

The background features abstract, flowing lines in shades of green, purple, and blue, interspersed with small yellow triangular shapes that resemble confetti or starbursts. The overall aesthetic is bright and modern.


BEYOND PSYCHIATRIC MEDICATIONS

**HOLISTIC TREATMENTS FOR
CHILDREN/YOUTH WITH MENTAL
HEALTH CHALLENGES**



GOALS

- 1) REVIEW THE NEED FOR GOOD ENOUGH NUTRITION FOR OPTIMUM MENTAL HEALTH**
- 2) REVIEW CONCEPT OF EPIGENETICS LEADING TO ERRORS OF METABOLISM**
- 3) ADDRESS ADHD AS A MODEL FOR THE ROLE OF MICRONUTRIENTS IN SUPPORTING BRAIN CHEMISTRY AND OPTIMUM MENTAL HEALTH**

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- SINCE PERFECT ADAPTATION MAY NOT BE POSSIBLE, EACH CELL/TISSUE MUST LEARN TO FUNCTION ADEQUATELY WITH LESS THAN OPTIMUM PROVISION OF NUTRIENTS.

The chief ways to assist:

- 1) Food
- 2) Micronutrients

ALL LIVING BEINGS FLOURISH WITH OPTIMUM MICRONUTRIENTS



The background features a stylized sun in the top left corner with yellow rays. Below the sun are three balloons in light green, light blue, and light purple, each with yellow rays emanating from them. The title 'STANDARD AMERICAN DIET' is written in a large, bold, teal font with a slight drop shadow.

STANDARD AMERICAN DIET

The SAD Diet creates the right conditions to limit physical and mental health.....

GREATER RISK for:

Diabetes

Obesity

Hypertension

Metabolic Syndrome

Cardiac problems

Stress syndrome

Depression, anxiety

Every tribe/culture that has assimilated the SAD diet has all the above challenges within one generation of it adapting to the processed foods that we consume daily....FOOD FOR THOUGHT



FAST FOOD BLUES

- Published in the *Public Health Nutrition* journal in 2011, one study indicated results that consumers of fast food, compared to those who eat little or none, are 51% more likely to develop depression.
- a dose-response relationship was observed: THE MORE FAST FOOD EATEN, THE GREATER THE RISK FOR DEPRESSION.



The Essence of FOOD

- When buying groceries-- How close to the source of the food is this purchase?
- How alive is the food or does it have a shelf life of 6 months?
- Who all touched this food?
- Who prepared the food? And with reverence?
- What are the feelings of the one who consumes the food? And was it blessed by them?

ALL the ABOVE impact the nutrition/food we eat



QUALITY OF FOOD

- **Food** today is vastly different in its composition and nutrient density than 100 years ago.

Michael Pollan has addressed this : *In Defense of Food* - true even with an organic food based diet at this point in time.

Modern/highly processed diet or SAD (simple American diet) COMPARED TO

Primitive/wholesome(close to the source- both in Composition and origin) diet

- Which DIET may best supply key nutrients in Body/brain!? **FOOD CLOSER TO THE SOURCE!**

Balinese temple





Mindfulness about food

- *"Eat food. Not too much. Mostly plants"*
- "The more we worry about nutrition, the less healthy we seem to become"



THOSE WHO THINK THEY HAVE NO
TIME

FOR HEALTHY EATING WILL SOONER
OR
LATER HAVE TIME FOR ILLNESS...

HIPPOCRATES



11/09/2011



EPIGENETICS

- Important field of research that look at 'alterations in gene expression that do not involve change in DNA sequencing'. There is a BLUEPRINT that determines what each cell in each tissue is to do.
- Due to the environment, gene expression is influenced and can alter our physical and mental well being.



Role of nutrients in epigenetics

- Key nutrients determine which gene is expressed or silenced in tissues
- Proper balance is needed for good health
- There are 2 types of disorders: in utero or errors later in life. Those that occur b4 the age of 3 may be permanent, after age of 3, may be reversible.



WHAT ARE THE IMPLICATIONS?

- Toxic exposures (for example: lead poisoning) lead to mental health problems and if not intervened soon enough, lead to permanent damage.
- Environmental stressors impact basic cycles such as methylation cycle, leading to mental health problems.



Testing is available

- Urine and blood testing are available via about 3 labs nationally with good reproducible results:
 - 1) Direct healthcare Access II
laboratory 1(847)222-9546
email: info@pyloriateesting.com
 - 2) Vitamin Diagnostics, Inc.
1(732)721-1234
 - 3) Doctor's Data, Inc. 1-800-323-2784



Appropriate Screening Questions

- Information of family history
 - 50% of ADD parents, have ADD children!
- Hearing / Vision screening
- Clinical observation of child in school and with parent
 - Connor's Symptom Inventory
 - Child Symptom Inventory
- Physical Exam
 - Blood and urine evaluation
 - Can include testing for organic amino acids
 - Consider screening for heavy metals (including lead)
 - Consider Allergies/Candida (especially with history of chronic antibiotics)
 - Consider thyroid or other endocrine and metabolic problems
 - Consider Hypoglycemia (low blood sugar)



Appropriate Screening Questions

- Evaluate school performance and consider psycho educational testing
 - *Request IEP or 504 plan for your child to R/O learning disabilities, language and speech problems, and physical disabilities (fine motor or gross motor problems)*
- Evaluate nutrition intake of child
- Need for supportive therapy

What causes ADHD?

