



Advanced Nutritional Solutions
Lee Rossano, CNC
1715 Grandview Dr.
Rochester Hills, MI 48306
P: 248.652.4160 F: 248-652.1440

The Real Cause of ADD/ADHD

New buzz words ADD/ADHD Attention Deficit Disorder and Attention Deficit Hyperactive Disorder. Have you or your child been diagnosed with this syndrome?

Signs and symptoms:

Attention

Often fails to give close attention to details or makes careless mistakes in schoolwork or other activities

Often has difficulty sustaining attention in tasks or play activities

Often does not seem to listen when spoken to directly

Often does not follow through on instructions and fails to finish schoolwork, chores, or duties in the workplace not due to failure to understand instructions

Often has difficulty organizing tasks and activities

Often avoids, dislikes, or is reluctant to engage in tasks that require sustained mental effort (such as schoolwork or homework)

Often loses things necessary for tasks or activities (e.g., toys, school assignments, pencils, books, or tools)

Is often easily distracted by extraneous stimuli

Is often forgetful in daily activities

Signs of Hyperactivity

Often fidgets with hands or feet or squirms in seat

Often leaves seat in classroom or in other situations in which remaining seated is expected

Often runs about or climbs excessively in situations in which it is inappropriate (in adolescents or adults, may be limited to subjective feelings of restlessness)

Often has difficulty playing or engaging in leisure activities quietly

Is often "on the go" or often acts as if "driven by a motor"

Often blurts out answers before questions have been completed



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Often has difficulty awaiting turn

Often interrupts or intrudes on others (e.g., butts into conversations or games)

Often talks excessively

The current solutions are to medicate with Amphetamines (speed) like Adderall or Ritalin. What's wrong with this picture?

What is the real cause ADD/ADHD?

Increasingly toxic environment

Pesticides, herbicides (brain toxins affecting/attacking the CNS)

Diets high in refined carbohydrates and sugars

Low amino acid production and neurotransmitters

Diets low in EFA/DHA (good Oils) and B vitamin

Gut problems, flora imbalance, digestive issues, constipation and diarrhea

Hidden food sensitivities

Pesticides and **herbicides** are being used in conventional farming to improve the quality and quantity of our food. These dangerous chemicals are designed to kill the offending bugs by attacking their CNS, i.e. the brain. The crops grown with these chemicals are now becoming a danger to whoever eats them. The most susceptible organ in the body is the brain and the next organ is the liver. One way to protect your family and their brains is to eat an organic diet whenever possible.

Today's children are being born toxic. Researchers are testing the blood from the umbilical chord on newborns and finding over 287 toxic and cancer causing chemicals in the blood.

- Umbilical Cord Blood - 287 chemicals found with 217 known neurotoxins; **208** known to cause birth defects
- Heavy Metals
- Pesticides
- Solvents
- US manufacture 1 Million Pounds of 3000 different chemicals each year!
- MERCURY



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Diets high in refined carbohydrates and sugars: With both parents working and faster meal planning, families have resorted to more and more packaged foods. Packaged foods tend to have more salt, sugars, preservatives and food colorings, which aggravate symptoms of ADD/ADHD. The liver has to process all the additives and when this does not happen properly, the unprocessed substances circulate in the blood and make their way into the brain causing disruptions almost like a brain allergy. These types of diets are also low in amino acids that are necessary for normal brain function. Amino acids such as tryptophan (an essential amino acid) and GABA convert into neurotransmitters essential for mood and concentration. An ADD/ADHD brain is a racing brain and these two neurotransmitters are designed to slow an overactive brain. An ADD/ADHD brain is already processing information too quickly. Sugars excite the brain and deplete neurotransmitters such as serotonin and GABA leaving the brain without its natural braking system. Without these important neurotransmitters a child's brain cannot be in the present long enough to follow through on a task or remember where they are in time and space.

It is important to read labels. Dannon yogurt and protein bars are full of sugar and excess carbohydrates that impact a child's brain in a negative way. Stick to a low glycemic diet such as berries, apples, oranges to assure proper brain function. For the amino acid production add high tryptophan foods like turkey, eggs and peanuts.

Diets low in EFA/DHA (good Oils)

The brain is made of fat and it needs oil to feel balanced. There are different types of Omega oils 3s, 6 and 9. We get plenty of 6 which can be inflammatory and not enough 3s and 9s. Good sources of Omega 3s are cold water mercury free fish (salmon and cod). Good sources of 9s are nuts and seeds.

