

THE 17 SECRET ADD-ADHD VITAMINS

**Director of Research at
"The ADD Research Institute"**

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ROUGH DRAFT**

**The Science Behind Attentionall
used to Eliminate
ADD-ADHD Symptoms**

by Steven Stephens

The 17 Secret ADD-ADHD Vitamins

The Science Behind Attentionall used to Eliminate ADD-ADHD Symptoms (<http://www.Attentionall.com>)

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Hello friends,

My name is Steven Stephens, director of research at the ADD Research Institute. I wrote a short book in anticipation of the release of a new product called Attentionall from Neural Focus Laboratories.

We have worked closely with Neural Focus Laboratories to develop the world's best ADD-ADHD formulation. We have borrowed the success and research of hundreds of doctors and scientists to create a formula that can eliminate ADD-ADHD symptoms safely and naturally... the way nature originally intended.

I hope you find this book helpful and a blessing to your family.

Steven Stephens

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Attentionall Ingredients Label

Supplement Facts		
Serving Size: 3 caplets		
Servings Per Container: Please complete		
	Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	100 mg	167
Thiamin (as thiamin mononitrate)	1.5 mg	100
Riboflavin	1.7 mg	100
Niacin (as niacinamide)	20 mg	100
Vitamin B6 (as pyridoxal-5-phosphate)	1 mg	50
Folate (as folic acid)	400 mcg	100
Vitamin B12 (as cyanocobalamin)	6 mcg	100
Pantothenic acid (as D-calcium pantothenate)	10 mg	100
Calcium (as calcium citrate and amino acid chelate)	50 mg	5
Magnesium (as magnesium oxide and amino acid chelate)	25 mg	6
Zinc (as zinc citrate)	10 mg	67
Copper (as copper gluconate)	1.5 mg	75
L-Glutamine	150 mg	*

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DL-Phenylalanine	300 mg	*
L-Tyrosine	500 mg	*
5-Hydroxytryptophan	5 mg	*
Ginkgo biloba leaf extract (24% ginkgo flavone glycosides, 6% terpene lactones)	120 mg	*
DHA (from fish oil)	50 mg	*
* Daily value not established.		

Other ingredients: modified cellulose, dicalcium phosphate, stearic acid, magnesium stearate, silica, vanillin and sucralose with coating colorants to be determined

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Why Vitamin C is needed for “Focus and Calm”

Nancy’s summer break is over and she is already looking forward to a new chapter in her academic life. Well, she is already picturing another year that is filled with fun, teacher’s scolding, pranks with friends and completing that boring homework.

But the beginning of Nancy’s school means another period of worry and tension for her mother. She will have to listen to a litany of complaints about her daughter who never seems to get settled in her class. ‘Restless’, Hyperactive’, ‘Non-stop chatter box’ will be some of the sobriquets Nancy will be earning from her teachers. In reality, Nancy suffers from ADD-ADHD [Attention Deficit Disorder or Attention Deficit Disorder with Hyperactivity]

Most people suffering from ADD-ADHD show a disruptive behavior. They are restless and find it difficult to remain focused and calm. So, be it doing one’s homework or any office-related work, they are just not able to channelize their energies and focus on a single task. They get distracted and at times can throw tantrums as well as engage in self-destructive activities.

Though, there are many medicines available for treating this ailment, most of them cause an irreparable damage to the brain and the body and in a worst-case scenario might also cause death.

Now, you will remark, “So, is there no safe alternative for ADD-ADHD?”

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Well, luckily, we do have some natural alternatives that can prove vital in treating ADD-ADHD. Vitamin C is one such alternative treatment option. We all are aware of the vital functions and roles played by vitamins. These vitamins also have a definite say in our behavioral aspect.

Research has revealed that vitamins have a say in every tantrum that we throw, every swear word uttered by us, every bottle that we throw at others, every act of vandalism that we indulge in. In short, a proper intake of vitamins will definitely help us gain a control over our behavior.

A study published in Alternative Medicine Review, underlines the fact that a proper intake of vitamins can cause a positive change in the behavior of children suffering from ADD-ADHD.¹

¹ www.nourishingconnections.org

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It is essential for you to supply your body with adequate doses of Vitamin C; for it plays a vital role in the proper maintenance of your brain. It is a key ingredient used by the body to manufacture neurotransmitters like serotonin – that has an affect on your behavior. Vitamin C also dons the role of a protector and guards the brain against damage caused by free radicals.²

Sufficient amount of Vitamin C also ensures an optimum production of norepinephrine and epinephrine.³ Now, the deficiency of norepinephrine can lead to depression. Deficiency of vitamin C can also inhibit the production of Dopamine. Research has revealed that deficiency of Dopamine is associated with ADD-ADHD.⁴

2 www.nourishingconnections.org

3 www.attentionspan.net/neuro.html

4 www.healthyplace.com/communities/add/addfocus/medications_6.htm

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A research conducted by the Interdisciplinary School of Health Sciences, University of Pune, reveals that Vitamin C can help to improve the symptoms of ADD-ADHD in children. Titled 'Supplementation with flax oil and vitamin C improves the outcome of Attention Deficit Hyperactivity Disorder (ADHD)', the study states that, "This pilot study evaluates the effect of alpha linolenic acid (ALA)-rich nutritional supplementation in the form of flax oil and antioxidant emulsion on blood fatty acids composition and behavior in children with ADHD. There was significant improvement in the symptoms of ADHD reflected by reduction in total hyperactivity scores of ADHD children derived from ADHD rating scale."⁵

Even Dr. Allan Burez believes that Vitamin C can be prove to be the key that can help in curbing ADD-ADHD related symptoms.⁶ His views are also reflected by Dr. Jay

5 http://www.ncbi.nlm.nih.gov/sites/entrez?cmd=Retrieve&db=pubmed&dopt=AbstractPlus&list_uids=16314082

6 www.all-natural.com/

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Gordon who feels that deficiency in the levels of dopamine can be labelled as the main cause of ADD-ADHD related behavior. He states that, "Nutritional problems can cause or exacerbate this deficiency: supplemental tyrosine, B vitamins, Vitamin C and copper have all shown a positive influence on improving the school performance of children with ADHD."⁷

Thus, a regular intake of Vitamin C is necessary to ensure an adequate production of dopamine, norepinephrine and epinephrine that help in curbing symptoms related to ADD-ADHD. So, if you have someone like Nancy, why not try taking a doctor-prescribed dose of Vitamin C?

⁷ <http://www.drjaygordon.com/development/alternative/add.asp>

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“Lack of Thiamin – Why You or Your Child is Irritable and cannot Pay Attention”

Nick is elated. He has just landed an internship with a prestigious national daily. In addition, he is already daydreaming about the time when he will be interviewing top officials, writing stinging reports and seeing his by-line appear every morning.

However, Janet, Nick's mother, is a worried woman. She feels that Nick might not be able to execute his tasks efficiently. This is because right from his childhood, Nick has suffered from low levels of concentration. He is also very forgetful. During his school days, Nick was labelled as 'Irritable brat'. This is because Nick used to get irritated at the slightest of things. However, what his teachers and co-students failed to realize was that Nick was suffering from ADD-ADHD [Attention Deficit Disorder or Attention Deficit Disorder with Hyperactivity]

ADD-ADHD is a neurological ailment wherein the sufferer finds it difficult to concentrate on his work. He is restless and finds it very difficult to concentrate on a single task. ADD-ADHD sufferers also become irritated very often and this can cause tensions in one's workplace as well as on the personal front.

Modern science has come up with many curative medicines for treading ADD-ADHD. However, most of these medicines damage the brain and might also lead to death.

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So, if you are interested in adopting a natural cure, you should aim to increase your vitamin intake. And Thiamin [Vitamin B1] should be accorded a place of prime importance.

Now, you will wonder, "How can vitamins help in curing ADD-ADHD?" Research has proved that vitamins have a vital say in our behavior. So, you can safely assume that a deficiency of vitamins can be blamed for Nick's low levels of concentration.

When one talks about vitamins, Thiamin [Vitamin B1] assumes a place of great importance. The brain derives its energy by the metabolism of glucose. The metabolism takes place inside the tiny cells of the brain and the entire process is divided into three stages. Various enzymes are responsible for carrying out the metabolism of sugar. However, these enzymes require a partner or an 'activating enzyme'. Thiamin happens to be one of the main partners that aid the production of energy required by the brain.⁸

⁸ <http://www.worldhealth.net/p/1010.2042.html>

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Thiamin also aids in the production of chemicals that help in synthesizing chemicals such as serotonin, dopamine and norepinephrine.⁹ While the deficiency of dopamine can lead to ADD-ADHD related symptoms; the lack of norepinephrine can lead to the occurrence of depression.¹⁰

Medical practitioners believe that the deficiency of Thiamin can aggravate ADD-ADHD conditions. For instance, lack of thiamin inhibits the production of Myelin, which is nothing but a protective cover around the nerves. Lack of Thiamin can make the nerves hypersensitive and in case of human beings, this hypersensitiveness gets displayed in the form of increased frequency of irritation. A person becomes more listless and finds it difficult to remember things.¹¹

9 <http://www.understanding-add.com/article.cfm/id/170046>

10 www.healthyplace.com/communities/add/addfocus/medications_6.htm

11 http://www.gordonresearch.com/articles_adhd/The_Attention_Deficit_Dilemma.pdf

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Research conducted by L. Langseth in his study titled 'Glucose tolerance and hyperkinesis. Food and Cosm Toxicology' establishes the fact that insufficient quantities of Thiamin can increase irritability and a person might become hypersensitive to noise.¹²

The effects of lack of sufficient quantities of Thiamin can be gauged by a report published by the WHO [World Health Organization]. The report titled 'Thiamine Deficiency And Its Prevention And Control In Major Emergencies' states that, "Williams (1961) reported that thiamine deficiency usually presented a symptom complex with three main features: (1) those of peripheral neuritis; (2) those of cardiac insufficiency; and (3) a generalized tendency to oedema. Among a large number of cases of thiamine deficiency every possible blend of these three sets of symptoms were encountered.

¹² <http://www.add-adhd.net/>

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Important additional signs accompanying the peripheral neuropathy are fatigue, decreased attention span and impaired capacity to work.¹³

Sufficient quantities of Thiamin will ensure an adequate production of Myelin that can reduce the hypersensitivity of the nerves. In a research conducted by Lonsdale and Shamberger, lack of thiamin deficiency was the main cause for the presence of 'symptoms similar to ADHD' in patients who consumed junk food. However, a dosage of 150-300 mg/day did improve the behavior of the patients.¹⁴

The use of Thiamin to treat ADD-ADHD has also been endorsed by Dr. Derrick Lonsdale. In his book titled, 'Clinical Practice of Alternative Medicine', he states that

13 http://whqlibdoc.who.int/hq/1999/WHO_NHD_99.13.pdf

14 <http://www.worldhealth.net/p/1010.2042.html>

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doses of thiamin did bring a change in the ADD-ADHD symptoms displayed by young children and the situation did improve.¹⁵

However, according to Dr. Leo Galland, "Children with ADHD reacted variably to different B vitamins. Some children became more hyperactive with pyridoxine [vitamin B6] but became calmer when thiamine [vitamin B1] was administered. Some children whose behavior improved with pyridoxine supplementation, deteriorated when thiamine was administered. These differences appeared to be stable over time."¹⁶

Thus, if you or anyone from your family suffers from ADD-ADHD, just ensure that you eat a healthy diet that supplies your body with the much-needed vitamins.

