

# General Guidelines

## Hyperactivity, ADD, and ADHD

True ADD, ADHD, or Hyperactivity as central nervous system disorders are relatively uncommon, and is predominately found in boys. Many children who are highly active and learn in ways that are more visual and kinesthetic are misdiagnosed with these conditions. Furthermore, many children who display symptoms associated with these conditions are also allergic to certain foods or airborne contaminants. For this reason, it is important to supply Dr. Green with a detailed history of your child's health history, diet habits and idiosyncrasies.

**GUIDELINES** *These guidelines are not complete and your child's needs are specific, so consult with Dr. Green for specifics that may apply to your child.*

**Note:** if your child is at present on conventional medications, do not remove he/ she from it without consulting with your medical physician. Try to use the medication only as necessary for school etc. Any changes in medication should be gradual and carefully observed.

**Eliminate preservatives and sugar from your child's diet. Keep a food diary showing the foods that precede particularly strong episodes of hyperactivity and characteristics. Note the Feingold diet is a useful guideline (See Dr. Benjamins Feingold's books).**

**Provide a diet low in salicylates. Limit almonds, apples, apricots, bananas, blueberries, cherries, grapes, grapefruits, lemons, melons, nectarines, oranges, peaches, plums, prunes, raisins, raspberries, cucumbers, peas, green peppers, hot peppers, pickles and tomatoes. Rotation of these items will decrease adverse response.**

**Use organic foods, if at all possible. Eliminate foods with artificial preservatives, dyes and flavors such as benzoates, BHT and BHA, MSG, nitrates, nitrites, sulfates and sulfites, thickeners emulsifiers, stabilizers, caffeine and chocolate. Also removal of artificial scents from the environment may also help (non-scented detergents, washing compounds, "fresheners", cleaners etc.)**

**Provide a liquid or gel cap Calcium/ Magnesium supplement for your child. Add Lecithin granules to your child's diet when directed, along with a hypoallergenic B-complex formula. Vitamin C is very important to balance the system.**

**Homeopathic preparations can be useful, without interactions with other medications or side effects associated with conventional medication. Consult Dr. Green.**

**Certain herbal preparations can be useful to ameliorate the symptoms of the condition and provide improved sleep patterns. Consult Dr. Green.**

**Develop a structured stable home environment for your child to lessen triggers to excessive stimuli: television is generally a trigger, particularly many children's programs. Provide simple short term projects that engage, but provide a sense of accomplishment for your child. Simple firm discipline with clear boundaries are a necessity for children with this condition. Engaging your child's verbal skills with extensive explanation or negotiation will result in frustration for both parent and child. Behavior modification via mind/body techniques has also proved useful to children with ADD, ADHD.**

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□ **Parents should learn stress reduction and relaxation techniques for themselves to help in coping with the stress of a hyperactive child, as well as provide an example for your child that there is an alternative approach to stress. Additional B complex and other nutritional considerations including herbs can be useful for parents as well.**

□ **Counseling for these children is often needed if their behavior impacts on their social relationships. It is important that the counselor have specific training and experience in treating ADD, ADHD or hyperactive children.**

□ **Keep a journal to record food choices and habits, as well as possible reactions. Record behavior with times and intuitive or observed connections. Use a journal to put your observations, insights and directions so you don't have to keep it all in your head. A parent of an ADD or ADHD child has enough to do, without having to remember a myriad of detail.**

□ **The nervous system of ADHD and ADD children can be impacted by cranial and spinal faults that irritate the central nervous system; therefore, chiropractic and craniopathic adjustment can be useful for this condition by decreasing or removing irritation and impediment to neural integration.**

□ **Exercise is very important for these children. Structured play that requires activity to use excess energy will be useful to both child and parent. Exercise also improves physiological balance.**