



DIET AND NUTRITION

Advice for parents of children with ADHD

Many ADD/ADHD children struggle to concentrate. They have learning disorders, their behaviour is atrocious and social skills often very poor. These children are always in trouble.

According to the medical world this is a psychiatric condition and therefore to be treated with medication. Millions of children are given their daily dose of medication in the hope that their behaviour will improve and they will be able to concentrate better.

In the past few years there have been changes in the approach to ADHD and people are beginning to realize the importance of the environment of these children. This includes the food they eat.

Improved nutrition depends upon eating more fresh, natural foods and avoiding unnecessary additives like synthetic colourants and flavourants. Doing so can raise the overall levels of functioning and so concentration may become a little easier, mood improves, they may become socially more adept. Even IQ may be increased. These are only some of the changes that may be noted

Ultimately the improvements depend upon the extent to which we are meeting each child's individual nutritional requirements.

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