¹⁵ <http://www.doctorvolpe.com/newsletters/browseUpdates.php?catID=1>

¹⁶ <http://www.nutrition4health.org/NOHAnews/NNW00ADHD.htm>

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How Riboflavin acts as Brain Food to Eliminate ADD-ADHD Symptoms

The past month has been very difficult on Kathy. James, her husband, died due to the complications arising out of use of drugs that were prescribed to him for treating ADD-ADHD [Attention Deficit Disorder or Attention Deficit Disorder with Hyperactivity]. James had been a long-time sufferer of ADD-ADHD and was on constant medication.

And now, just a fortnight after the death of her husband; doctors have diagnosed James Jr., her son with ADD-ADHD. Kathy does not want her son to meet with the same fate as that of her husband and hence refuses to put her son on medication.

Now, though one can understand Kathy's stand on ADD-ADHD medication, still, there will be many of you who might ask, "Is there an alternative and safer method to treat ADD-ADHD?" Well, the answer is 'Yes'. It is possible to treat in a natural way.

We all are aware that ADD-ADHD is a neurological ailment, wherein the sufferer undergoes a tremendous change in his personality. He becomes restless and finds it difficult to maintain focus on a particular task. His concentration wavers and he often shows signs of restlessness. They also complaint of fatigue and appear apathetic. In some cases, their behavior can turn violent and the person may indulge in self-destructive activities.

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Most of the time, patients suffering from ADD-ADHD are administered with drugs. A lot of side effects are associated with these drugs and in some cases, they might also prove fatal, just as they proved in the case of James. However, research has proved that ADD-ADHD is a direct consequence of the deficiency of vitamins in the patient's body and hence a diet rich in vitamins can alleviate the symptoms and help the patients to regain control over their behavior.

Though, there are many vitamins that are vital for the proper functioning of the brain, Riboflavin, or Vitamin B-2 as it is popularly known as, is perhaps one of the most important vitamins. Many medical practitioners see it as a potent weapon in combating ADD-ADHD.

Riboflavin does an important role when it comes to the production of energy for the brain. The brain derives its energy by the metabolism of blood glucose. However, to carry out this process, the brain engages enzymes like Flavin mononucleotide (FMN) and

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flavin adenine dinucleotide (FAD), which ultimately carry out the metabolism process. The presence of Riboflavin acts a progenitor for Flavin mononucleotide and flavin adenine dinucleotide. According to Dr. Elson M. Haas, "Riboflavin functions as the precursor or building block for two coenzymes that are important in energy production."¹⁷

The presence of Riboflavin is also necessary for the optimum functioning of carnitine. Now, carnitine is needed for effective metabolism. According to Arturo M. Volpe, "The beneficial effect of carnitine supplementation depends on the presence of B complex vitamins, particularly vitamin B2 (riboflavin). Without enough of these vitamins carnitine is ineffective, so it makes sense that these nutrients should always be supplemented together to improve outcomes."¹⁸ He also states that, "Carnitine supplementation has

¹⁷ <http://www.healthy.net/scr/Article.asp?id=1927>

¹⁸ <http://www.doctorvolpe.com/newsletters/browseUpdates.php?catID=1>

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been shown to help in a variety of conditions, including ADHD, but also cardiovascular health, fatigue, and hypoglycemia.”

Deficiency of Riboflavin can act as an impediment in the proper functioning of the brain. Similarly, insufficient quantities of Riboflavin can cause symptoms such as headaches, fatigue and irritability to flare up.¹⁹ Similarly, the production of neurotransmitters such as serotonin, dopamine and norepinephrine is dependent upon Riboflavin.²⁰ Research has revealed that while insufficient quantities of dopamine can result in ADD-ADHD kind of symptoms, the deficiency of norepinephrine can lead to the occurrence of depression in human beings.²¹

19 <http://www.adhasa.co.za/diet.htm>

20 <http://www.understanding-add.com/article.cfm/id/170046>

21 www.healthyplace.com/communities/add/addfocus/medications_6.htm

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The importance of Riboflavin has also been highlighted in the studies conducted in the Netherlands. 24 boys were administered with doses of carnitine. And though, 13 of the 24 boys showed improvement, researchers believed that the combination of Riboflavin would have produced a better result.²²

Even the British Journal of Psychiatry has stated that the deficiency of Riboflavin has a major role to play behind the occurrence of emotional disorders.²³

A diet rich in Riboflavin will ensure that your brain is not deprived of the energy it needs and is able to function normally. Similarly, it will also ensure an optimum production of the various neurotransmitters, the deficiency of which can lead to a disruptive behavior.

²² <http://www.doctorvolpe.com/newsletters/browseUpdates.php?catID=1>

²³ <http://www.naturalesentials.com/brain.html>

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So, if your opinions on treating ADD-ADHD with medicines echo with that of Kathy, then you should give Riboflavin a try.

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"Who Else Wants to Cure ADD-ADHD Naturally... Why Niacin Supplementation is Important"

Everybody loves Carol. A petite little girl of two, she has earned the moniker 'Hurricane Carol'. Now, you will question, "Why is a petite girl called as 'Hurricane Carol'?" This is because she is very active; in fact, hyperactive. In her home Carol keeps running from one end to the other. Similarly, she is not able to focus on a single task. So, if she is playing with her Barbie doll for one moment, then the next moment she will be fiddling with a Rubik cube.

Though, Carol appears to be a normal child, she actually suffers from 'ADD-ADHD [[Attention Deficit Disorder or Attention Deficit Disorder with Hyperactivity], a kind of neurological ailment. Patients afflicted with ADD- ADHD find it hard to concentrate on a

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single task. Their attention level is low and they are unable to stick to a single piece of work. Hence, most ADD-ADHD sufferers often find the going tough at the work place. They are also known to get irritated quickly and this often complicates their relationships on the personal front.

Most doctors prescribe the intake of Ritalin to those suffering from ADD-ADHD. Reports state that in the year 1996, more than 1.5 million school kids in US were being administered with Ritalin.²⁴ But Ritalin is associated with several side effects such as nervousness, drug addiction, hair loss and convulsions.²⁵ In a worse case scenario it might also lead to the death of a person.

Scientific research has directly linked ADD-ADHD with the deficiency of vitamins. Hence, a proper intake of vitamins can act as weapon against ADD-ADHD. Research has

²⁴ <http://www.greenermagazine.com/addadhd.html>

²⁵ <http://www.greenermagazine.com/addadhd.html>

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already proved that a drug-free cure for ADD-ADHD sufferers is available. ²⁶ According to The American Academy of Child and Adolescent Psychiatry, liberal doses of vitamins can help a person to regain a control over his behavior. Similarly, it can also reduce hyperactivity in people suffering from ADD-ADHD. ²⁷

Now, most of you will question, "Why does the brain require vitamins?"

The brain controls all the vital functions in a body. Hence, it requires large quantities of energy. The brain produces its own energy. Thus, the energy creation process takes place inside the cells of the brain. Various enzymes take up the responsibility of producing this energy. The problem is – these enzymes require a partner or an activating enzyme'. Now, these activating partners happen to be none other than the entire group of Vitamin B. Niacin, or Vitamin B3 plays a vital role in the production of

²⁶ <http://www.greenermagazine.com/addadhd.html>

²⁷ <http://www.understanding-add.com/article.cfm/id/170046>

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energy. So, we can safely deduce that deficiency of Niacin can create an energy crisis in the brain and can ultimately inhibit its proper functioning.

Niacin is also required for the production of dopamine. Medical practitioners state that the lack of sufficient quantities of dopamine can make a person unfocussed and distract him from his tasks.²⁸ The production of dopamine directly rests upon the amount of Niacin present in the body. Dopamine is produced when the enzymes present in the DNA convert tyrosine and phenylalanine into L-DOPA. However, this conversion takes place only if Niacin, folic acid and iron happen to be around. Now, L-DOPA is the precursor of Dopamine. Thus, without Niacin to help around, tyrosine and phenylalanine will not get converted into L-DOPA, which in turn will lead to a reduction in the levels of Dopamine.

²⁸ <http://www.thenaturalbeat.com/mind-and-spirit/addadhd/taking-vitamins-for-add/>

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Similarly, Niacin is also required for aids in the production of chemicals that help in synthesizing chemicals such as serotonin, dopamine and norepinephrine.²⁹

Deficiency of Niacin can make a person forgetful. It can also lead to memory failure.³⁰ According to Dr. Elson M. Haas, insufficient quantities of Niacin can also lead to the onset of dementia.³¹ Similarly, even Dr. Kaslow has stated that the Niacin is essential for the proper functioning of the brain. According to Gail, who has also been the President of the Association for Children with Learning Disabilities, British Columbia, his son showed remarkable improvement after being administered with doses of Niacin. He states that, "Dr. Hoffer put Darrin on Vitamin C and Niacinamide (a form of B3). He started out on 500 mg - 3 times a day of each. And then we slowly increased the

29 <http://www.understanding-add.com/article.cfm/id/170046>

30 <http://www.aliveandhealthy.com/attentiondeficit.html>

31 <http://www.healthy.net/scr/Article.asp?Id=2125&xcntr=2>

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amount to 1000mg - 3 times a day of each. Before this took place Darrin was not only hyperactive but also had a reading disability."

Even Dr. Kaslow agrees that Niacin can help a person to fight against ADD-ADHD. He states that, "B Complex (specifically niacin and B6) has been reported to be beneficial, especially if serotonin is low (often with ADHD)."³²

Proper intake of Niacin will ensure that the brain is not deprived of vital energy. Similarly, it will also ensure an optimum production of other important chemicals such as dopamine and in turn, help a person to stay more calm and focused.

So, if you have someone like Carol in your family, try out Niacin. It might prove to be the option you are looking for.

³² <http://www.drkaslow.com/html/add-adhd.html>

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Secrets of Conquering ADD-ADHD with Vitamin B6

Jim is dejected. Yesterday, he was forced to hand over a resignation letter. The reason behind this forced resignation was his violent mood swings and an extremely temperamental behavior. On two previous occasions, the manager did warn Jim of his behavior, but he was not able to control his temper. As a result, Jim's manager was forced to fire him, despite the fact that Jim was the most diligent of all the workers.

When Jim's wife Martha came to know about his resignation, she knew that it was not entirely his fault. Jim's violent temper was linked to ADD-ADHD [Attention Deficit Disorder or Attention Deficit Disorder with Hyperactivity].

ADD-ADHD is a neurological ailment wherein the person is unable to focus on a particular task. They get distracted very often. Similarly, ADD-ADHD sufferers are not able to remain calm and get irritated on the slightest pretext. They suffer from frequent bouts of anger and get engaged in a self-destructive behavior.

Jim has been suffering from ADD-ADHD from his childhood. The doctors had prescribed him various medicines including Ritalin. And though they did prove effective, the medicines pushed Jim to the brink of death. Hence, he was immediately taken off his treatment.

