



IT'S TIME TO FEEL GOOD AGAIN

THIS WEEK'S TOPIC

# ADHD

“Pycnogenol works by balancing stress hormones, which in turn lowers adrenaline and dopamine, thereby improving children's attention and reducing hyperactivity.”

Do you know anybody stressed out? I say that tongue in cheek because most of the people I come in contact with are pushed to their limits. ADHD is a huge problem in young people and often involves the use of prescription drugs that have serious long term side effects. And let's be honest there are quite a few adults that have ADHD as well. Friends and family may notice their focus is all over the map, they can't sit still, they are impulsive, disorganized or become impatient easily.

A colleague of mine sent me a copy of a VERY exciting study done on ADHD. According to an article in European Child & Adolescent Psychiatry, Pine bark extract (Pycnogenol) has been shown to be effective for treating attention deficit / hyperactivity disorder (ADHD), at least in boys. In this double-blind trial, 61 children with ADHD received either 1 mg/kg/day pine bark extract or placebo for 4 weeks.

The average age was 9.5 years. Standard questionnaires were completed by parents and



teachers and were administered at the start of the trial, 1 month after starting treatment, and 1 month after completing treatment. The pine bark extract group had a significant reduction in hyperactivity and improved attention, visual-motor coordination, and concentration, whereas there were no positive effects noted in the placebo group.

According to the study, Pycnogenol works by balancing stress hormones, which in turn lowers adrenaline and dopamine, thereby improving children's attention and reducing hyperactivity. Stress

hormones were measured in the children before, during, and after the treatment. While taking Pycnogenol, adrenaline was reduced by about 26%, and dopamine by about 10%.

Dropping adrenaline by 26% is pretty amazing because children with ADHD have dramatically elevated levels of stress hormones known to increase heart rate and blood pressure, causing excitement, arousal and irritability.

Pycnogenol is just one part of a comprehensive treatment to address many of the possible contributing factors to ADHD. The same French maritime pine bark extract called Pycnogenol used in the study

This is a transcript from a “video magazine” we send out each week called the Wellness Minute, if you're not getting our Wellness Minute videos each week, sign up at the front desk

is available in a supplement called Bio-Cyanadins. Bio-Cyanidins contains 15 mg Pycnogenol, and is available through your wellness clinic. Keep in mind that pycnogenol has been shown to support many different functions.

Studies have shown Pycnogenol can benefit: Vision, circulation, blood sugar regulation, tinnitus, sports enhancement, circulation, respiratory health, menopause, menstrual discomfort, skin disorders and cognitive enhancement. To radically change the life of someone with ADHD, while recommending a botanical like Bio-Cyanidins, your clinician may still need to start with some basics. If the basics aren't fixed, high tech supplements may not even work due to the body's over compensation mechanisms used to deal with the dietary stresses. Fixing the basics means giving healthy brain fuel.

We often start with eliminating refined commercialized processed foods. We know, the more food is processed the greater the degree of nutrient depletion. Basic nutrients are needed

for energy production. Sometimes we forget that it takes nutrients to deal with the empty calories that these fake foods contain. As one of the basics, your clinician may suggest an Anti-inflammatory Diet.

Over processed commercialized foods laden with plasticized fats can cause a negative microbiome shift. The result is an increase of food sensitivities and a leaky gut. The connection between the gut and the brain is becoming clearer as clinical research rolls in. Please get some advice from your clinician and begin the process of healing your gut.

There is help for children and adults with ADHD without prescription drugs. A trusted source for pycnogenol like Bio-Cyanadins to reduce elevated adrenaline, a change in diet and getting support for microbiome diversity could change someone's life. Contact the clinic on this page, you HAVE options.

# Anti-Inflammatory Approved Foods & Sample Diet

The key to dietary change is variety & creativity. Explore new foods & recipes. Do not overeat, but enjoy!

Vegetables*	Portion
Alfalfa Sprouts	to taste
Arugula	to taste
Avocado	½ Avocado
Bean Sprouts	to taste
Broccoli	to taste
Brussel Sprouts	to taste
Cabbage	to taste
Carrots	to taste
Cauliflower	to taste
Celery	to taste
Cilantro	to taste
Corn (organic <u>only</u> )	to taste
Cucumber	to taste
Garlic	to taste
Kale	to taste
Lettuce	to taste
Mushrooms	to taste
Mustard Greens	to taste
Olives	to taste
Onions	to taste
Radish	to taste
Snow Peas	to taste
Spinach	to taste
String Beans	to taste
Sweet Potato / Yam	½ Potato
Swiss Chard	to taste
Tomato - fresh, whole	to taste
Water Cress	to taste
Zucchini	to taste