- Genetics
 - Family, twin, and adoption studies found positive for a hereditary component; multiple genes involved
- Causes are multifactorial, systematic, and contextual. Thus integrated, multidisciplinary approach needed
- Environment
 - Sociocultural- loss of traditional family and tribal culture
 - Chronic maternal stress
 - Negative impact on fetus
 - » Fetus has less organized response to light, noise, vibration
 - Chemical Environmental Toxins
 - First time in human history that synthetic compounds given to humans (food additives and medicines)
 - Environmental toxins
 - Heavy metals,
 - dioxins/PCP's ,
 - pesticides,
 - solvents,
 - nicotine exposure (in utero)



Pharmaco Therapy

- Stimulants

- Methylphenidate (Ritalin)
- Amphetamines (Dexedrine)
- Pemoline (Cylert)

- Non-stimulants

- Atomoxetine (Strattera)
- Bupropion
- Tricyclic Antidepressants
- Clondine or Tenex
- Mood Stabilizers

A decorative graphic on the left side of the slide featuring a large green balloon at the top, a blue balloon in the middle, and a purple balloon at the bottom, all with yellow streamers and confetti.

Nutrition and Dietary Supplements

- Feingold (1975) researched food and additives allergens, naturally occurring salicylates and impact on behavior.
 - Elimination diet (1-3 month trial) provided a way to see/study impact of dyes on children's behavior (2-14 years old)
- Refined sugar – nonspecific cause of ADD symptoms in children. Be aware and consider limiting the child's intake of sugar.
- Addressing underlying causes of problems often includes nutrition as an intervention because nutrition has impact on every way the body works
- Quality of nutrition in USA is not improving, thus it is wise to consider supplements.



Hypoglycemia

- Low blood sugar means no food for the brain! Thus, Epinephrine (adrenalin) is released to help with this (prevents a person from passing out)
- How does this happen?
 - Not enough food/no breakfast or lunch
 - Eat sugar of refined nature/processed food or alcohol
 - Reactive hypoglycemia- insulin from pancreas but not released in a normal way.
 - Children are often more sensitive to drops in blood sugar



Hypoglycemia

- Symptoms of Hypoglycemia

- Sleeplessness
- Temper tantrums
- Crying for no apparent reason
- Hyperactive/overactive
- Angry (hostile)
- Distractible
- Jekyll/Hyde character
- Headaches
- Moody
- Craves sweets

- Cant sit still
- Shaky/irritable before meals
- Behavior improved after meals
- Agitated
- Defiant

- If symptoms exist, *change* your childs diet:

- More frequent meals/snacks (every 2-3 hours is ideal)
- Add nuts, or dried fruits
- Eliminate cake, cookies, candy, and soft drinks
- Protein to breakfast – nut butters with no sugar!



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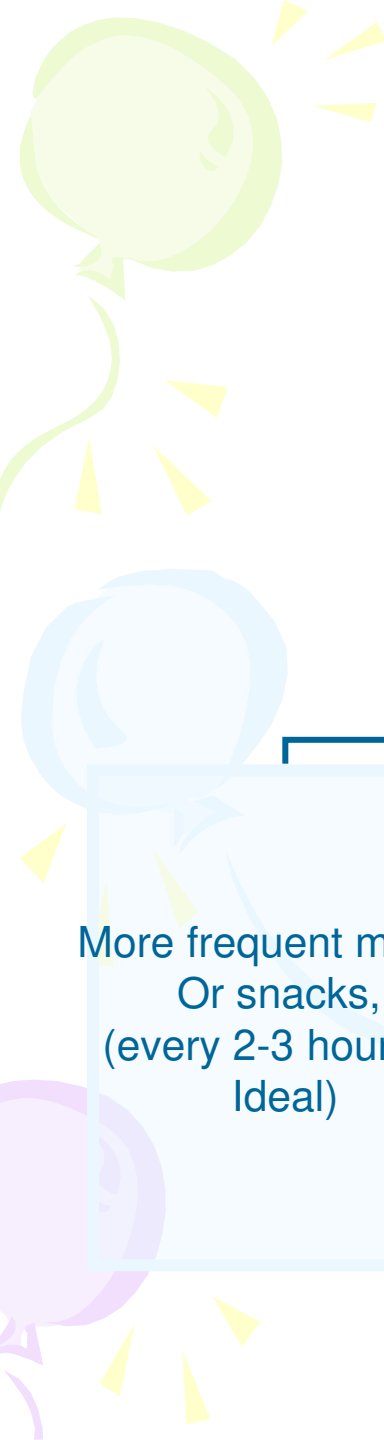
Craves sweets

Distractible

Moody

Jekyll/Hyde character

Headaches



**If Hypoglycemia symptoms
exist,
CHANGE your child's diet!**

More frequent meals,
Or snacks,
(every 2-3 hours is
Ideal)

Add nuts or
Dried fruits

Eliminate cake,
Cookies,
Candy. And
Soft drinks

Add protein
to breakfast-
Try nut butters,
with NO sugar!