Jim has resigned himself to his fate. He feels that he will never be able to get rid of his ailment. But if modern research is to be believed, then one can bring a control over ADD-ADHD related symptoms with the intake of a proper diet.

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ADD-ADHD is a direct consequence of deficiency of vitamins. Hence, the intake of vitamins can act as a drug-free alternative treatment for ADD-ADHD. According to The American Academy of Child and Adolescent Psychiatry, liberal doses of vitamins can help a person to regain a control over his behavior. Similarly, it can also reduce hyperactivity in people suffering from ADD-ADHD.³³

We are all aware of the fact that the brain is the seat of power when it comes to controlling the vital functions of the body. Now, if the brain has to function properly, then it will require a lot of energy. However, this energy has to be created inside the brain cells. Amino acids happen to be one of the raw materials that are required for the production of energy. However, these amino acids can be converted into energy only in

³³ <http://www.understanding-add.com/article.cfm/id/170046>

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the presence of Vitamin B6.³⁴ In other words, lack of vitamin B6 can create an energy crunch and prevent the brain from functioning properly.

Vitamin B6 is also required for the formation of dopamine. This particular chemical is created when the enzymes present in the brain reacts with L-DOPA. However, this process also requires an activating chemical or a co-enzyme. That co-enzyme happens to be none other than Vitamin B6.³⁵ Lack of adequate quantity of dopamine can lead to a flare up of ADD-ADHD related symptoms.

In the opinion of Dr. Elson M. Haas, "Pyridoxine [Vitamin B6] and its coenzyme form, pyridoxal-5-phosphate, have a wide variety of metabolic functions in the body, especially

34 <http://www.worldhealth.net/p/1010,2042.html>

35 http://www.healthyplace.com/communities/add/addfocus/medications_6.htm

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in amino acid metabolism and in the central nervous system, where it supports production of gamma-aminobutyric acid (GABA)."³⁶

The deficiency of Vitamin B6 can impede the synthesis of neurotransmitters such as serotonin, dopamine and norepinephrine. According to aliveandhealthy.com, 'Vitamin B-6 acts as an antioxidant. It is required for the conversion of amino acids into neurotransmitters in the brain. For example, the conversion of phenylalanine to norepinephrine requires Vitamin B-6.' Even Dr. Elson M. Haas supports the fact that Vitamin B6 is essential in the production of neurotransmitters. He writes that, "the neurotransmitters norepinephrine and acetylcholine and the allergy regulator histamine are all very important body chemicals that depend on pyridoxal-5-phosphate in their metabolism. Also, the brain needs it to convert tryptophan to serotonin, another

³⁶ <http://www.healthy.net/scr/Article.asp?id=2128>

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important antidepressant neurotransmitter.' The British Journal of Psychiatry has noted that the lack of Vitamin B6 can cause emotional disorders.³⁷

James E. Leklem, in his book titled 'Vitamin B-6. In: Modern Nutrition in Health and Disease' writes that, Vitamin B6 plays a multi-faceted role. He states that, 'it is involved in gluconeogenesis, niacin formation, erythrocyte metabolism, hormone modulation, and nervous system function.'³⁸

If you happen to suffer from ADD-ADHD, Vitamin B6 can prove a vital aide in your fight against this ailment. Dr. Steve Nugent conducted a research regarding the effect of Vitamin B6 on ADD-ADHD sufferers and found that it does prove useful. Talking about the research conducted by Dr. Nugent, Robert J. Thiel, Director of Research, Center for Natural Health Research, writes that, "Dr. Steve Nugent has found that substances

37 <http://web.winltd.com/Article.aspx?PageURL=/Pages/English/healthnews/adultadd.htm>

38 <http://www.healthresearch.com/add.htm>

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contained within herbs, as well as gamma-amino butyric acid (GABA) and vitamin B-6 are effective for people with ADD and ADHD³⁹

Similarly a study conducted by Coleman and published in Journal of Biological Pyschology revealed that hyperactive children who were also suffering from low levels of serotonin showed a remarkable improvement when administered with Vitamin B6.⁴⁰

Thus, the intake of Vitamin B6 can prove to be a powerful ally in the war against ADD-ADHD and can help in improving the lives of scores of people like Jim, for whom medicines create an undesirable side-effects.

39 <http://www.healthresearch.com/add.htm>

40 <http://www.healthresearch.com/add.htm>

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3 Reasons everyone should to take Folate (folic acid) Daily...especially if you have Attention Deficit Disorder

Dorothy works as a senior software developer with a software company located in the Silicon Valley. She works on a project basis. Being a senior employee, she is associated with a particular project right from the start to the end. However, the other day, Dorothy was overheard talking about the difficulties she faces in concentrating on a single task. In fact, she had also discussed with her manager the possibility of joining the technical support team so as to avoid working on a single project for a long time.

Now, do not think that Dorothy is a lazy and inattentive worker. She is one of the most diligent employees and even her HR manager concurs with this fact. The problem with Dorothy is that she suffers from ADD-ADHD [Attention Deficit Disorder or Attention Deficit Disorder with Hyperactivity]. Hence, she finds it difficult to concentrate on a single piece of task; especially if the task happens to be something like software development, which can go on for months.

ADD-ADHD is a neurological ailment. Patients diagnosed with ADD-ADHD have low concentration levels. They are not able to concentrate on a single task and keep on switching between various tasks. ADD-ADHD sufferers also get distracted quite often. At times, they can turn violent and cause harm to others as well as to their own self.

Medical practitioners often make use of Ritalin to treat patients suffering from ADD-ADHD. However, latest scientific research has put a question mark over the safety of this

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particular drug. Dr. Peter Breggin states that use of Ritalin can lead to a number of serious side effects such as brain malfunction/brain damage, depression, dizziness, headache, insomnia, nervousness, irritability etc. ⁴¹ Dr. Breggin also cites a 1995 DEA [Drug Enforcement Administration] report that states, "The potential adverse effects of methylphenidate [Ritalin] and d-amphetamine are almost identical."⁴²

Now, you are likely to ask me, " If the use of medicine is avoided, then how will the likes of Dorothy ever find a succor?"

Well, modern research has revealed that 'Vitamins' can come to the rescue of the thousands of ADD-ADHD sufferers and cure them of their ailment in a safe way and without causing any undesirable side effects.

41 <http://www.worldhealth.net/p/1010,2042.html>

42 <http://www.worldhealth.net/p/1010,2042.html>

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Vitamins play an important role in the proper functioning of the brain. They can also have a telling effect on our behavior. Lack of vitamins can also create an energy crunch in the brain. Folic acid or folate is one such vitamin that is required by the brain for energy production.⁴³ You will probably now ask me the relation between the energy needed by the brain and vitamins.

We all are aware of the fact that the brain is responsible for controlling vital body functions. Naturally, it requires energy to perform its tasks. This energy needs to be created within the cells of the brain. This energy is created due to the metabolism of glucose by the enzymes. Similarly, even amino acids are utilized in the creation of the energy. However, these energy-producing enzymes do not work on their own. They

⁴³ <http://www.aliveandhealthy.com/attentiondeficit.html>

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require a partner or co activating enzyme. Folic acid acts as a co activating enzyme that converts the amino acids into energy packets for the brain. ⁴⁴

Similarly, the presence of Folic acid is also required for the production of L-DOPA, which is the precursor of dopamine. Research has proved that deficiency of dopamine can lead to ADD-ADHD related symptoms. ⁴⁵ Enzymes from the DNA convert tyrosine and phenylalanine into L-DOPA. However, this conversion can take place only if Folic acid is present in sufficient quantities. In other words, insufficient levels of Folic acid can hinder the production of L-DOPA and indirectly lower the levels of dopamine present in the brain. ⁴⁶

44 <http://www.worldhealth.net/p/1010,2042.html>

45 www.healthyplace.com/communities/add/addfocus/medications_6.htm

46 <http://www.thenaturalbeat.com/mind-and-spirit/addadhd/taking-vitamins-for-add>

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Deficiency of folic acid is the root cause of depression. According to Dr. Anthony Kane, "depressed patients have lower levels of folic acid. There is also growing clinical evidence that folic acid helps treat depression and can enhance the effectiveness of antidepressant medications."⁴⁷

Similarly, lack of sufficient quantities of Folic acid is one of the root causes behind irritability and forgetfulness – common symptoms observed in patients suffering from ADD-ADHD. In the words of Dr. Anthony Kane, "Lack of folic acid results in your kid feeling tired, irritable and forgetful."⁴⁸

Mark Olson, director of research and development for Chemi -Source Inc. and Steve Holmes, a multi-doctor medical office specializing in childhood behavior problems state

47 <http://addadhdadvances.com/efa-depression.html>

48 <http://addadhdadvances.com/studentnutrition.html>

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that the lack of Folic acid is the main culprit behind personality disorders and behavioral problems.⁴⁹

The intake of Folic acid can help people to gain a control over their behavior. A research in Spain revealed that when school children were administered with Vitamin B6 and Folic acid, they showed improvement in their school performance as well as in their behavior. The researchers noted that the intake of Vitamin B6 and Folic acid optimized the functioning of the brain as well as the synthesis of important neurotransmitters such as GABA, dopamine and serotonin.⁵⁰

Similarly a research conducted by the Baylor University Medical Center revealed that low levels of Folic acid were responsible for impeding the proper functioning of the

49 http://www.bestselfusa.com/article_archive/drugfreesolutions.htm

50 http://www.bestselfusa.com/article_archive/drugfreesolutions.htm

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neurotransmitters, which ultimately worsened the neurological and psychiatric conditions of the patients.⁵¹

Patients suffering from ADD-ADHD also display apathy toward their surroundings. According to Dr. Richard A. Kunin, the intake of Folic acid can bring about positive changes in the moods of people suffering from ADD-ADHD.⁵²

Thus, a natural diet rich in vitamins will make it possible for Dorothy and other ADD-ADHD sufferers to avail a drug free treatment.

51 http://www.bestselfusa.com/article_archive/drugfreesolutions.htm

52 <http://www.healthy.net/search/content/columns/col544.htm>

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"How Vitamin B12 helps Eliminate Your Attention Deficit Disorder"

Just a fortnight ago, Karen was conferred with the 'Best Employee of the Year' award. Her colleagues were surprised. Karen does not share a good equation with her colleagues. She gets irritated at the slightest pretext and often throws tantrums in the office. Her colleagues remark that the word 'calmness' is missing from Karen's lexicon. They also say that she is never able to concentrate on a single task and keeps fleeing from one task to the other.

Karen suffers from ADD-ADHD [[Attention Deficit Disorder or Attention Deficit Disorder with Hyperactivity], a fact that is not known to her colleagues. ADD-ADHD is a neurological ailment. Patients afflicted with ADD-ADHD often display a sense of apathy

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towards their immediate surroundings. They suffer from low levels of concentration and find it difficult to remain associated with a particular task from start to finish. ADD-ADHD sufferers also get distracted quite often and tend to have a poor memory. They are prone to sudden bouts of anger and hence find it difficult to have a normal relationship at work or in personal life. At times, they can get engaged in a self-destructive behavior.

