

Helping You Achieve Health . . . Naturally!

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Can changing your child's diet help their ADHD?

By Jess Sherman RHN,
 Nutritionist

So, your child's teacher has raised concerns at school, you've been sent for an assessment and given a diagnosis. Attention Deficit Disorder, (with or without a hyperactivity component). You're told your child simply can not behave as expected because their brain can't function properly and the doctor prescribes a medication that promises to help. You are understandably concerned about putting your child on mood altering medication, but you are also tired of troubling reports and you want to help facilitate your child's success.

A tough position for you.

Medication can sometimes be an answer, but if you are searching for alternatives that can help your ADHD child truly thrive, then please read on.

I do not view ADHD as a disease. It is a collection of symptoms, beneath which we can often find biochemical imbalances that can be addressed through improved nutrition. Here are a few of the dietary influences that have been shown to contribute to ADHD-like symptoms.

1. Food allergy. Many inflammatory chemicals are released when a body reacts to food (either as an allergy or a sensitivity). These chemicals can lead to neurological symptoms like those seen in ADHD. (1) This is sometimes called a cerebral allergy. Undiagnosed celiac disease, an immune response to gluten, has also been associated with ADHD symptoms. (2)



2. Candida Yeast and gut dysbiosis.

New research shows that the microbiota of our bodies affects how our brains function. (3) We also know that diet can alter our bacterial profile leading to changes in behaviour. (4) When Candida yeast develop into an infection, a common result of dysbiosis called Candidiasis, it releases up to 80 chemicals, some of which cause symptoms similar to ADHD. We also know that our gut bacteria play a role in the synthesis and regulation of dopamine, low levels of which are associated with ADHD.

3. Glutamate. This is an amino acid which acts like an excitatory neurotransmitter in the brain. Some children seem to have a lowered ability to flush glutamate from the synaptic cleft of the brain, which keeps them in an excited state. Glutamate is found in many processed foods and additives including flavours, yeast extract, gelatin, hydrolyzed

proteins, maltodextrin, and isolates. Gluten and casein are also high in glutamate.

4. Hypoglycemia. When a child's blood sugar is low, the body releases excitatory hormones, like adrenalin, to bring it back up. These circulating hormones can cause symptoms similar to ADHD and can then lead to adrenal and thyroid dysfunction, further compounding the behavioural

problems. Children with ADHD often have impaired glucose metabolism leaving them more prone to hypoglycemia.

5. Metals and industrial chemicals. (5)

These have been shown to block many processes in the body leading to increased toxic load, altered metabolism, gut dysbiosis, and nutrient deficiencies. Adding certain foods and supplements that help a child with ADHD detoxify can be helpful.

6. Certain nutrient deficiencies. (6)

Deficiency can be caused by inadequate intake or poor absorption. Zinc, iron, B6, essential fatty acids, nicotinamide, and vitamin C are some of the nutrients that have been studied in relation to ADHD. Copper toxicity due to low zinc levels can also be an issue.

Every parent wants the best for their children. We want to see them thrive and grow to their fullest potential. I encourage you to see your child's symptoms as a window into their physiology, rather than as a disease. Symptoms are indicators that something is off balance and there are steps you can take to help your child rebalance. It can take 6-12 months to see a major change in your child's behaviour using diet and lifestyle interventions, but you will be offering long-term support - health from the inside out. Please come talk with me if you'd like to develop a plan.

References:

1. Pelsser LMJ, Buitelaar JK, Savelkoul HFJ. ADHD as a (non) allergic hypersensitivity disorder: A hypothesis. *Pediatr Allergy Immunol* 2009; 20: 107-112.

2. Niederhofer H, Pittschieler K. A preliminary investigation of ADHD symptoms in persons with celiac disease. *J Atten Disord*. 2006 Nov;10(2):200-4.

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This system provides a multifaceted approach that can be individualized to your personal various therapeutic needs.

\$ 15.00 off for new and return clients for one Yoga Therapy session.

Expires Dec. 22nd, 2016

Yoga Coaching

As a Yoga Coach my role is to guide individuals towards a purpose-led life.

Bringing changes to our habitual patterns requires difficult transitions that may need extra support. Using the 8 limb path as base for grounding and guidance for our intention to re-define our life path. Each is part of a holistic focus which eventually brings completeness to the individual as they find their connectivity to clear guidance.

Because we are all uniquely individual a person can emphasize one branch and then move on to another as they round out their understanding.

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Expires Dec, 22nd, 2016

For full details on description of yoga information please visit

www.ottawayogatherapies.com

3. Stephen M. Collins, Michael Surette, & Premysl Bercik, *The interplay between the intestinal microbiota and the brain* *Nature Reviews Microbiology* Nov. 2012: 735-742 doi:10.1038/nrmicro2876

4. Wang Li, et al. *Memory and learning behavior in mice is temporally associated with diet-induced alterations in gut bacteria.* *Physiology & Behavior* 96, (4-5), 23 March 2009: 557-567

5. Grandjean, Landrigan. *Neurobehavioural effects of developmental toxicity.* *The Lancet Neurology* March 2014 13, (3): p330-338

6. Pellow et al. *Complementary and Alternative Medical Therapies for Children with Attention-Deficit/ Hyperactivity Disorder (ADHD)* *Alt Med Rev* 2011; 16(4): 323-337.

Vitamin Infusions for Immune Health

*By: Dr. Sarah Vadeboncoeur ND
Naturopathic Doctor*

Got your first cold of the season? Boost your immune system with our signature Immune Booster IV vitamin cocktail. Providing a high dose of vitamin C and immune boosting zinc and selenium, it will help you feel better quickly. Come in at the first sign of a cold or flu to reduce the length and intensity of your illness. If you're always sick during the fall and winter months, come in for a preventative treatment to help you stay healthy this winter.

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What's New

New Service!

The OIHC is now offering bio-identical hormones and dessicated/natural thyroid treatments as a part of our services.

Bio-identical hormones (estrogen and progesterone) are extracted from a plant source (yams) whereas traditional hormone replacement therapies (HRT) are made with synthetic compounds. The advantage of using bio-identical hormones is that they are exactly the same as the hormones the body naturally makes therefore improving clinical results and minimizing risks and side-effects. Bio-identical hormones can be used to treat the symptoms of menopause (hot flashes, insomnia, anxiety etc), infertility, and hormonal imbalances.

Dessicated and compounded thyroid replacement therapies are a safe and effective alternative to traditional thyroid medications such as Synthroid and levothyroxine. They can be helpful for patients who continue to have symptoms of thyroid imbalance while taking medications or patients with milder thyroid imbalances that don't require medication. To learn more, please book an appointment with one of our NDs, or our Integrative Pharmacist.

New to OIHC!

We are excited to announce we will now have full time naturopathic care at our satelittle clinic at the Ottawa Birth and Wellness Centre. Dr. Jennifer Keller ND is now accepting patients and is thrilled to be joining the OIHC team. She has a general family practice with a special interest in pregnancy and pediatric health. Learn more about her, her hours and how to book an appointment on our website!

For more information or to make an appointment please call:

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