Long-chain polyunsaturated fatty acids in children with attention-deficit hyperactivity disorder^{1,2}

John R Burgess, Laura Stevens, Wen Zhang and Louise Peck

¹ From the Department of Foods and Nutrition, Purdue University, West Lafayette, IN.

Attention-deficit hyperactivity disorder (ADHD) is the diagnosis used to describe children who are inattentive, impulsive, and hyperactive. ADHD is a widespread condition that is of public health concern. In most children with ADHD the cause is unknown but is thought to be biological and multifactorial. Several previous studies indicated that some physical symptoms reported in ADHD are similar to symptoms observed in essential fatty acid (EFA) deficiency in animals and humans deprived of EFAs. We reported previously that a subgroup of ADHD subjects reporting many symptoms indicative of EFA deficiency (L-ADHD) had significantly lower proportions of plasma arachidonic acid and docosahexaenoic acid than did ADHD subjects with few such symptoms or control subjects. In another study, using contrast analysis of the plasma polar lipid data, subjects with lower compositions of total n-3 fatty acids had significantly more behavioral problems, temper tantrums, and learning, health, and sleep problems than did those with high proportions of n-3 fatty acids. The reasons for the lower proportions of long-chain polyunsaturated fatty acids (LCPUFAs) in these children are not clear;



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however, factors involving fatty acid intake, conversion of EFAs to LCPUFA products, and enhanced metabolism are discussed. The relation between LCPUFA status and the behavior problems that the children exhibited is also unclear. We are currently testing this relation in a double-blind, placebo-controlled intervention in a population of children with clinically diagnosed ADHD who exhibit symptoms of EFA deficiency.

ADDers Are More Likely to Have Fatty Acid Deficiencies

A Purdue University study showed that kids low in Omega-3 essential fatty acids are significantly more likely to be hyperactive, have learning disorders, and to display behavioral problems. Omega-3 deficiencies have also been tied to dyslexia, violence, depression, memory problems, weight gain, cancer, heart disease, eczema, allergies, inflammatory diseases, arthritis, diabetes, and many other conditions.

Over 2,000 scientific studies have demonstrated the wide range of problems associated with Omega-3 deficiencies. The American diet is almost devoid of Omega 3s except for certain types of fish. In fact, researchers believe that about 60% of Americans are deficient in Omega-3 fatty acids, and about 20% have so little that test methods cannot even detect any in their blood.

Your brain is more than 60% structural fat, just as your muscles are made of protein and your bones are made of calcium. But it is not just any fat that our brains are made of. It has to be certain types of fats, and we no longer eat these types of fats like we used to.

Worse, we eat man-made trans-fats and excessive amounts of saturated fats and vegetable oils high in Omega-6 fatty acids, all of which interfere with our body's attempt to utilize the tiny amount of Omega-3 fats that it gets.

Other parts of our bodies also need Omega-3 fatty acids. Symptoms of fatty acid deficiency include a variety of skin problems such as eczema, thick patches of skin, and cracked heels.

Signs of Fatty Acid Imbalance (from the book "Smart Fats")

Dry skin	Alligator skin	"Chicken skin" on backs of arms
Dandruff	Lowered immunity	Dry eyes
Frequent urination	Fatigue	Poor wound healing
Irritability	Dry, unmanageable hair	Frequent infections
Attention deficit	Hyperactivity	Learning problems



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Soft nails	Brittle, easily frayed nails	Patches of pale skin on cheeks
Allergies	Excessive thirst	Cracked skin on heels or fingertips

Learning requires the brain to form new neural pathways. DHA is needed, especially for the delicate neural synapses which are composed entirely of DHA. Children, like the vast majority of adult Americans, eat almost no Omega-3 fatty acids. What does the brain do?

Again, it struggles and finally uses other types of fats, which are the wrong shape. The neural network develops slowly and is defective. The child has learning and memory problems as well as behavioral problems.

In a study of learning ability, rats were raised on either a diet that was deficient in Omega-3 fatty acids or one that was nutritionally complete. Initially, both groups of rats had similar numbers of synaptic vesicles.

After a month-long learning program, however, the Omega-3 enriched rats had considerably more vesicles in their nerve endings and also performed markedly better on the tests. This study suggests there may be a direct connection between the amount Omega-3 fatty acids in your diet, the number of synaptic vesicles in your neurons, and your ability to learn."