Medical practitioners have for a long time been using Ritalin and Adderall to treat patients suffering from ADD-ADHD. An estimate shows that in the year 1996, more than 1.5 million school going kids in the US were being administered with Ritalin.⁵³ However, recent medical research has revealed that Ritalin can cause a lot of undesirable effects in human beings. It is known to cause nervousness, drug addiction, hair loss and convulsions.⁵⁴ In certain cases Ritalin can also lead to the death of the patient.

53 <http://www.greenermagazine.com/addadhd.html>

54 <http://www.greenermagazine.com/addadhd.html>

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The ill effects associated with Ritalin have forced researchers to look for alternative cure. Many researchers believe that vitamins hold the key to providing a safer cure for ADD-ADHD sufferers. The American Academy of Child and Adolescent Psychiatry advocates the use of liberal doses of vitamins to reduce the symptoms associated with ADD-ADHD.⁵⁵ The same story is repeated with Adderall, which contains amphetamine and dextroamphetamine. Amphetamine has been associated with many side effects such as drug dependence, heart palpitations, diarrhea, constipation, impotence, insomnia etc.⁵⁶

Now, you will be wondering as to how vitamins can help in the alleviation of ADD-ADHD symptoms. Vitamins play a vital role in the production of energy packets in the brain cell. The lack of sufficient quantities of vitamins can hamper the production of

⁵⁵ <http://www.understanding-add.com/article.cfm/id/170046>

⁵⁶ <http://www.whatmeds.com/meds/adderall.html>

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energy. Lack of energy can prevent the brain from dispensing its responsibilities properly and that might trigger the onset of ADD-ADHD.

Among the many vitamins required for the proper functioning of the brain, Vitamin B12 perhaps is counted amongst one of the most important vitamins of all. In the opinion Dr. Elson M. Haas, the deficiency of Vitamin B12 can cause an irreversible damage to the brain and the neurological system.⁵⁷

B12 or rather methyl-B12 a form of Vitamin B12 plays a pivotal role in the production of myelin, a protective sheath round the neurons. We all are aware of the fact that the entire neurological system is exposed to wide range of chemicals such as lead and mercury, which enter our body via food or the polluted air that is available for breathing in the 21st century. These chemicals can cause an irreparable damage to the

⁵⁷ <http://www.healthy.net/search/content/articles/art2133.htm>

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brain and prevent its proper functioning. Methyl-B12 helps in the regeneration of the neurons as well as the production of myelin.⁵⁸

According to Dr. Arturo M. Volpe, "I have been recommending a form of vitamin B12 called methyl-B12 for children with autism and ADHD. Methyl B12 has been shown to protect neurons from glutamate toxicity. Glutamate is a natural neurotransmitter found in food that is also made in the brain and is essential for normal brain function. A healthy brain closely regulates how much glutamate can be present at any time because too much of it causes hyper-excitability and eventually leads to brain cell death. Researchers have shown that exposure to mercury or other toxins cause the brain to lose its ability to regulate glutamate levels. What happens next is that as glutamate is absorbed from food and made in the brain its levels skyrocket and cause widespread damage, ultimately leading to a broad range of brain disorders."

58 <http://www.doctorvolpe.com/newsletters/browseUpdates.php?catID=1>

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Deficiency of Vitamin B12 can also cause depression and tiredness, two common symptoms associated with ADD-ADHD sufferers.⁵⁹

A proper intake of Vitamin B12 can regulate the production of adenosyl-methionine, a type of amino acid. In the opinion of Dr. Richard A. Kunin, adenosyl-methionine can prove a vital factor that can alleviate the patient's mood and mental sharpness. Dr. Kunin states that Vitamin B12 joins hands with Folic acid to ensure the optimum production of adenosyl-methionine.⁶⁰

Research carried out by John Lindenbaum, M.D., of New York's Columbia-Presbyterian Medical Center, does prove that deficiency of Vitamin B12 can cause neurological problems as well as the feeling of tiredness.⁶¹ Studies have also revealed

59 <http://www.webmd.com/a-to-z-guides/Vitamin-B12-Deficiency-Anemia-Topic-Overview>

60 <http://www.healthy.net/search/content/columns/col544.htm>

61 <http://www.smarts.co.za/vitamins.htm>

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that a proper intake of Vitamin B12 is essential to gain control over symptoms such as delusions, memory loss, depression, difficulty in thinking etc.

Sufficient quantities of Vitamin B 12 also ensures a proper synthesis of S-adenosyl-methionine [SAdMe] a amino acid that is known to promote concentration, a feeling of well-being, and alertness. Talking about Vitamin B12, Ray Sahelian states that, "the synthesis of SAdMe is intimately linked with folate and Vitamin B12 metabolism, and deficiencies of both these vitamins have been found to reduce central nervous system SAdMe concentrations. Both folate and Vitamin B12 deficiency may cause similar neurological and psychiatric disturbances including depression, dementia, and peripheral neuropathy."⁶²

⁶² <http://www.healthy.net/scr/Column.asp?Id=109>

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Vitamin B12 has thus proved to be a vital ally in the fight against ADD-ADHD. Doctors feel that Vitamin B12 can provide a safer alternative treatment to Karen and scores of people like her.

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"Pantothenic acid and your Brain – What you Don't Know CAN hurt you"

Kerry, a single parent, is having tough time with Mark, his son. Mark is a third grader and studies in one of Boston's leading schools. Mark is a lovely, mischievous little boy. However, he is never able to concentrate on his studies. His teachers have a galore of complaint against him. They say that Mark always seems to be restless. He keeps on fidgeting with his pencils, books, pens etc. He always keeps asking questions too.

The other day, Mark's geography teacher reported that Mark's concentration levels are very low and he tends to get distracted very easily. Even a sneeze of a fellow student is enough for Mark to leave his studies and turn behind to look at the person. His teachers also complain that most of the time Mark is not able to complete his assignments.

Kerry feels sad about the whole situation. He knows that Mark is not exactly at fault. Mark suffers from ADD-ADHD [Attention Deficit Disorder or Attention Deficit Disorder with Hyperactivity], a kind of neurological ailment. Patients afflicted with ADD-ADHD have a very short attention span. They are not able to concentrate on a single piece of task. In fact, many ADD-ADHD sufferers display a tendency to start with a new work without completing the previous tasks. Hence, they find the goings very difficult in their professional life.

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Patients afflicted with ADD-ADHD also get irritated quite often and have a tendency to throw tantrums. They also tend to lose their temper quite often. Therefore, many of them do not share a comfortable equation with their family, friends, and colleagues.

When Kerry realised that ADD-ADHD will have a negative impact on Mark's school performance, he decided to seek the help of a family doctor. The doctor prescribed Ritalin to Mark. However, Kerry refused to administer Mark with Ritalin. He had recently read a report on the ill effects of Ritalin.

Ritalin is one of the most popular drugs used to treat ADD-ADHD sufferers. In US alone, more than 1.5 million children are administered with Ritalin.⁶³ However, there are many negative effects associated with Ritalin including nervousness, drug addiction, hair loss, and convulsions. In a worse case scenario, it can also lead to the death of the patient.

63 <http://www.greenermagazine.com/addadhd.html>

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Another popular drug that is used in the treatment of ADD-ADHD happens to be Adderall. This drug consists of amphetamine and dextroamphetamine. Amphetamine is known to cause side effects such as heart palpitations, Anorexia, changes in libido, dizziness and tachycardia (racing heart)⁶⁴ In fact, Health Canada, the Canadian drug regulatory agency, issued a directive that called for the suspension of the sale of Adderall due to reports that the drug was causing sudden deaths in children.⁶⁵

Since the use of Ritalin was out of question for Kerry, he decided to check out if ADD-ADHD could be cured with safer options. He finally came across a report that stated that vitamin could perhaps hold the cure for treating ADD-ADHD.

Medical research has proved that ADD-ADHD is the direct result of a deficiency of vitamins. The lack of vitamins can create havoc in the functioning of the brain. No

64 <http://www.whatmeds.com/meds/adderall.html>

65 <http://www.fda.gov/cder/drug/advisory/adderall.htm>

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wonder, The American Academy of Child and Adolescent Psychiatry recommends the use of liberal dosage of vitamins to counter ADD-ADHD symptoms.⁶⁶

When one talks about vitamins, the importance of Pantothenic acid or Vitamin B5 cannot be discounted. It plays a vital role in the production of energy in the brain. The brain requires tremendous energy, as it happens to be the control house that regulates the functioning of vital body parts. The same needs to be produced inside the cells of the brain. This energy is created in three stages that are collectively known as Kerb's cycle. Pantothenic acid is one of the many vitamins that facilitate the process of energy production inside the brain.⁶⁷

Lack of Pantothenic acid can also have an adverse affect on the memory. People with memory problems often display low levels of acetylcholine, a type of neurotransmitter.

66 <http://www.understanding-add.com/article.cfm/id/170046>

67 <http://www.patentstorm.us/patents/6399114-description.html>

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The synthesis of acetylcholine depends upon the availability of the coenzyme A (CoA), of which Pantothenic acid is an important component.⁶⁸ Thus, the lack of Pantothenic acid can create memory problems, one of the many symptoms associated with ADD-ADHD. According to Elson M. Haas, "As coenzyme A, it supports the synthesis of acetylcholine, a very important neurotransmitter agent that works throughout the body in a variety of neuromuscular reactions"⁶⁹

According to Nora Plesofsky, Ph.D. Research Assistant Professor- College of Biological Sciences University of Minnesota, Pantothenic acid acts as a co-enzyme along with Acyl-carrier protein and is involved in the synthesis of fats. The synthesis of fats such as sphingolipids is essential in the production of myelin sheath, a protective cover around

68 <http://www.sanescos.net/glossary.php>

69 <http://www.healthy.net/scr/Article.asp?id=2127>

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the neurons.⁷⁰ In fact, fats are one of the many raw material required for the production of these sheaths which protect the neurons against harmful chemicals such as lead and mercury.

The fact that Pantothenic acid holds the key to treating ADD-ADHD has also been proved by many research studies. Dr. Bernard Rimland, director of the Institute for Child Behavior Research in San Diego, used Vitamin B5 in conjunction with other vitamins to treat emotionally disturbed children and found that the vitamins did improve their behavior.⁷¹

Pantothenic acid also helps to cope with stress.⁷² Medical practitioners state that it is responsible for the production of various steroids, and cortisone.⁷³ Similarly, sufficient

70 <http://www.smarts.co.za/vitamins.htm>

71 <http://www.healingwithnutrition.com/adisease/add-adhd/harrellstudy.html>

72 <http://www.healthy-r-us.net/pantothenic-acid.htm>

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quantities of Vitamin B5 are also required for the proper development of the central nervous system.

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"One Little Nutrient that Your Brain is Starving For, Magnesium"

Magnesium is the fourth abundant mineral found in the human body. It originates in the bone and is stored in teeth and vertebrae. Magnesium is essential to the human body, as it sustains metabolic activity by managing three hundred biochemical reactions. Magnesium is present in cells of body tissues and organs in forms of magnesium amino acid chelate, magnesium carbonate, magnesium oxide, magnesium oxide dolomite and magnesium sulfate. The level of magnesium in human blood is simply 1% of the amount present in the human body.

