

Attention and Concentration Deficit Disorders

Recent studies indicate a 330% increase in psychotropic drug use in children under age twenty over the past 10 years (the study was over a population base of 990,000 individuals). This is staggering, both for what it represents to us personally as families and parents; but, secondarily to our culture and society as a whole.

There are many things that can be employed nutritionally to turbo charge the brain function and perhaps make drug intervention unnecessary. Everyday research finds new applications of safe and known nutrients to assist the normal physiology of brain function and concentration. These things work! It is vital to try the lesser measures before beginning to medicate a young child in the developmental years, as it is so easy to interrupt the subtle mental, emotional and social evolution that is occurring. Some researchers say that addictive patterns can be introduced in childhood – pre-disposing individuals to addictions later in life.

Currently, school systems are experiencing a 400% increase in autism over the past 10 years, each individual requiring extensive support and special attention. The financial cost of this is staggering and crippling. The emotional cost is potentially even greater. It is well known that essential fatty acids are very influential in assisting the normal brain function. Every impaired individual should be supported with basic foundational nutritional approaches to observe how optimized their function can become.

Sugar and the high glycemic diet that is so prevalent in America have been implicated for years in ADD and hyperactive disorders. Simple and appealing diet modifications directed by profound nutritional understanding may significantly enhance cognition and attention span. Food allergies are also a culprit, robbing the body of its vitality and over stimulating the adrenals creating a cascade of behavior disturbances. When these chronic immune burdens are removed, often within days improvement is observed. The most suspicious food allergies are cow milk products, corn, wheat, and soy. By eliminating these things for 2+ weeks and then reintroducing them one at a time, it can be demonstrated which one(s) are the offending food sources.

Our children are not temperamental biological mechanisms with inherent Ritalin stimulant deficiencies – they are profound miracles of biochemical individuality. They must be given the opportunity to achieve their full genetic potential. It is vital that we find more natural means of supporting childhood developmental challenges, and only medicate if all other alternatives prove inadequate.

The pill for an ill mentality must only be employed when natural means of improvement of a condition have been exhausted. Our children deserve the effort it takes to correct the condition – not mask the syndrome with medication.