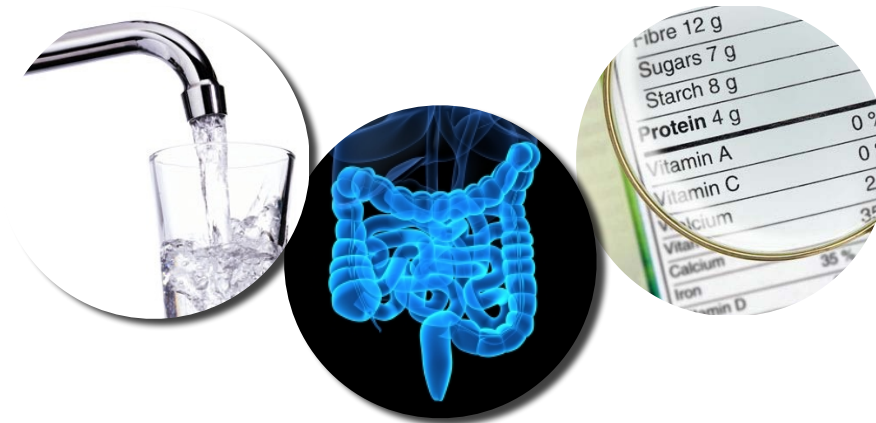




Nutrition & ADHD



Dr Christian Thoma

A serene sunset over a body of water. The sun is low on the horizon, creating a bright, golden glow that reflects on the water's surface. The sky is a mix of soft orange and pale blue. Silhouettes of trees are visible in the foreground and background, framing the scene. The text "Just Breathe" is written in a dark, cursive font, centered over the sun's reflection.