Even at lower levels, the presence of magnesium is an absolute necessity to transmit nerve impulses. It coordinates muscular movements and prevents tooth decay and bone injuries. Magnesium is essential for the development of a steady heart-beat and to build a healthy immune system. The most significant role of magnesium is maintaining the thickness of blood or coagulation of blood. Thus, the mineral relaxes blood vessels and lowers blood pressure.

Deficiency Of magnesium

Magnesium deficiency is common and the symptoms of its deficiency appear only at a later stage. A fall in levels of magnesium can affect the development of RBCs (red blood corpuscles) and in turn constrict blood vessels. This thinning can increase arterial blood pressure and cause stress to the heart. Overtime, the body suffers from

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'hypertension'. Ultimately, if the body is not administered with sufficient intake of magnesium, and causes complications like terminal coronary artery disease, kidney stones due to deposits of calcium.

Magnesium deficiency is often observed in individuals who have an over-stimulated nervous system. Such individuals often show signs of restless behavior, confused mindset and palpitations or irregular heart-beat frequency. Eventually, magnesium deficiency can alter mental behavior leading to irritability and depression leading to disorientation.

Magnesium and ADD:

ADD explained

Attention deficit or attention deficit hyperactivity disorder is a growth disorder that is characterized by hyperactivity, distractibility, rash behavior and disorientation. It affects over 9% children, and male children are the most tormented. Popularly known as hyperkinetic disorder, ADD is caused by magnesium deficiency.

Magnesium is indispensable to the brain. It is necessary for analytical and logical thinking and deficiency of this mineral affects the synchronization of nerve impulses. Stress can lead to loss of magnesium compounds produced in brain cells, which can lead to hyperactive or ADD behavior.

Magnesium helps ADD-ADHD

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Sugar metabolism is carried out in the presence of magnesium. It is used in the conversion of carbohydrates to energy. In ADD afflicted children and adults, carbohydrate conversion reaction takes place at a much slower pace, thus a prescribed magnesium supplement can be very useful. Besides, magnesium can accelerate the metabolism of calcium, phosphorus, sodium and potassium. It conducts the absorption Vitamin C, E and B complex in the body.

Studies and doctors endorsing Magnesium Supplementation:

Over the years, very few researches have been conducted to investigate the affects of magnesium on an ADD afflicted individual. A study undertaken by Kozieliec, T. and Starobrat-Hermelin of Poland in 1997 depicted a more direct enhancement that could cure ADD individuals.

A broad census was conducted by testing samples of hair, red blood cells and serum magnesium levels in over 100 children. As per conclusions over 90% were magnesium deficient. The children were then divided in to two groups, out of which one were subjected to 6 month trial of magnesium supplementation (200 mg/day) and the other were on other treatment. At the end of the six month period, children taking magnesium supplements showed considerable improvement in their behavior compared to the children, who were given the normal dosage.

Many doctors recommend magnesium supplements. A popular doctor from Canada Dr Rhian Toyuz has stressed on importance magnesium and believes it reduce blood pressure and cures ADHD. Children can be given Magnesium dose in form of liquid, tablet or capsule.

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Positive affects of Magnesium:

Magnesium ingested in various forms is extremely beneficial to the body. The proper dosage of magnesium can increase retention powers and body reflexes. It assists the digestive process and behaves as a chemical buffer in many reactions. Magnesium enhances free movement of blood. It is essential to maintain the balance of ionic reactions in the body.

References:

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Calcium, the secret to calm

Calcium comprises of almost 1.6% of the human body weight. It acts as the human glue that binds the whole body together. Compared to other ions, the calcium ion has the ability to hold on to a single water molecule along with 7 other molecules. Calcium ion has the right size thus giving them the ability to easily move through human body cells. In the process, the calcium ions take a series of nutrients inside the cells and leave to get more nutrients.

However, according to many scientists, the human body starts exhausting its calcium reserves. Only compounds of mono-ortho-calcium phosphate act as a chemical buffer for the blood and maintain the alkaline level in the blood. Devoid of these compounds there could be high possibilities of the human body giving in to the depletion, thus resulting in instant death. Therefore, to make sure the body is supplied with sufficient calcium from time to time everyone is expected to consume a specific proportion of calcium. If not, the body would start drawing calcium from the bones and teeth which have 98% and 1% deposits of calcium respectively.

Calcium Deficiency and You

Calcium is an essential nutrient. Over 80 studies demonstrate that the more calcium we consume the more stable and low our blood pressure would be. However, in certain cases, if there is a deficiency of calcium in children, it could induce ADD/ADHD behavior. First signs of calcium deficiency include cramps, irregular stomach movements, painful

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joints and tingling in the legs and arms. Children suffering from calcium deficiency exhibit, inattentiveness, anger, sleep disturbances and irritability.

Attention Deficit Hyperactivity Disorder or ADHD as it's commonly known as is a common behavioural disorder noticed among children in their preschool years (2 yr old kids). The child doesn't eat particular type or any type of food and is cranky about his/her eating habits. Moreover, these behavioural disorders might harm the child and give arise to more complexities in the long run.

Furthermore, this self-restricted diet also means the child is deprived of the essential nutrients necessary for growth. Over time, reduction of essential minerals like calcium, zinc, magnesium etc gives rise to lower bone density and smaller stature. A persistent condition of calcium deficiency could lead to a larger negative impact on the health of the child.

Add Calcium to your diet to combat ADD-ADHD

Children who are sensitive to dairy food products should daily ingest calcium supplementations in liquid, chewable, or capsule form. Calcium supplementation is a must for children and adults involved in sports activities.

Magnesium and calcium deficiencies are common reason for cases of ADHD/ADD among children of all ages. Natural health-care practitioners very often advise magnesium and calcium supplementation for repressing hyperactivity, as both minerals have a soothing effect on the human body. Reinforcing this practice, a Polish study states that depleted rates calcium, zinc, magnesium, iron and copper levels were the

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main cause of hyperactivity among children in the 4-13 yr age group in comparison to a health control group. Many other studies have also backed up this study. After administering calcium or magnesium supplements, children had a sound sleep and did not show any signs of sleepiness during the day.

A study by Thiel, Ph.D. (ANMA Monitor 1997:1(9): 5-8) of children and adults suffering from A.D.D. showed that 52% needed calcium, while the rest needed GABA, flax oil and/or B6.

Calcium helps in keeping the nerves active and normal coagulation of blood. Everyone is expected to consume considerable amount of calcium to thwart negative effects of overreactions to stress and prolonged periods of trauma.

According Dr. Robert Barefoots, renowned calcium expert and inventor of Coral Calcium endorses the use of calcium supplements for combating ADHD. According to certain studies healthy people have alkaline body fluids while sick individuals have acidic fluids that are (below normal pH). Although many people have alkaline, healthy body fluids while they are young, it starts degenerating as they reach their thirties. Low minerals like calcium and magnesium causes our bodies to turn increasingly acidic.

Calcium Consumption

Calcium is absorbed in the body through food items than through calcium supplements. Both young and old are expected to consume no less than 3 calcium rich food products everyday. This can include non-fat or low-fat yogurt, low-fat ice cream,

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low-fat cottage cheese, low-fat cheese calcium-fortified grapefruit or orange juice, and skim milk.

However, even though many people are consuming calcium, they aren't getting the amount of calcium needed for keeping the body going. Hence, people who are not able to consume at least 3 calcium-rich food items should consider ingesting calcium supplements.

People should ingest 500 mg calcium supplements every day and the left over 500mg to 700mg should be consumed through food items.

Calcium supplements come in different forms, like calcium citrate and calcium carbonate. According to recent studies, calcium citrate is much more superior compared to calcium carbonate, as the body can absorb it more easily. As per common belief to benefit from the calcium supplements, both kids and elders are suggested to ingest calcium supplements along with a glass of orange juice.

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"Copper needed to Fight ADD-ADHD"

The importance of Copper in industry remains indisputable, at the same time the element is essential to human body and its growth. This element occurs in traces in the human body, but never in its raw state. Copper in its acetate, sulfate (blue vitriol) and oxide forms is used in healing processes. Copper is typically present in mineral rich foods like vegetables (potato), legumes (beans and peas), nuts (peanuts and pecans), grains (wheat and rye), fruits (peach and raisin), and, yes, even chocolate!

Copper compounds have played a very important role in human biological processes. From the development and coagulation of red blood corpuscles and hemoglobin in the blood system, to the formation of bone marrow, bones, brains, connective tissue (preservation of collagen and elastin) and the heart, the element is present everywhere. The element operates key metabolic processes which include the synthesis and release of amino acids, proteins and enzymes to maintain cellular energy. Copper is efficient in healing injured vessels and organs and regulating transmissions of nerve signals, respiratory processes and maintaining the immune system. It also creates antibodies to fight infections and repair open wounds.

In cellular processes, copper is required to neutralize unstable byproducts of oxygen known as AFREE radicals. These radicals are formed by the body's exposure to environmental pollutants. It is also involved in pigmentation process, especially the conversion of melanin.

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Though copper is present in nearly all human biological processes, the amount of copper ranges from 1.4 and 2.1mg of per kilograms of the body weight.

The Zinc-Copper equilibrium

Trace minerals work in symbiosis; they are required for the well-being of the human body. Their presence should remain at fixed amounts, as increase would result in distortion in growth. In case of the trace minerals; zinc and copper, the ratio should be maintained at 4:1.

A slight increase in zinc levels could be antagonistic from the human body. Zinc can block ingestion and assimilation of copper. Overexposure to zinc-rich foods could result in copper deficiency. Such an imbalance can damage liver processes by causing hepatic accumulation of zinc and injury to the fetus. Furthermore, deficiency in young children can lead to hyperactivity or the development of ADHD.

The Deficiency of Copper

Copper deficiency is very rare in humans but it does occur under particular circumstances. Symptoms of copper deficiency include low body temperature, anemia, osteoporosis and bone fractures, low white blood cell count, prominently dilated veins, high cholesterol levels, irregular heartbeat, birth defects, and increased susceptibility to infections, thyroid disorders, and loss of pigment from the skin.

Male infants with an inherited mutant X-linked gene suffer from Menkes' syndrome or inherited copper deficiency. This usually occurs almost once in 50,000 live births.

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Children with Menkes' disease cannot absorb copper and hence are severely deficient unless they are medically treated.

Copper deficiency usually occurs in infants fed only cow-milk formulas that have relatively low levels of copper, infants with prolonged malnutrition or diarrhea, premature/low-birth weight infants, individuals with mal-absorption syndromes (like sprue, short bowel syndrome, or celiac disease), cystic fibrosis, people receiving intravenous total parenteral nutrition (TPN) or the elderly who are on restrictive diets. These individuals have to ingest copper and other mineral supplementation. Copper deficiency could also be deficiencies of copper-dependent coagulation factors such as fibrinogen factor VIII, and factor V.

Cases of suspected/known copper deficiency should always be assessed and monitored by a nutritionist and physician.

ADHD and ADD : a brief introduction

Attention deficit hyperactivity disorder or Attention deficit is a developmental disorder. The patient's suffering disorder exhibit hyperactivity, distractibility, rash behavior and disorientation. Globally, over 9% children show this disorder, and male children are the most afflicted. In USA, it is well-known as hyper kinesis and it is caused by deficiency of copper.

