacking important nutrition; we sometimes need to supplement our diets.

- **Emerald Green:** This is an alkalinizing drink: [One craves healthier foods when the body is more alkaline.](#) **Sunshine Natural Foods is passing a alkalinizing drink called Emerald Greens out**
- **B2:** Riboflavin helps cut sugar cravings.
- **B5:** Pantothenic Acid is great for the adrenals. For all the parents out there, it also helps prevent premature graying of the hair. In some cases B5 can clear up feelings of being overwhelmed (adrenals) and thoughts of suicide (extreme mental exhaustion).
- **Inositol:** A B vitamin that helps decrease moodiness, depression, anxiety and being “too on.” Inositol does seem to help lessen the effects of brain poisons like MSG (pure glutamate), and Aspartame (artificial sweeteners). Many times what is considered a “behavioral problem” is actually nothing more than a biochemical problem brought on by the imbalance of inhibitory and excitatory neurochemicals in the brain brought on by these additives in our food.
- **I-Glutamine:** This amino acid helps curb sugar cravings. [For adults, it greatly diminishes the desire for alcohol.](#)
- **Omega 3:** Feeds the brain. Fish oil is most digestible source of Omega-3 fatty acids. **JAPAN???**

MSG is the DEVIL!

MSG is the #1 reason we have such an epidemic of ADD and ADHD in children and adults!!!!!!!!!!

- It first came on the scene in the 70's as Accent, and ever since American's have been getting fatter and fatter!
- It is now hidden in most foods. It's no longer just in Chinese food. **If you eat out you are getting MSG!** It can be called spices and even natural flavors...to name just a few. In the back of your packet is a list of other MSG names.
- MSG is literally, NOT HYPOTHETICALLY, a small dose of METH. It has the same affect on the brain as METH!!! That is why meth is on the rise. Someone with ADD or ADHD are more likely to get ADDicted to Meth.

There are lots of "Health Foods" out there that have MSG and other questionable ingredients in them. I had to turn down 6 people for this EXPO because their products were questionable.

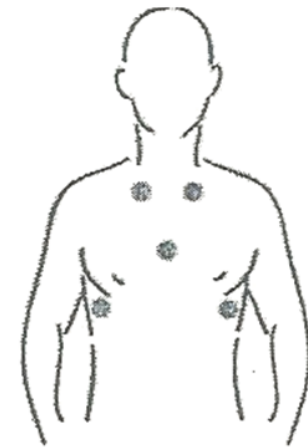
2. Energetic Balancing

- Use EFT (M.e.A.N.) on food cravings and moodiness.
- Address Switching

Three Thumps:

Increases energy and helps strengthen immune system

- With your fingers or knuckles, thump or massage the points shown in the picture.
- Take 3 or 4 deep breaths at each point.
 - K-27 (kidney meridian point)
 - Thymus point
 - Spleen neurolymphatic reflex points



3. Detoxifying the Environment

This is a huge subject in itself and will be addressed in full in subsequent lectures. For now, consider the following items as potent neurotoxins surrounding your family on a day-to-day basis. Air-fresheners, carpet deodorizers, scented candles, perfumes, bug sprays and clothing that has been to the cleaners (Naphtha). This list represents but a tiny fraction of the products in your house that are causing HUGE changes in on your family's neurochemistry and immune systems. Stay tuned for future lectures concerning this often overlooked but very important part of the puzzle.

4. Pharmaceuticals

There are times when prescription medication is the proper course of action. This circumstance can occur when there has been an actual injury to the brain. Many times people are unaware that they have had such an injury because we assume that if we recovered from a blow to the head that everything must be okay. Sometimes this is the case and sometimes it is not. For further research in this area I suggest the book “Change your Brain, Change your Life” by Daniel G. Amen.

INPUT = OUTPUT

- Limit TV and video games. [Have you noticed how movies these days are more loud and flashy???](#)
- Video games cause the release of high levels of adrenaline. Adrenaline is a [hormone](#) and [neurotransmitter](#). It increases heart rate, contracts blood vessels, dilates air passages and participates in the [fight-or-flight response](#) of the [sympathetic nervous system](#). **This increases irritability in children and adults alike!**
- [Jon's Stuff\Healing Arts Community Center\Classes\YBYF\Black Hole Heart\Black Hole Heart Videos\Brain on TV.mpg](#)

“DANGER DANGER, Will Robinson!”

Avoid these items at all cost!

- **-DIET FOODS:** Anything and everything diet, sugar-free or low calorie should be avoided like the plague! Not only are they damaging to your health (aspartame/splenda), they make you fatter!!
- **-HIGH FRUCTOSE CORN SYRUP:** This is being linked to obesity, high blood pressure, cancer and diabetes.
- **-ARTIFICIAL SWEETNERS:** This includes white sugar! (see Diet Foods above)
- **-VACCINES:** This is a huge subject. Do some research and decide for yourself. Here are two good websites:
www.vaclib.org
www.drtenpenny.com
- **-FLUORIDE:** Another big subject. Not only has Fluoride never been proven beneficial in any way, it HAS been proven to suppress Thyroid function and lower Testosterone. Check out this website: www.fluoridealert.org

TURNING KNOWLEDGE INTO WISDOM

It isn't good enough to just listen to my words and knowledge (my understanding). Knowledge begs to be turned into wisdom. Action turns knowledge into wisdom. Now that you know, you need to act. Think of it this way; every dollar you spend is a vote and an investment in yourself, your family and the world you live in. Are you voting for health and happiness or something else???