

**Health and Wellness:**  
**Prevent Many Physical and Mental Health Problems By Going on a Diet Which Treats the Problem**  
**e.g., ADD/ADHD and Bipolar Are But Two**

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Current percentage estimates of children with Attention Deficit Hyperactivity Disorder (ADHD) range from 6-20% of all children in the United States. While the average age of diagnosis of bipolar disorder (formerly known as manic depression) has been steadily decreasing in the United States, the number of young people being treated has increased 40-fold between 1994-2003. These certainly are scary statistics and clearly many of our children are being affected.

Hopefully your child is not and does not become part of these frightening numbers. If they already are, or even if they're not, here are some things which can be done to either ensure our youngsters don't become part of these numbers, or what you can do if they are included in these figures. This concept can also be applied to many other health issues such as Alzheimer's, Parkinson's and Huntington's with proper additional research.

**Factors to Consider:**

To better understand the situation, there are several facts which need to be taken into consideration:

- 1) During the past three or four decades, everyone's diets and many people's exposure to foods has been drastically tampered with in the United States (e.g., genetically modified) and in the name of increasing profits, our basic wheat and corn products have become bastardized. Add to these facts that drugs have changed more than at any time during the last hundred years. It's no wonder why we as a nation are experiencing so many health problems. According to Dr. Lidy Pelsner of the ADHD Research Centre, 64% of children diagnosed with ADHD are actually experiencing a hypersensitivity to food. Researchers determined that by starting children on a very elaborate diet, then restricting it over a few weeks' time finds the offending food. This is wonderful news for many but not all ADHD/ADD patients;
- 2) What was once an infrequent "treat" has become commonplace (e.g., soda, junk food, fast food and candy);
- 3) Since behavioral interventions are not working, more and more school-age children are being prescribed stimulants like Ritalin, amphetamines like Adderall as well as antidepressants;
- 4) Times are far more complicated now as reflected in our medicine cabinets which include significantly many more items than in years past (i.e., bandages, aspirin, Pepto Bismol, castor oil and rubbing alcohol);
- 5) Children are being prescribed very powerful mind-altering drugs while their central nervous systems are still developing. Adverse effects on adults of the same prescriptions have been proven to cause very serious side effects such as diabetes, hormonal disruptions, infertility, weight gain and blood disorders. Potential future consequences and the *damage these drugs could be causing on our youth are undetermined*. What is known at this point is these drugs can actually *cause* the very same problems for which they are being used to treat;
- 6) Doctors are often times giving prescriptions for conditions without truly understanding the children they are treating – once the diagnosis is made the parent is convinced the medication is the answer. The pharmaceutical industry is very well aware that parents are too busy, stressed and fearful – so they provide a "solution"; and
- 7) A paradigm shift needs to occur to search for a cause and better solution rather than keep using mind-altering drugs.

**Changes to Make:**

- 1) Remove everyone in your family from the standard American diet (SAD);
- 2) Eat a well-balanced diet (e.g. eat a high-protein diet, eat fewer simple carbohydrates, such as candy, corn syrup, honey, sugar, products made from white flour, white rice, and potatoes without the skins, eat more complex carbohydrates, such as vegetables and some fruits such as oranges, tangerines, pears, grapefruit, apples, and kiwi, eat more Omega-3 fatty acids, such as those found in tuna, salmon, other cold-water white fish, walnuts, Brazil nuts, and olive and canola oil). Also, Omega-3 fatty acids are available in supplement form;
- 3) Take a good multivitamin and mineral supplement every day;
- 4) Determine which vitamins, minerals, or other nutrients are lacking in the diet which may contribute to ADHD symptoms;
- 5) Temporarily remove suspect foods or ingredients that might be contributing to ADHD symptoms and eventually eliminate anything determined to be a culprit (start with sugary foods first);
- 6) Reduce as much stress as possible (although much easier said than done, find little ways to do this that add up for big results). According to Dr. David Williams of Alternatives, "prolonged stress and the resulting cortisol that's produced actually damages the part of the brain called the hippocampus. Discuss ways to reduce stress as a family; and
- 7) Get plenty of exercise and sleep.

**Avoid:**

- 1) Food colors and particularly red and yellow; and
- 2) Caffeine and food additives such as aspartame, MSG (monosodium glutamate), and nitrites (read the labels!).

**Keep Reading on This Topic:**

This is only a quick overview. Everyone is encouraged to read and learn as much as they can.

Here are some of the links used to write this article:

- 1) <http://www.webmd.com/add-adhd/guide/adhd-diets>
- 2) <http://www.npr.org/2011/03/12/134456594/study-diet-may-help-adhd-kids-more-than-drugs>
- 3) [http://princetoninfo.com/index.php?option=com\\_us1more&Itemid=6&key=11-26-2008%20ADHD](http://princetoninfo.com/index.php?option=com_us1more&Itemid=6&key=11-26-2008%20ADHD)
- 4) <http://news.harvard.edu/gazette/story/2005/03/rx-for-depression-mangia-mangia/>
- 5) [http://childrenshospital.vanderbilt.org/library/article.php?article\\_set=39877](http://childrenshospital.vanderbilt.org/library/article.php?article_set=39877)

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