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Copper helps ADHD

ADHD is a brain disorder; it can cause neurological dysfunctions within the brain. This is because; the hippocampus (the brains stress reflex) requires a balanced amount of copper and zinc. A slight increase in either Copper or zinc can lead to aggression and violent behavior. Besides, copper is also needed to coordinate nerve impulses and conversion of carbohydrates during sugar metabolism.

Studies and Doctors Endorsing Balance in Copper and Zinc

In 1976, PS Cook and Woodhill showed the ill effects due to the lack of balance in trace minerals, especially copper and zinc and treated their patients with the Feingold diet. The diet developed by Dr. Ben F. Feingold, MD to treat hyperactivity.

According to the Feingold's dietary prescription, they prepared an elimination diet that disallowed the following components.

Synthetic colors

Artificial flavors

Artificial preservatives

Salicylates

Artificial sweeteners

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Other Additives

When tested on hyperkinetic children, there was a considerable reduction in ADHD and ADD behaviors. Overtime, a natural balance between zinc and copper were reached.

Positive effects of adequate copper intake

A good amount of copper if included can decrease your stress levels, reduce blood pressure and slowly remove ADHD behavior. However, being a trace mineral, the element needs to work in combination with other minerals.

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Lack of Zinc... A Proven Cause of ADD-ADHD

Zinc is a vital mineral that is present in each cell of our body. It invigorates the activity of more than 300 substances and enzymes that support the various biochemical reactions in the body. Among its many crucial functions, zinc makes it easier to maintain a healthy immune system, DNA synthesis, the sense of smell and taste as well as wound healing whenever necessary. It supports the normal growth and development during childhood, adolescence. In addition, it also helps in the development of sperm, fertilization, and ovulation necessary for a healthy pregnancy.

Zinc is an essential mineral that is necessary for protein synthesis and helps in regulating the production of cells in the immune system. Primarily stored in the muscles, zinc is also found in high concentrations in white and red blood cells, bones, retina of the eye, kidneys, skin, pancreas, and liver.

Zinc Deficiency

Zinc deficiency usually occurs when there is an inadequate intake, poor absorption by the body, the body requirements for zinc intensifies, or the body has increased losses of zinc. Deficiency of zinc manifests as hair loss, growth retardation, impotence and delayed sexual maturation, diarrhea, loss of appetite, skin and eye lesions. Mental lethargy, taste abnormalities, delayed healing of wounds, weight loss could also occur due to zinc deficiency.

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Risk factors for zinc deficiency include digestive diseases, inadequate caloric intake, and alcoholism. It is said that compared to non—vegetarians, vegetarians need as much as 50% more zinc intake because of the low absorption of zinc from plant foods. Memory and eyesight are also connected with zinc and zinc deficiency and could cause malfunctions of these organs and their subsequent functions.

Zinc and ADD-ADHD – the relation

Attention Deficit Hyperactivity Disorder (ADHD) initially known as hyperkinesis is the most common behavioral disorder observed among children. As per certain estimates, 3-5% of school-age children are affected by ADHD. Frequently the symptoms of ADHD are intermingled with depression, oppositional conduct, learning problems, and anxiety. Zinc is of key importance to ADHD, as it is an essential factor in metabolism, necessary for prostaglandins, fatty acids, neurotransmitters, and affects the dopamine metabolism indirectly.

According to studies conducted in various countries, ADHD patients have low levels of zinc. Children who suffer from zinc deficiency are often fussy eaters who eat only selective foods that eventually aggravate the deficiency.

Many doctors have found evidence to substantiate that zinc is essential for children suffering from ADD/ADHD. Zinc exerts positive effects by regulating the functions of the neurotransmitter, dopamine that has been implicated in triggering symptoms of ADHD. Moreover, it plays a significant role in the feelings of reward and pleasure.

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According to studies, children diagnosed with ADHD are predominantly suffering from zinc deficiency. Dr. Amy Rothenberg, a physician with a private practice specializing in Classical Homeopathy and Naturopathic Medicine believes that zinc supplements can help in alleviating the frantic behavior. Many recommend a daily tablespoon of fish oil or sunflower or essential fatty acids that can bring an anti-inflammatory calming effect on the individuals. Dr. Rothenberg also suggests that the B vitamin family is potentially valuable to children with ADHD. However, the dosage usually is on the basis on the weight of the child. It is always good to get a proper dosage from a professional.

According to a study conducted in Iran, children administered with zinc supplements fared much better compared to children who were not put on zinc supplements.

Zinc Supplements

According to the "What We Eat in America" report by USDA, more than 62% of the young children get insufficient zinc in their diets. Children who have an inadequate intake of zinc are prone to fall sick more often and recover slowly. Zinc is an essential mineral that ensures the immune system is working efficiently. Unlike common belief, eating vegetables and fruits is of no help. Dark meat and red meat contains more zinc. Other good sources of zinc are legumes, peanuts, and peanut butter.

One can always correct mild zinc deficiencies by supplying the body with an appropriate amount of zinc every day. Zinc sulfate is the least expensive form that is frequently used. However, it is the least easily absorbed supplement and may cause stomach upset. Other forms of zinc like zinc citrate, zinc picolinate, zinc glycerate, zinc monomethionine, and zinc acetate are more easily absorbed.

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Given below is the average amount of zinc dosages –

Infants birth to 6 months: 2 mg

Infants 7 to 12 months: 3 mg

Children 1 to 3 years: 3 mg

Children birth to 3 years of age: 2 to 4 mg

Children 4 to 6 years of age: 5 mg

Children 7 to 10 years of age: 7 to 9 mg

Breast-feeding females: 15 mg

Pregnant females: 15 mg

Adult and teenage females: 9 mg

Adult and teenage males: 9 to 12 mg

A higher dose could cause gastrointestinal reactions like cramps, discomfort, and nausea. Individuals may also undergo adverse reactions like drowsiness, headache, and metallic taste in the mouth. Avoid taking zinc supplements along with phosphorus, copper, or iron supplements at the same time. Always space out the supplement doses 2 hours apart, to get maximum benefit from every supplement. Therapies that involve

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higher doses of zinc should always be discussed with the consulting physician. So, make sure you get that extra ounce of nutrition. Include zinc supplements in your family diet today!

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5-Hydroxytryptophan aka 5-htp... the wonder supplement

5-Hydroxytryptophan or 5-HTP is a neurotransmitter created in the body used for regulating the serotonin levels of central nervous system. It is a derivative of Tryptophan (TRP), an amino acid for balancing the nitrogen levels of the adults. 5-HTP converts into serotonin, which maintains the homeostasis in the intestine and the brain cells. 5-Htp helps in raising the levels of chemical in the brain. It positively effects the aggression, anxiety, sleep, sensation to pain, sexual behaviour, and temperature. Due to increased serotonin levels, individuals can easily relax and release stress, thus helping in lowering the risk of heart diseases and insomnia.

5-HTP is beneficial in treating obesity, depression, insomnia, migraine, headache in children and fibromyalgia. Although 5-HTP is not found in food items, the amino acid tryptophan can be found in chicken, turkey, potatoes, milk, sunflower seeds, pumpkin, seaweed and turnip and collard greens.

Effects of 5-Hydroxytryptophan deficiency on the body

Modern lifestyles mete out havoc on our physical and psychological well-being. We are constantly waging a war to conquer all the ill effects of lack of exercise, poor diet, and insufficient rest. It may be surprising for you to learn that scientists have termed our present-day lifestyles not only hamper our bodies but also affect our mental health adversely. The brain produces low levels of serotonin, which regulates our appetite, mood, and the ability to get a sound sleep. Insufficient level of serotonin brings about

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depression, insomnia, obesity and thus compels us to function below our physical and mental abilities.

A deficiency in 5-HTP brings about disruptions in the emotional well-being like anxiety and depression which have been always associated with imbalance in the serotonin levels in the brain. When there are inadequate levels of 5-HTP in the body, there is less biochemical production of it from the various natural sources of L-tryptophan to take care of the shortage, and hence 5-HTP supplements are needed.

Abnormal serotonin functioning in the blood vessel triggers off migraine headaches. Tryptophan deficiency is usually associated with occurrences of insomnia among people due to the weak brain tissues. According to research, low serotonin levels can impair learning and change the functions of the brain. 5-HTP can prove to be a good remedy for these conditions.

Beneficial effects of 5-HTP on ADD-ADHD

Low serotonin levels bring about increased cases of drug abuse and depression among children and teen. Teens with low serotonin levels indulge in prescription or recreation drugs for relief, which further impairs their ability to reason and focus.

5-HTP is a promising answer to multitude of problems that plague children and adults. It is known to be synergistic with various other supplements that augment neurotransmitters like glutamine, GABA, phenylalanine, glycine, and tyrosine.

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Doctors are expected to be cautious while prescribing 5-HTP to children taking prescription antidepressant medications.

According to preliminary studies conducted by Dr. Ray Sahelian, a renowned physician who has extensively studied the various beneficial aspects 5-HTP, it can be very useful in the treatment of various cases of depression. In addition, a Swiss study that compared 5-HTP with the antidepressant fluvoxamine (Luvox), both substances are “distinctly effectual” in the treatment of depression. There were very few instances of the people exhibiting side effects to 5-HTP. However, high dosages could cause gastrointestinal problems, sleepiness, and nausea.

According to a research conducted by R. S Kahn on people suffering from panic disorder, anxiety, obesity and sleep difficulties, there was an evident decrease in anxiety symptoms after being ingested with 5-HTP. People suffering from panic disorders were considerably relieved after receiving 5-HTP. In addition, certain research studies showed supplementing 5-HTP has positive effects on the sleep patterns.

5-HTP Supplements

Since 5-HTP is made in the body from tryptophan, an essential amino acid, the body cannot synthesize it. Hence, the body needs to get its supply of tryptophan from various protein-rich food items. The supplement forms of 5-HTP are made from extracts of the seeds of the African tree Griffonia simplicifolia. Many herbal and multivitamin and herbal preparations have 5-HTP extracts. These synthetically created 5-HTP supplements are the same as the one made by the human body. Dr. Murray, a leading naturopathic doctor has written a book on 5-HTP. The book contains scientific studies, cited cases

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histories, endorsing the effectual and safe use of 5-HTP for treating low levels of serotonin.

5-HTP extracts are easily available without any prescription. Besides, they are much safer than the prescription medicines for treating conditions linked to low levels of serotonin. Researchers and scientists, term 5-HTp as an efficient serotonin level booster. It reduces obesity, depression, migraine headaches, anxiety, and insomnia.

5-hydroxytryptophan supplementation decreases carbohydrate and fat intake by promoting a feeling of content. Administration of the 5-HTP supplement also causes a considerable increase in the hormone leptin that plays an important role in appetite control and other physiological processes.

A standard 5-HTP dosage can range from 50 to 600 milligrams per day. The dosage depends on the reason for ingesting the supplement. The correct dosage should be prescribed by a certified doctor or healthcare professional.

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DHA proven to help ADD-ADHD by Oxford University

Docosahexaenoic acid or DHA is an omega-3 essential fatty acid, which is found in fish oil and cold water fatty fish along with eicosapentaenoic acid (EPA). Omega-3 fatty acids are polyunsaturated fatty acids that are found in vegetable and fish sources. The common omega-3 fatty acids found in the human body are docosahexaenoic acid, linolenic acid, and eicosapentaenoic acid.