*Just
Breathe*

Breathe in for a count of three

Hold for a count of two

Breathe out for a count of four

Hold for a count of two

Repeat

Parasympathetic Dominance



Resting



Digesting



Healing



Learning

Sympathetic Dominance



Fight

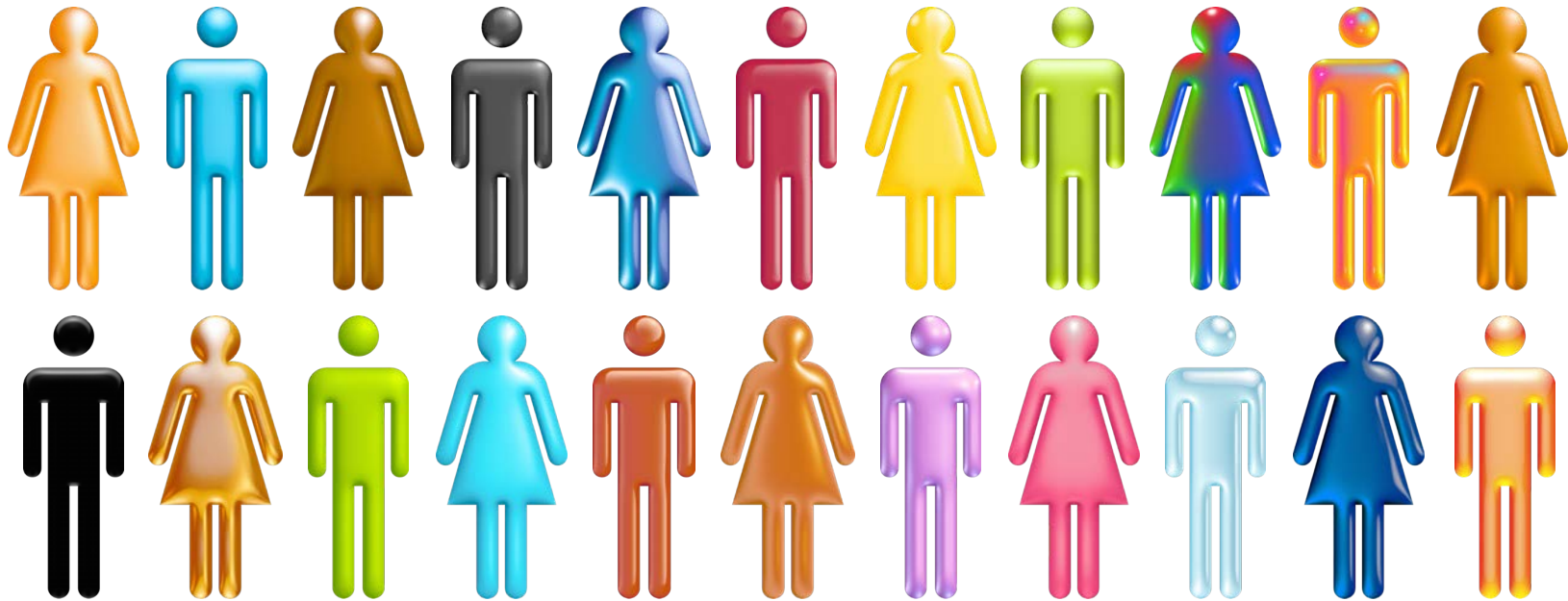


Flight



Fear

Everyone is Different



Common challenges in ADHD

Medication suppressing appetite → weight reduction

Lack of preparation/planning + impulsive eating → weight gain

‘Self-medicating’ with food (e.g. for mood, stimulation, or fatigue)

Sensory processing issues (e.g. sensitive to certain textures)

Less resistant to environmental toxins (e.g. heavy metals & food additives)