Nutrients(vitamins and minerals)

- ***Multiple vitamin with:***

- ☐ B complex

- B1

- B6

- B5

- Folic acid

- Improves concentration, memory

- Calm nervous system

- ☐ Calcium

- Calming effect on body

- ☐ Magnesium

- Calming effect on body

- ☐ Zinc

- Helps immune system & tissue healing

- ☐ Vitamin C

- Immune system, synthesis of neurotransmitters

- ☐ Vitamin E

- Antioxidant, strengthens immune system



Nutrients(Omega 3)

- Essential Fatty Acids (omega 3)
 - Essential for brain structure as precursors and cell membranes
 - Eicosanoids
 - Helps with nerve transmission
 - EPA (eicosapentaenoic acid)
 - DHA (docosahexaenoic acid)
 - Help make cell membrane in brain
 - Neurotransmitter precursors



Nutrients(Omega 3)

- We receive less Omega 3 in our diet than Omega 6, thus the need to supplement
 - Ideal ratio 2:1 EPA/DHA but for children, higher DHA level is ideal for their growing names
- Vitamin E
 - Aids in efficacy
- Sources: Omega 3 EFA's
 - Coldwater fish/fish oils
 - Molecularly distilled to remove heavy metals
 - Walnuts
 - Flax
 - Pumpkin
 - Hemp
- Amounts:
 - Ages 2-6 yrs 250-500 mg/d
 - Ages 6-12 yrs 500-1000 mg/d
 - Adults 1-6 gm/d
- Available in:
 - Capsules
 - Liquid
 - Creamy gel (coromega)
 - Omega Brite (on-line only)
 - Nordic Natural
 - NOW
- No interference with other medicines
- Pilot study (2003) at Purdue found that children w/ADD were calmer, improved attention span, decreased oppositionality
- Cardiovascular and anti-inflammatory benefit

PHOSPHOTIDYLSERINE (PS)

- *Phospholipid* integral to the cell membrane in the cells of the brain and body(BRAIN IS 65% CERTAIN KIND OF FATS-THIS IS ONE OF THEM)
- BENEFIT: cognitive improvement as well as reduction in anticipatory anxiety in college students, better recovery from exercise, improved mood and in self confidence. In addition, lowering of stress hormone noted in studies regarding recovery.

In age related memory loss, controlled studies have indicate improvement in memory, learning, word recall, and concentration.



Amino Acids

- Run the brain!
- Strengthen nervous system
- Help make
 - Dopamine (enhance attention)
 - Norepinephrine (enhance attention)
 - Serotonin (calms brain, enhances sleep)




Amino Acids and Neurotransmitters

- Neurotransmitters
 - Help modulate our emotions and cognition!
 - Supplementing with amino acids gives building blocks brain needs to make neurotransmitters.
- How does this happen?
 - Give specific amino acid combinations and monitor clinical signs and symptoms.
 - Urine testing can assist in with direction to make changes, BUT NOT diagnostic
- Current Options:
 - Create your own amino acid mixture (proceed cautiously!!)
 - Empower-plus (TrueHope.com)
 - Neuroscienceinc.com (need to work with your practitioner)
 - Neuroassist.com (need to work with your practitioner)

INTEGRATIVE APPROACH FOR ADHD

- 1) Wholesome diet with limited sugar, high fat, Processed foods, sodas (esp with artificial sweeteners)
- 2) Exercise—preferably outdoors
- 3) Limit exposure to electronics
- 4) Structure and predictability with clear expectations
- 5) Supplements: Omega 3 1-2 gm
Phosphatidylserine 300 mg for 1 mo then 200 mg in AM.
- 6) Zn and low dose Iron(Fe) can be considered after Serum Fe, ferritin levels noted

A decorative graphic on the left side of the slide featuring three balloons in light green, light blue, and light purple, each with yellow streamers and small yellow triangular flags.

In conclusion, there are many
HOLISTIC options to treat ADHD
AND OTHER MENTAL HEALTH
CHALLENGES and these
approaches often CAN BE done in
conjunction with more conventional
treatments for ADHD.

This allows the child to receive
optimal nutritional support as
growth during this time is so
important.



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IN GOOD HEALTH







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