Seaweed, chia, hemp, flax, lingonberry purslane, and perilla are said to be the only vegetarian source of DHA. DHA is necessary for the correct functioning of our neurological abilities as adults and for the growth and development of visual abilities and the nervous system during the initial 6 months of our life.

Including omega-3 fatty acids in our diet helps in lowering risk of any heart disease. Our body naturally produces small quantities of DHA. However, we should get additional amount of DHA from our diets and food supplements. Many people in the West get inadequate omega-3 fatty acids in their nutritional regime.

Another omega-3 essential fatty acid, eicosapentaenoic acid (EPA) is essential for the production of anti-inflammatory compounds. This acid is metabolized into the body to form DHA. Although EPA and DHA are primarily found in cold-water fish like sardines, salmon, tuna, and mackerel that contain the high concentrations of DHA, you can also avail of various other fish oil supplements available in various health food stores.

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DHA Deficiencies

According to Dr Alex Richardson, Senior Research Fellow, University Laboratory of Physiology, University of Oxford, and Mansfield College there have been scientific evidences that suggest deficiencies and imbalances of some highly unsaturated fatty acids (HUFA) could trigger a wide range of learning and behavioral difficulties like ADHD, dyspraxia, dyslexia, and various other autistic spectrum disorders.

In a paper titled 'Fatty Acids in Dyslexia, Dyspraxia, ADHD, and the Autistic Spectrum' Dr. Richardson explained that omega-3 fatty acids have more possibilities of being beneficial compared to omega-6, another type of fatty acid essential for optimal functioning of the brain. The best way of averting a fatty acid deficiency is to take fatty acid supplements that are rich in GLA and EPA.

Even though DHA plays a pivotal role in the operations of the brain, if the body has sufficient EPA, it can instantly convert it to DHA whenever need arises.

DHA is a major fatty acid in the brain phospholipids, sperm, and the retina in particular. Dietary DHA reduces the level of blood triglycerides in adults, which lowers chances of developing heart diseases. Lower levels of DHA are linked to depression, Alzheimer's disease and other diseases. DHA supplements are known to be effective in battling such diseases.

Almost all the DHA found fishes and other kinds of complex organisms' stems from the microalgae of the genus Schizochytrium. This DHA gradually concentrates in organisms as it advances in the food chain. Many animals make small quantity of DHA

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metabolically, but very little is internally manufactured by consuming an omega-3 fatty acid called linolenic acid found in various nuts and seeds like flaxseed.

ADHD and DHA – the correlation

Dr. Jay Lombard, a certified neurologist has conducted studies on the interrelation between ADHD and omega-3 fatty acids like DHA (docosahexaenoic acid). According to him, the docosahexaenoic acid is the basic structural fatty acid in the gray matter of our brain. It allows the synapses to stay soft and functional, thus promoting communication between the brain cells. DHA safeguards the cell membranes from oxidative damage. DHA has been known to be active in the treatment of various clinical conditions like ADD and Alzheimer's disease.

According to The National Institute of Health almost 3 to 5 % children in the United States have Attention-Deficit-Hyperactivity-Disorder (ADHD). A small pilot study was conducted for gauging the effects of omega-3 fatty acid supplements on children showing traits of ADHD. 9 children were ingested with 16.2 grams of docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) supplements. After nine weeks of treatment, the DHA/EPA supplement brought about significant improvements in their behavior. This includes, lesser occurrences of inattention, hyperactivity, disorderly conduct, and defiant/oppositional behavior.

There are two main types of eicosapentaenoic acids EFAs omega-6s and omega-3s. According to recent researches, omega-3 fatty acids is said to be essential for a healthy brain. As mentioned earlier, Omega-3s are found in fatty fish and oil-bearing seeds and nuts. DHA has been recognized as vital for infant retinal function and brain development.

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Various studies conducted on preterm infants have confirmed the importance of dietary DHA for enhancing learning abilities. DHA plays a significant role in curing ADD/ADHD.

DHA Supplements and the dosage

Although ADD/ADHD diagnoses are on the rise, it is a relief to know there are natural alternatives to drug therapy. DHA supplements are available in two common forms: DHA extracted from algae (without EPA) and Fish oil capsules [which contain both DHA and EPA]. Fish oil capsules contain both EPA and DHA. Supplements that contain EPA are usually not recommended to infants or small children as they upset the balance between EPA and DHA during the initial years of development.

Besides, pregnant women are advised to consult their doctor before ingesting any fish oil supplements. If nursing mothers have adequate intake of DHA, infants would receive enough of this fatty acid. Standard dose for an adult is 3,000 to 4,000 mg per day. People who are take blood-thinning medication or suffer from hemophilia are advised to check with their doctors to decide upon a safe dose.

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Ginkgo biloba for ADD-ADHD

Ginkgo biloba is an extract from the ginkgo tree - one of the oldest trees found in China. Over the years, ginkgo leaf extracts are used for various herbal remedies in the traditional Chinese medicine. Even today, ginkgo is widely used for herbal treatments mainly aimed for boosting the cognitive functions like learning, improving memory, mood, alertness, etc. It is popular all over the world, especially in European countries and has been studied and researched for finding medicinal solutions for various cognitive ailments. In US, the National Institute of Aging conducted a clinical trial for evaluating the effectiveness of ginkgo in treating various symptoms linked with Alzheimer's disease.

Widely touted as the "brain herb," researchers and doctors have published studies and research material validating the high-quality efficacy of ginkgo on mild memory impairments and forms of dementia. They concluded that ginkgo is considerably more effectual than in improving cognitive functions and memory. Today, ginkgo is commonly used in fruit smoothies, soft drinks, and nutrition bars, to enhance the cognitive performance. However, there have been debates that have questioned the effectiveness of inclusion of ginkgo in these food products.

What you need to know about Ginkgo biloba –

Ginkgo biloba comprises of beneficial compounds like flavone glycosides, ginkgolides, bilobalide, diterpene lactones, catechin, Ascorbic acid, p-hydroxybenzoic acid, iron-based superoxide dismutase, shikimic acid, protocatechuic acid, vanillic acid, and sterols.

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According to certain studies, these compounds together have the ability to boost the memory functions of the brain by maintaining blood circulation in normal range, supporting the heart and enhancing oxygenation, and already, and assisting in the preservation of the general health and vitality. Good blood circulation is necessary for the good health of an individual.

After proper intake of ginkgo supplementations, vigor and life can be enhanced and prolonged. Some studies conducted on the supplements, depicted improvement in the quantity and quality of microcirculation, thus improving circulation throughout the body. Ginkgo thwarts any kind of harmful effect of dangerous chemicals or free radicals while obstructing the platelet-activating factor (PAF).

Modern research has brought to light that ginkgo biloba produces phenomenally positive effects on the mental health of an individual. A study conducted for discerning the effects of ginkgo on the mental health of elderly patients, showed that almost 58% individuals who ingested 160 mg/day showed alertness, support in memory, awareness, mood and attention, compared to those ingesting a placebo.

Benefits

As ginkgo biloba is a brain enhancer, it has evident positive inferences for people suffering from cerebrovascular insufficiency or Alzheimer's disease. It helps in fighting depression, atherosclerosis, and diabetes. Whereas sexual health is concerned, ginkgo is known to be a supportive herb for treating impotence or infertility in males. Ginkgo biloba helps in improving the performance of the brain by treating and preventing conditions of cerebral insufficiency attributable to a dwindling blood flow to the brain.

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Ginkgo biloba helps in safeguarding against brain weakness and protecting against damage by free radicals, restoring the brain to its full capacity, hence lessening senility. People who suspect circulation disorders can derive benefit from the wonderful blood circulating aspect of ginkgo biloba. Ginkgo has the ability to guard and prevent against free radicals that are the root cause of eye and hearing disorders among many individuals.

Ginkgo and beneficial aspects towards ADD-ADHD

As mentioned earlier. Ginkgo biloba improves oxygen and blood flow to the brain. It has been highly effectual in curing dementia, senility, anxiety, forgetfulness inability to concentrate, depression, and ADD (attention deficit disorder) usually noticed in adults.

By far, ginkgo has been an effective application in treating Alzheimer's disease by regulating blood circulation to the brain and assisting the brain in utilizing glucose effectually. Further, this helps in preventing cerebral arteriosclerosis, strokes and other diseases related to peripheral circulation.

According to a study conducted by UCLA, a group of people who were ingested with the herb for 6 months showed an improvement in their verbal in comparison to a group who were ingested with a placebo.

Ginkgo manages the cerebral insufficiency due to impaired blood circulation to the brain that is actually thought to be a secondary disease to arteriosclerosis. This is characterized by confusion, impaired concentration, fatigue, depression, dizziness, and headache.

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Through enhanced circulation of blood to the brain, there is a considerable improvement long and short-term memory, increased energy levels, and improved mental clarity. The therapeutic composition of ginkgo is useful for treatments of the symptoms of ADHD and ADD, without any harmful offshoots. A single daily dose of ginkgo, taken in the morning efficiently assuages symptoms of ADHD and ADD throughout the whole day.

Supplements

According to Dr. Gregory Reed a scientist at the University of Kansas Medical Center, daily use of recommended doses of ginkgo biloba or ginseng supplements or a combination, do not interfere with drug absorptions of the various over-the-counter (OTC) drugs.

Ginkgo can either be ingested in the form of extracts or capsules. A ginkgo biloba should be taken in doses ranging from 40 to 200mg, thrice a day. As per a general rule of thumb, 60mg of ginkgo should be taken. Almost 240mg of ginkgo can be ingested every day.

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How L-Glutamine Calms the Brain

L-Glutamine is a protein amino acid, whose carboxyl group plays an important role in maintaining the PH balance of the body. An important amino acid, it is synthesized when the body undergoes metabolic stress such as burns, sepsis and cancer. It also provides a major alternative fuel source for the brain when blood sugar levels are low.

Though the amino acid is found in abundance, the body needs it at a regular basis to satisfy its physiological needs. Glutamine is formed when the amino acid l-glutamate undergoes metabolism in the presence of glutamine synthase. The produced L-glutamine is then stored in the skeletal system. The basic function of L-glutamine is the transfer of molecular nitrogen to glutamine consuming tissues.

Its other functions include helping the kidney to cope with the regular excretion of acid. Acid contains ammonia ions and L-glutamine converts this ammonia into L-glutamine amide and transports them from peripheral tissues to the visceral organs. The kidneys then excrete it in the form of ammonium or in the form of uric acid by the liver.

This amino acid is also necessary for the proper functioning of brain cells. It is required for transmitting nerve impulses and glutathione.

In stressful conditions, when the body is deprived of oxygen and glucose, it is used to produce energy for the brain. Though glutamine is further converted to glutamate, it is biochemically dissimilar and heavy deposits can cause toxicity in the brain.

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Deficiency of Glutamine

Being the third most abundant amino acid in the human body, Glutamine deficiency is rare. At the same time, during periods of starvation, fasting, cirrhosis, and weight loss, the glutamine demands of the body are high and external dietary supplementation may be necessary.