Food hypersensitivities (i.e. allergies & intolerances) increasing ADHD symptoms

Prone to autoimmune conditions

Workshop goal



Help you find what works for you...
safely



Foundations of a diet



Specific nutrients & supplements



Reducing toxic load



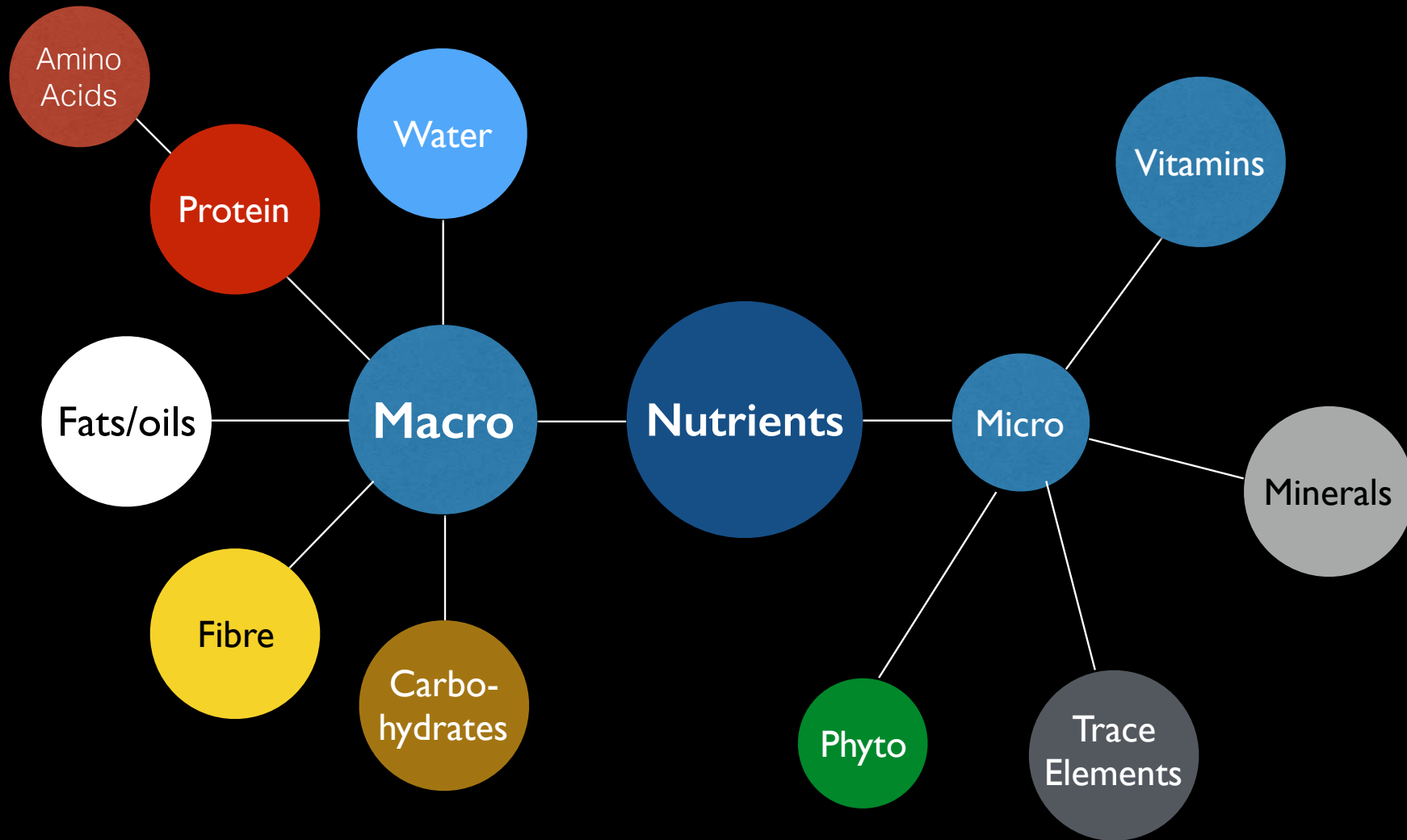
Healthy gut = happy brain



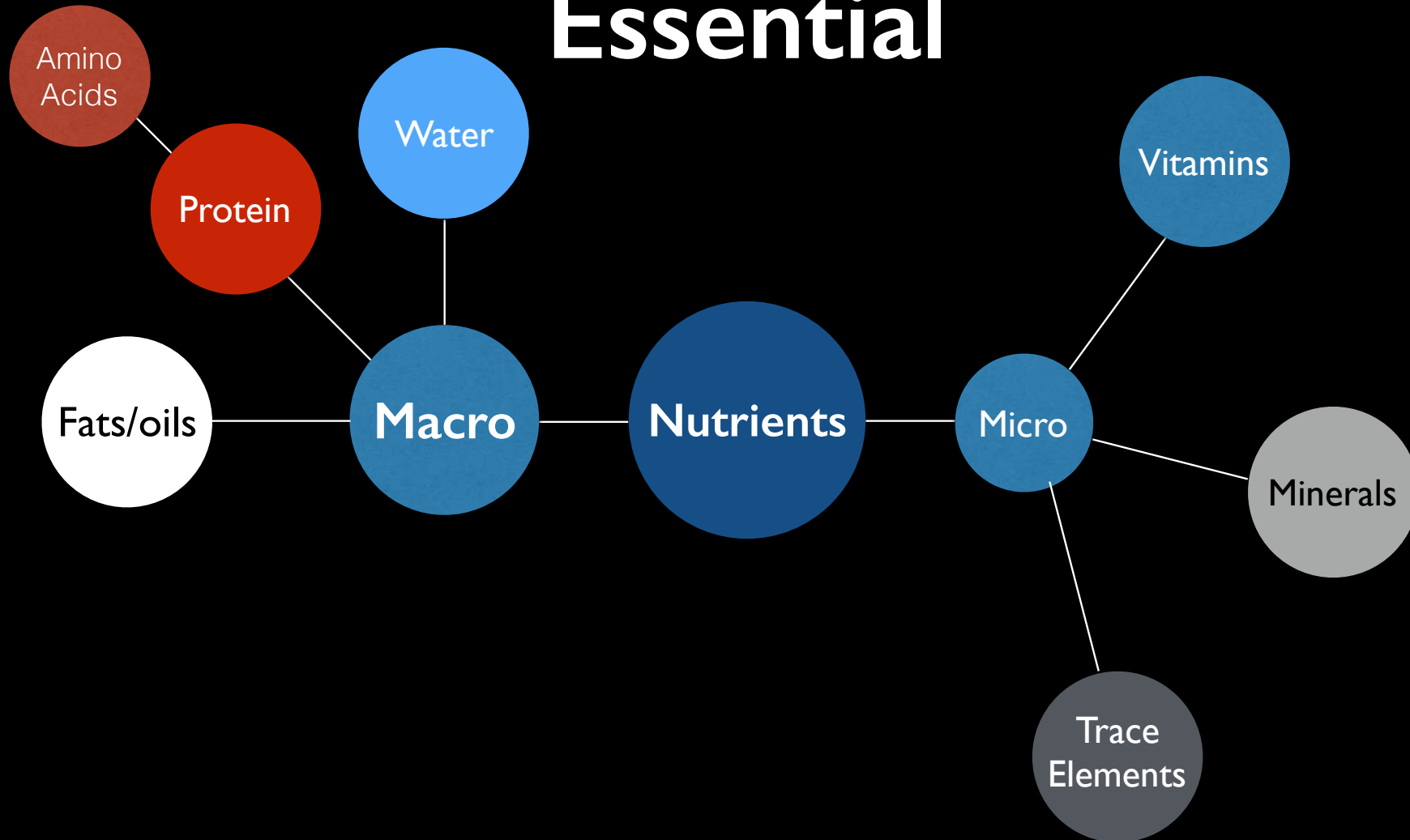
Allergies and intolerances



Low sugar/carbohydrate

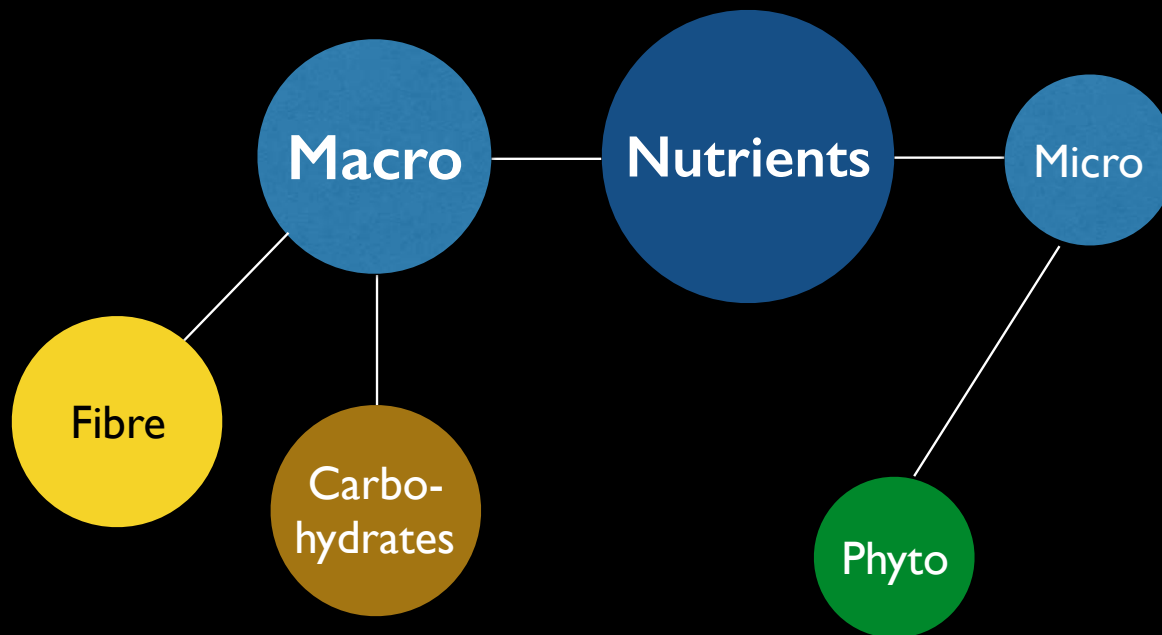


Essential



The foundation of any diet

Non-Essential





Australian Government
National Health and
Medical Research Council



Nutrient Reference Values

for Australia and New Zealand



Home

Nutrients

Dietary Energy

Chronic Disease

Calculator

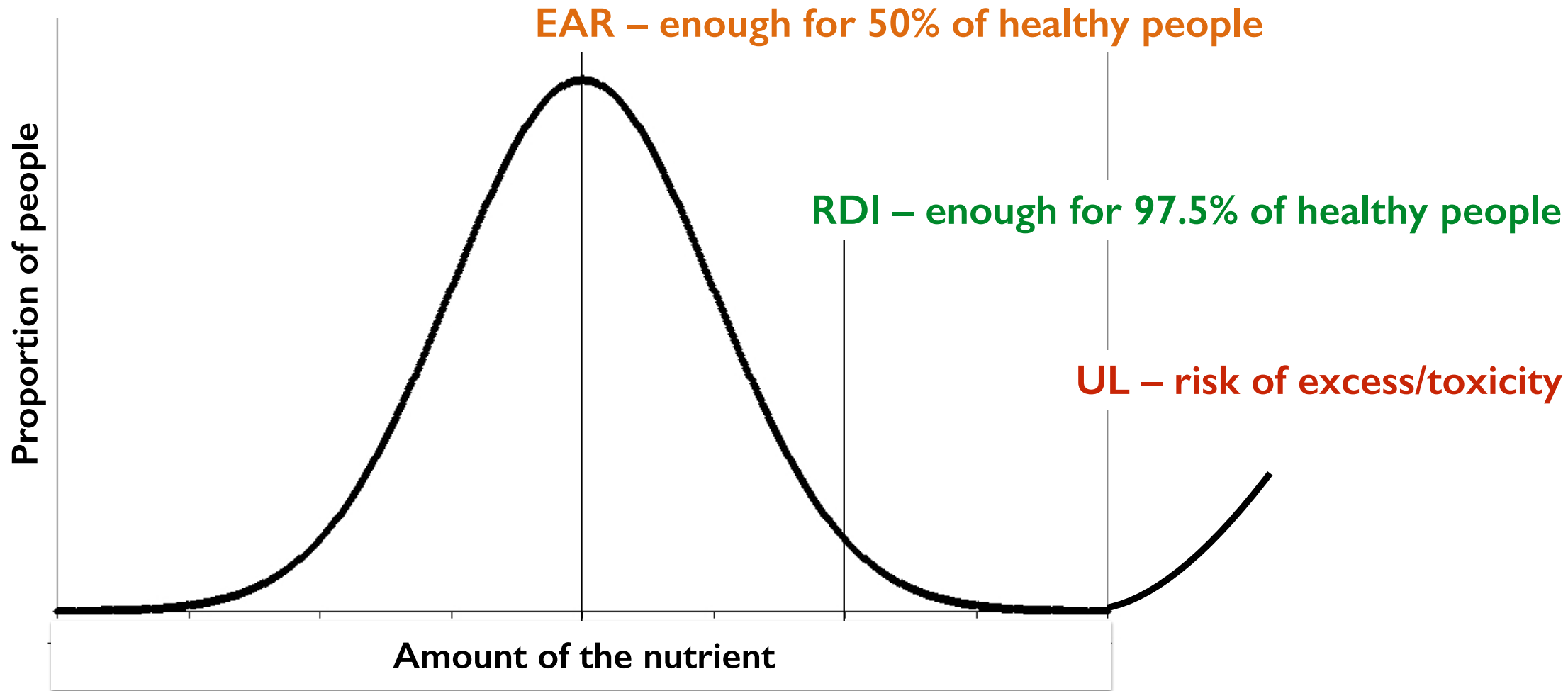
Resources

Contact

www.nrv.gov.au

Nutrient Reference Values for 'Healthy' People

Rare genetic mutations? →




Too little = deficiency

but

Too much = toxicity



Natural can be risky too

A scorpion is shown in the center of the slide, positioned on a sandy, rocky ground. The scorpion is light brown and its pincers are raised. The background is a soft-focus, natural outdoor setting.

