

Adhd nutrition

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ADHD is a disease which weakens the release and homeostasis of neurological chemicals. In full the initials stand for Attention Deficit Hyperactivity Disorder.

Research shows that ADHD is a hereditary disorder that is it can be passed on through genes.

Its occurrence comes with many other disorders such as being defiant, learning disorders and other behavioral disorders (Paul, 2000 p. 4)

There are no specific laboratory tests to establish this condition. The diagnosis can be made upon the parents careful evaluation of their past to see whether they could have had symptoms similar to those that are clear indicators of the disease.

Useful tests to diagnose the condition can be through achievement tests that can be used to measure the learner's learning disorders.

Drugs used to treat the disorder are noted to be very addictive. However, psychological treatment can be very helpful. It is also important to note that the drugs used are only used to control the situation and not to treat it.

Symptoms of this condition include being restless, lack of concentration, and if there is some, they last for a short time, the child is easily distracted, engagement in excess activities and being impulsive. It can also lead to many allergies to additives and food dyes.

More boys are affected by this condition by girls, a phenomenon that has been explained as being as a result of the aggressive nature of boys as opposed to the girls.

Many people believe that there is a relationship between food additives and hyperactivity which is seen in this condition called ADHD.

The question as to whether there is a relation between nutrition is a claim that has no scientific proof. Many scientists have ended their researches inconclusively.

Though claims that there are causes of ADHD that are related to diet--specifically a diet that contains food additives or is high in sugar--and allergies, these claims were seriously investigated by a number of scientists and according to Paul, (2000) “ many parents whose children are affected by this condition participated” (p. 42) Their concern was whether sugar could cause the symptoms of ADHD.

Scientific studies show that sugar and carbohydrates cannot cause the symptoms of ADHD, but rather children with this condition can react with sugars in differently from the rest. However, there are no marked effects identified. In fact in one study ADHD children's reaction to carbohydrates was better than that for proteins surprisingly. This fact also applies with the vitamins and ADHD.

Regulated intake can help the situation rather than the exaggerated belief that it causes ADHD related symptoms. Neither too much sugar nor deficiency in vitamins can cause ADHD. The condition cannot be improved by excessive intake of vitamins as the results might be negative since some vitamins when taken in excess can be harmful.

The other causes identified include lead poisoning which has been known for a long time as a major cause of psychological problems. Its interesting that

even those children who have not consumed lead can develop the condition may be as a result of breathing in or rather inhaling fumes from the vehicles, nearby industries especially for those in urban centers.

Even though many researchers try to dissociate ADHD with nutrition, there is further evidence that reduction of certain additives in foods can be a good way of reversing the condition.

It has also been observed that the blood of children suffering from this condition has a low DHA fat level. In addition, beneficial nutrients from greens, certain fish, and an adequate level of the DHA fats is a superb way of reversing such conditions in children who suffer from this condition. Recommended dose for the DHA fat is 100mg to 600 mg, according to the age and condition of the child.