Fruits*	Portion
Apple	1 medium
Blackberries	4 oz
Blueberries	4 oz
Figs - fresh	3-5 figs
Grapefruit	4 oz
Grapes	4 oz
Kiwi	4 oz
Lemon	4 oz
Oranges	4 oz
Pear	1 medium
Plum	4 oz
Prunes - dried	3-5 prunes
Raspberries	4 oz
Strawberries	4 oz

Fats	Portion
Almond Butter	1 Tbsp
Almonds - raw / unsalted	2 oz
Cashew Butter	1 Tbsp
Cashews - raw / unsalted	2 oz
Coconut Oil	1 Tbsp
Flax Oil	1 Tbsp
Grapeseed Oil	1 Tbsp
Olive Oil	1 Tbsp
Omega-3 Oil - fish	1 Tbsp
Pecans - raw / unsalted	2 oz
Walnuts - raw / unsalted	2 oz

Dairy Alternatives	Portion
Almond Cheese	2 oz
Almond Milk	6-8 oz
Coconut Milk	4-6 oz
Hemp Milk	4-6 oz
Rice Cheese	2 oz
Rice Milk	4-6 oz

Protein*	Portion
Beef - ground / steak grass fed only	4-8 oz
Black Beans	4-8 oz
Chicken - breast - free range	4-8 oz
Cod	4-8 oz
Eggs - free range	2-3 eggs
Halibut	4-8 oz
Lamb	4-8 oz
Lentils	4-8 oz
Pinto Beans	4-8 oz
Red Beans	4-8 oz
Red Snapper	4-8 oz
Salmon - wild caught only	4-8 oz
Shrimp	4-8 oz
Tuna	4-8 oz
Turkey - breast / bacon	3-6 slices
Whitefish	4-8 oz

Starch / Grains	Portion
Gluten-free Bread	1 slice
Quinoa	½ Cup
Rice - white	½ Cup
Rice Crackers	2-3 crackers
Rice Pasta	½ Cup cooked
Steel Cut Oats - gluten free	1 Cup

Beverages	Portion
Green Tea	3+ Cups/day
Herbal Tea	2 Cups/day
Mineral Water	3 Cups/day

Beverages may be sweetened using approved sweeteners listed below.

Sweeteners	Portion
Honey	½ Tbsp
Stevia	To Taste

\*Organic Produce & Protein Preferred

Choice of Dressings: Extra-virgin olive oil with lemon or lime and dry herbs, including oregano and basil or Flax Seed Oil dressing

Additional Condiments: Bay leaf, Dry mustard, Poppy seeds, Curry, Dill, Nutmeg, Cinnamon, Mace, Marjoram, Chives, Ginger, Tahini, Caraway seeds, Garlic, Tarragon, Cilantro

**Do not eat foods that you know you have sensitivities to, even if it is on the list**

# Sample Daily Menus

Day One	Breakfast	Lunch	Dinner	Snacks
	2-egg veggie omelet ½ Avocado	Lean Protein ½ Avocado Salad	Chicken Vegetable Vegetable	1 Fruit Raw Almonds
Day Two	Breakfast	Lunch	Dinner	Snacks
	Steel-cut oats (gluten-free) Large	Chicken Salad	Turkey Vegetable Vegetable ½ Avocado	1 Fruit Raw Cashews
Day Three	Breakfast	Lunch	Dinner	Snacks
	2 eggs, scrambled Gluten-free toast Almond Butter	Turkey Vegetable Salad	Fish Vegetable Vegetable	1 Fruit Raw Pecans
Day Four	Breakfast	Lunch	Dinner	Snacks
	Steel-cut oats (gluten-free) Apple	Fish Salad	Beef Vegetable Vegetable	1 Fruit Raw Walnuts
Day Five	Breakfast	Lunch	Dinner	Snacks
	2-egg veggie omelet ½ Avocado	Beef Salad Vegetable	Chicken Vegetable Vegetable ½ Avocado	1 Fruit Raw Almonds
Day Six	Breakfast	Lunch	Dinner	Snacks
	Steel-cut oats (gluten-free) Large	Chicken Vegetable Salad	Turkey Vegetable Vegetable	1 Fruit Raw Cashews
Day Seven	Breakfast	Lunch	Dinner	Snacks
	2-egg veggie omelet ½ Avocado	Turkey Vegetable Salad	Fish Vegetable Vegetable ½ Avocado	1 Fruit Raw Pecans