- Many natural things are poisonous/toxic

If it has any effects (i.e. it actually works), it can have side effects

Supplements are less tightly regulated than medicines

- You aren't guaranteed of what's on the label also being what's in the bottle
- The dose makes the poison



Supplements for ADHD

Zinc

- 1/4 of NZ adults have inadequate intakes¹
- May help some people with ADHD
- Tests for deficiency are not so good

Sex & Age (years)	Recommended Dietary Intake	Upper Level
All 1-3	3 mg/day	7 mg/day
All 4-8	4 mg/day	12 mg/day
All 9-13	6 mg/day	25 mg/day
Girls 14-18	7 mg/day	35 mg/day
Boys 14-18	13 mg/day	35 mg/day
Women 19+	8 mg/day	40 mg/day
Men 19+	14 mg/day	40 mg/day
Pregnant	11 mg/day	40 mg/day
Breast feeding	12 mg/day	40 mg/day

1. 2008/9 New Zealand Adult Nutrition Survey

2. Nutrient Reference Values for ANZ

Iron

- Commonly low in premenopausal women¹
- Low in some vegans
- Low in some with ADHD
- High in some with ADHD

Sex & Age (years)	Recommended Dietary Intake	Upper Level
All 1-3	9 mg/day	20 mg/day
Pregnant	27 mg/day	45 mg/day

1. 2008/9 New Zealand Adult Nutrition Survey

2. Nutrient Reference Values for ANZ

Iodine

- Low in New Zealand soil
- Mild-moderate deficiency in NZ children
- ↓ thyroid hormone production
- Deficiency can cause IQ reduction

Sex & Age (years)	Recommended Dietary Intake	Upper Level
All 1-3	90 µg/day	200 µg/day
Pregnant	220 µg/day	1100 µg/day
Breast feeding	270 µg/day	1100 µg/day

Selenium

- Low in New Zealand soil
- 1/2 of New Zealand females and 1/3 of males have low intakes¹
- low selenium ↓ thyroid hormone production

1. 2008/9 New Zealand Adult Nutrition Survey

2. Nutrient Reference Values for ANZ

Key points

- One person's requirement is another person's excess
- More is not always better
- Choose age-appropriate supplements
- Ask your doctor to arrange appropriate tests where available before assuming a deficiency
- Only give high-dose vitamin/mineral supplements under professional supervision and look for side-effects
- Just because you swallow it, doesn't mean your body absorbs it – is gut health good?