Within the next 5 to 10 years the population at large will become familiar with the issue of fatty acid deficiency and the harm caused by trans fats, and there will be significant changes in the way food is formulated and marketed.

In response to growing public pressure and the rising number of studies implicating trans fats, the FDA has announced a new rule that will require the trans fat content of foods, but it will not become effective for a few years. Companies are beginning to market omega-3 foods, like tuna and eggs from chickens fed with high-omega-3 foods. Baby food companies like Gerber are talking about adding DHA to foods (meanwhile the same food still contains trans fats). In Japan parents have been giving their kids DHA supplements for years to improve their grades.

Research has shown that the diets of hunter/gatherers were rich in Omega-3s. They ate a mix of meat, fruits and vegetables, with little or no grains. Green leafy vegetables, certain seeds and nuts, and wild game are rich in Omega-3s.

It turns out that cows, chickens and other animals have much higher levels of Omega-3s when they are fed by "free-range" methods because they eat lots of green leafy vegetables. On the other hand, if they are fed grain, their Omega-3 levels crash. Wild game is much healthier to eat and it is much leaner than farm-raised animals.

B vitamins are essential for a calm brain. High sugar diets and gut flora problems deplete the body of Bs. B1 or thiamine is essential for concentration and normal blood pressure. A deficiency is called beriberi. Children with light and sound sensitivities are low on this important B. Enriched breads and cereals are, therefore, good sources of thiamin. Pork, oysters, green peas, and lima beans are also good sources. Most other foods contain only very small amounts of thiamine and remember that overcooking the vegetables destroys the vitamins and



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minerals in all foods.

Gut problems, flora imbalance, digestive issues, constipation and diarrhea

In my ten years of clinical experience we have noticed a strong pattern. Children with ADD/ADHD have digestive issues such as gas, bloating, diarrhea and/or constipation. They often were 'colicky' babies who may have been put on acid blockers and antibiotics, and they were prone to ear infections. According to Dr. Mark Hyman there is a gut brain connection so as the digestion goes so does the brain. Proper colon flora is so important for a healthy colon and immune system. Our current diets destroy the natural 80% good bacteria to 20% bad bacteria. When this happens we grow yeast, bacteria and parasites. This destroys the gut barrier and causes "Leaky Gut Syndrome." The toxic microbes fill the blood and create congestion in the organs, glands and brain. Leaky gut is the leading cause of hidden food allergies and inflammation in the body.

Repair and heal the gut with enzymes and probiotics.

- GI tract harbors **100,000 billion** viable bacteria
- Between 33% and 50% of fecal mass is bacteria
- Between 20% and 40% of colonic microflora are unculturable and thus unknown
- Intestinal microflora is fully formed by age 2

Not just one strain of acidophilus with take care of the digestive tract.

- Mouth/Stomach - Lactobacilli
- Duodenum - Lactobacilli/Streptococci
- Jejunum - Lactobacilli; Streptococci; Enterobacteria; Bifidobacteria; Yeasts
- Ileum - Bifidobacteria; lactobacilli; streptococci; bacteroides; enterobacteria
- Large Intestine - Bacteroides; Eubacteria; Bifidobacteria; Anaerobic cocci; Clostridia; lactobacilli; enterobacteria; Streptococci

Hidden Food Sensitivities

Food sensitivities are difficult to diagnose with traditional testing methods. The back prick test is not reliable for foods as much as for the airborne allergies like dust and mold. Immune testing in blood like an IGG test for casein or gluten can be helpful but the most effective is a food elimination diet for an extended period of time. The gut needs time to stop reacting to the food and to heal.

- Hidden Food Sensitivities – allergies vs. sensitivities
- Possibly the most under-diagnosed medical problem in history
- Food additives- artificial/natural colorings- artificial flavorings-sweeteners- preservatives or any other chemicals
- Wheat/gluten, Dairy/casein, eggs/albumin, soy, corn, sugars

Signs of Sensitivities:

Dark circles under eyes, constipation, runny nose, allergies and asthma, short attention span, post nasal drip, poor school habits, throat tickle, nausea, gut pain, joint pain and difficulty getting to sleep or waking up

Wrap up/ Q & A

Watch for hidden food sensitivities

Eat organic food

Plenty of water and rest

Heal and seal the gut

A low glycemic diet and high protein to start the day

Read labels for hidden sugars and additives

High quality Supplements

GABA

5HTP

Bio 3BG

Ortho Biotic Powder

Children's Chewable digestive enzymes

Omega 3 fatty acids