A prolonged deficiency of Glutamine can be fatal as it causes increased permeability of intestines. It can damage the inner wall of intestines permanently causing toxin and allergen inflammation.

The other symptoms seen in deficient individuals are allergy to food, inflammation of the joints, increased fatigue, skin deformity and malfunctions. The worst affected is the immune system that cause weakened healing process and slowdown in recovery from illnesses.

The AIDS virus causes glutamine deficiency, and thus lowers the amount of antibodies in the body.

In the brain, there is an increase in transmission of nerve impulses that leads to a complete chaotic and confused state of mind. There is a slow loss of energy and ATP molecules. Finally in a heightened state, the deficiency causes a loss of consciousness and breath, also known as a nervous breakdown.

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Glutamine for ADHD

ADHD is a chaotic condition of the brain, wherein neurological dysfunctions occur within the brain. Typically, individuals suffering from ADHD exhibit hyperactivity, distractibility, rash behavior and disorientation. Glutamine can help cure this condition by coordinating nerve impulses and in the conversion of carbohydrates during sugar metabolism. Glutamine is required for memory and concentration.

Beneficial aspects of L-Glutamine in treating ADHD

Amino acids like L-glutamine act as the building blocks for proteins. They are essential for the production of neurotransmitters like dopamine and serotonin, which are essential for alleviating ADHD symptoms. Often, children suffering from ADHD are deficient in L-glutamine as it calms the mind and plays a key role in managing hyperactivity.

When Dr. Roger Williams, eminent nutritional researcher, carried out certain researches on ADHD patients, almost 75% had low levels. There was a significant improvement in their health and behaviour after they were administered with 250mg to 1,000mg of glutamine everyday.

L-glutamine actually acts a brain fuel in the form of the glutamic acid. It is known to bring about positive changes in the gastrointestinal tract, learning ability, and a growth hormone stimulant.

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Under normal conditions, our body maintains and produces healthy levels of L-Glutamine. However, in times of increased energy output or stress our body tissues require more L-Glutamine. Food products that have L-Glutamine ingredients are brown rice bran, brewer's yeast, seafood, beans, whey, beetroot, dairy products, soy, fish, eggs, seeds, whole grains, meat and nuts.

Positive effects of Glutamine supplements

According to Dr. Roger Williams, Clayton Foundation, University of Texas, L-glutamine supplements improve the IQ of mentally deficient children and also stops the craving for alcohol in adults. Glutamine is an amino acid, and supplement any diet with an amino acid avoids major health risks or adverse side effects, however its intake should be restricted to low doses.

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L-Tyrosine, helping replace what most ADD-ADHD people are missing

L-Tyrosine is a nonessential amino acid that the body produces on its own. Its primary role is as a neurotransmitter that acts as chemical messenger to more than 100 billion of brain and nerve cells in our body. L-Tyrosine helps in forming 3 essential neurotransmitters: norepinephrine, serotonin, and dopamine, which are responsible for important functions like mood, memory, muscular coordination, and appetite. While norepinephrine is involved in hormone release and motor function, dopamine helps in hormone release, emotions, and motor functions, and serotonin is needed for the perception of well-being.

L-Tyrosine deficiency

Tyrosine deficiency might bring about a variety of conditions like weakness, muscle loss, mood disorders, liver damage, and low protein levels. These low levels have been linked to low body temperature, hypothyroidism (low thyroid function), depression, and low blood pressure. Some symptoms of tyrosine deficiency can also include restless leg syndrome and low body temperature (like cold hands and feet).

Benefits

After certain studies conducted in the mid 1980s there were many speculations about the beneficial aspects of tyrosine in treating Parkinson's disease, as it increases

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the levels of dopamine in the brain. Low levels of dopamine are known to bring about various symptoms of Parkinson's disease. Then again, this has never been substantiated and it is still uncertain as to how well would oral administration of tyrosine enter the brain. Today, some medications for Parkinson's disease incorporate tyrosine together with other chemicals.

Tyrosine is usually helpful in resisting stress, building up adrenaline stores, alleviating depression, and increasing mental concentration. Hypothetically, excessive intake of L-Tyrosine supplements could also contribute to hyperactivity so doctors are always advised to be cautious while prescribing is required.

In the 1980 issue of the American Journal of Psychiatry, Dr. Alan Gelenberg of Harvard Medical School published a study discussing the role of tyrosine in the control of depression and anxiety. He claimed that inadequate tyrosine causes norepinephrine deficiency at a specific place in the brain that is associated with mood problems like depression. Children who were administered with tyrosine supplementation showed a noticeable improvement in their mood stability and mental performance.

Tyrosine has the ability to assist the body in building the natural stock of adrenaline in the body and cope with stress. If you are ever in need of an amino acid to cope with your stress, you need tyrosine. It not only helps little kids and teens but also helps adults with mood disorders and depression. The dosage for a child could range from 200 mg to 500 mg.

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L-Tyrosine - Beneficial in treating ADHD

Various studies have been conducted on the efficiency of amino acids on the treatment of ADHD. Since L-Tyrosine is an amino acid that is used for synthesizing norepinephrine and dopamine (neurotransmitters involved in ADHD), it plays a major role in the treatment. Some studies show that children suffering from ADHD usually have low levels of this amino acid.

L-Tyrosine is known to increase the amount of norepinephrine and dopamine available in our brain. As mentioned earlier, supplementing it with other nutrients can easily alleviate many symptoms of ADD/ADHD. However, if the root cause is a combination complicated of factors, other companion treatments could be required.

Dr Slagle, an inactive Honorary Assistant Clinical Professor at the Neuropsychiatric Institute (University of California Los Angeles) considers tyrosine as an essential amino acid for converting the mood elevating neurotransmitters dopamine & norepinephrine in our brain. According to her, low moods are due to action of the prescribed antidepressant drugs and depletion some neurotransmitters. However, there could be possibilities of side effects of the drugs.

Additionally, tyrosine is converted to thyroid hormone and adrenaline. Chronic stress diverts tyrosine to excessive adrenaline production, which results in decreased norepinephrine, & thyroid levels. It is only in some cases that the body has plenty of tyrosine for all the essential body functions.

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Supplements

The standard dose of tyrosine is 1000 milligrams every time a mental or physical boost is required. L-Tyrosine supplements are to be taken no less than 30 minutes before meals, in 3 doses everyday. Always remember to take the supplements with a multivitamin-mineral complex as vitamins copper, B6, and B9 (folate) helps in converting L-tyrosine into essential brain chemicals.

Total amount of tyrosine taken in one day should never exceed 12,000 mg. Tyrosine should not be taken during the time an individual is taking levodopa medication (used for treating Parkinson's disease) as it may intervene with the absorption of tyrosine. Tyrosine could elevate blood pressure. Avoid using it with over-the-counter dietary medications.

In addition, even though tyrosine has been linked with an under active thyroid, low blood pressure, and low body temperature ingesting tyrosine supplements would not necessarily keep these ailments at bay.

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Why DL-Phenylalanine is a key building block for the brain

Like every other nutrient amino acid, phenylalanine comes in D- (from dextro for right) and L- (from the Latin levo for left) forms. DL-Phenylalanine or DLPA as it is commonly known is an essential amino acid. It is naturally found in some animals and plants. Phenylalanine is the precursor to tyrosine and subsequently to epinephrine, dopamine, and norepinephrine, each of which requires Vitamins C and B6 for biochemical conversion. This family of substances in particular, affects or controls our heart rate and consequently our fat metabolism, blood pressure, blood sugar levels, oxygen consumption, , and several other significant functions of the brain. In fact, the body cannot metabolize phenylalanine if there are low levels of available Vitamin C.

Phenylalanine is an essential acid needed for normal functionality of the thyroid. Therapeutically, it has been effectively used as an antidepressant, as a pain control, to improve mental alertness, memory, and concentration, treating symptoms of rheumatoid arthritis, reducing symptoms of Parkinson's disease and multiple sclerosis and, as well as in the treatment of vitiligo - the depigmentation of the skin.

Benefits of DLPA

In recent times, the medical world has carried out various studies on DL-phenylalanine to further research its ability to reduce depression and chronic pain. However, it isn't DLPA that has been the primary reason for this alleviation. DLPA is a

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only the amino acid, it is endorphin a neurotransmitter that is found in the brain that actually does the job.

Thanks to DLPA, we do not have to resort to pumping drugs and rather use the natural substances found in our body. According to a experiment conducted by Dr. Seymour Ehrenpreis, after injecting DL-phenylalanine he found that the endorphin levels rose and relieved pain. Moreover, rather than being highly addicted like morphine, it is non-toxic, non-addictive; it got stronger the more it was used with less or no side effects.

Essentially, DLPA holds up the enzymes that "use up "endorphins, thus, making it easy for the endorphins to work for long. It is most useful for alleviating depression and chronic pain. Chronic pain could include headache, arthritis, back pain, pain due to diseases like cancer. DLPA also helps in symptoms of pre-menstrual syndrome, and reduces inflammation.

As you might have gauged by now, this could be a great help for people suffering from chronic headaches and migraine in particular. According to some studies, migraine sufferers also have low levels of endorphin, which makes it more tough to fight the pain.

Benefits of DLPA for treatment of ADD-ADHD

According to a research paper, by Reimherr FW, Wood DR, and Wender PH 19 patients suffering from residual type (adult hyperactivity), and attention deficit disorder were administered with a placebo versus a 2-week double-blind crossover of DL-phenylalanine. The average global rating of the improvements in 13 subjects approached

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significance compared to the placebo. There was a considerable improvement in the mood and mood lability.

DLPA is an essential amino acid that the body cannot produce, but has to acquire through a supplement or included in the day to day. DLPA does not actually kill the aggravating pain; but rather helps in protecting the endorphins. Endorphins have effectively brought about dramatic results in people suffering from various ailments like rheumatoid arthritis, chronic pain, joint pains, osteoarthritis, lower back pain, whiplash, migraine headaches, premenstrual cramps, neuralgia, post-operative pain, shingles & herpes pain, addictive withdrawal states (drugs/alcohol), and depression.

Endorphins act as the body's natural painkillers and work like codeine or morphine. Not only do these neurotransmitters alleviate pain, but also are linked to "euphoric" feelings. For instance, the supposed "high" which is brought about with strenuous and prolonged exercise.

Supplement and the dosages

Recommended dosages of phenylalanine vary based on the health condition that is being treated. It is usually advisable to take DPLA supplements 15 to 30 minutes before mealtime. Given below are the recommended dietary allowances put forth by the National Research Council.

Birth to 4 months: 125 mg per kg of body weight daily

5 months to 2 years Children: 69 mg per kg of body weight daily

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3 to 12 years Children: 22 mg per kg of body weight daily

Teens and adults: 14 mg per kg of body weight daily

Combinations of topical and oral phenylalanine have been used for treating children with vitiligo together with ultraviolet light. A certified physician should determine the appropriate duration of the therapy and dosage. Dr. Bruce Sadilek, a Naturopathic Family Physician recommends supplements of vitamin C, pantothenic acid and DLPA in particular for treating adrenaline fatigue.

Some doctors advocate that adults could require as much as a daily dosage of 39 mg per kg body weight for general health and a dosage of 50 mg to 100 mg per kg of body weight for vitiligo.

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