Fish Oil – EPA & DHA

Choose a supplement that is mostly EPA and DHA

Take higher doses 2-3 times a week



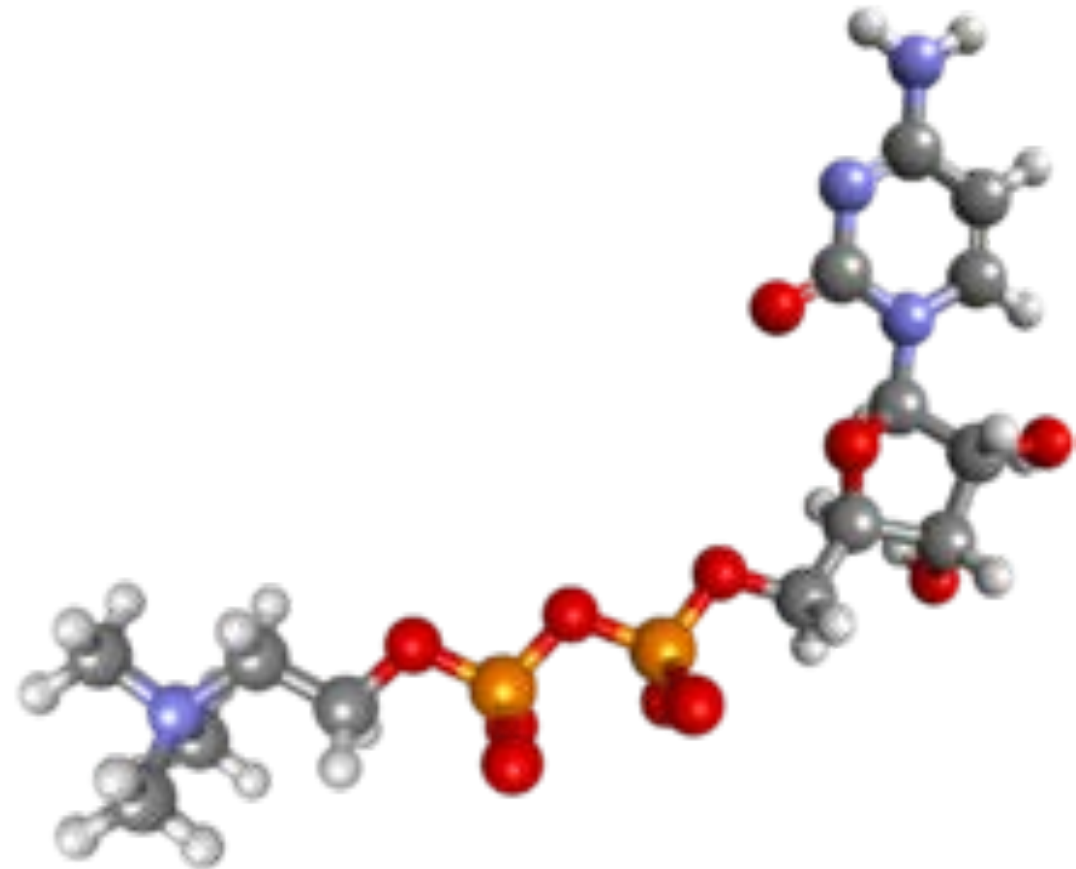
γ -Linolenic acid



Citicoline

(cytidine-5' - diphosphocoline)

- Best studied and most commonly used in stroke recovery
- Drug or supplement
- 250-500 mg
- ↑ attention/accuracy
- ↑ speed (finger tapping)
- Good safety profile



Supplements etc.

Less research

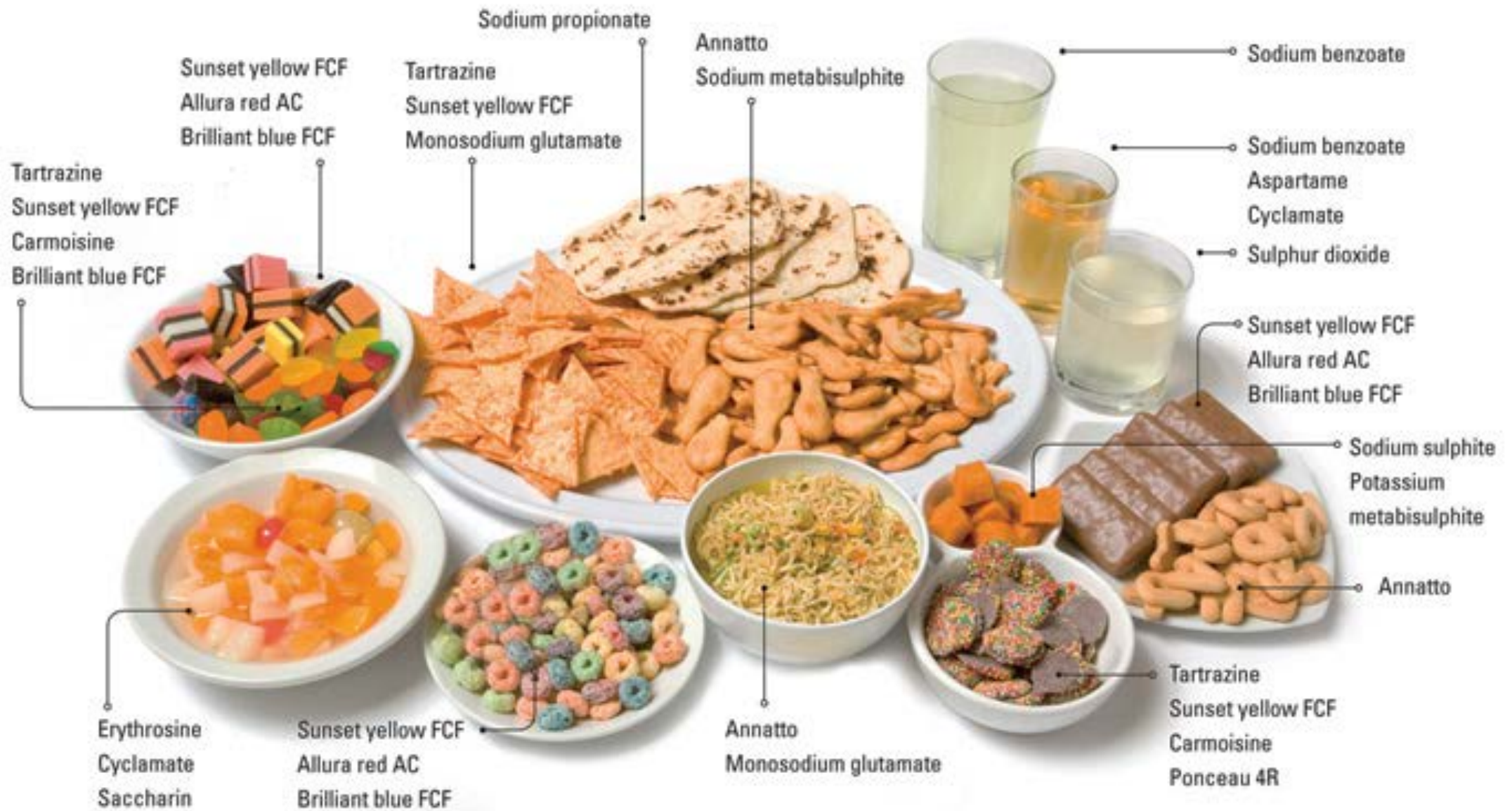


Less regulation



A black full-face respirator mask with three filters. The mask has a large, clear visor covering the eyes and nose. It features two top-mounted attachment points for filters and three circular filters at the bottom. The central filter has a perforated face, while the side filters have a smooth face. The mask is set against a dark gray background.

Reducing Toxic Load



DIRTY DOZEN



apple



strawberries



grapes



celery



peaches



spinach



sweet bell peppers



nectarines (imported)



cucumber



cherry tomatoes



snap peas (imported)



potatoes

CLEAN 15



avocado



sweet corn



pineapple



cabbage



sweet peas - frozen



onions



asparagus



mango



papaya



kiwi



eggplant



grapefruit



cantaloupe



cauliflower



sweet potatoes

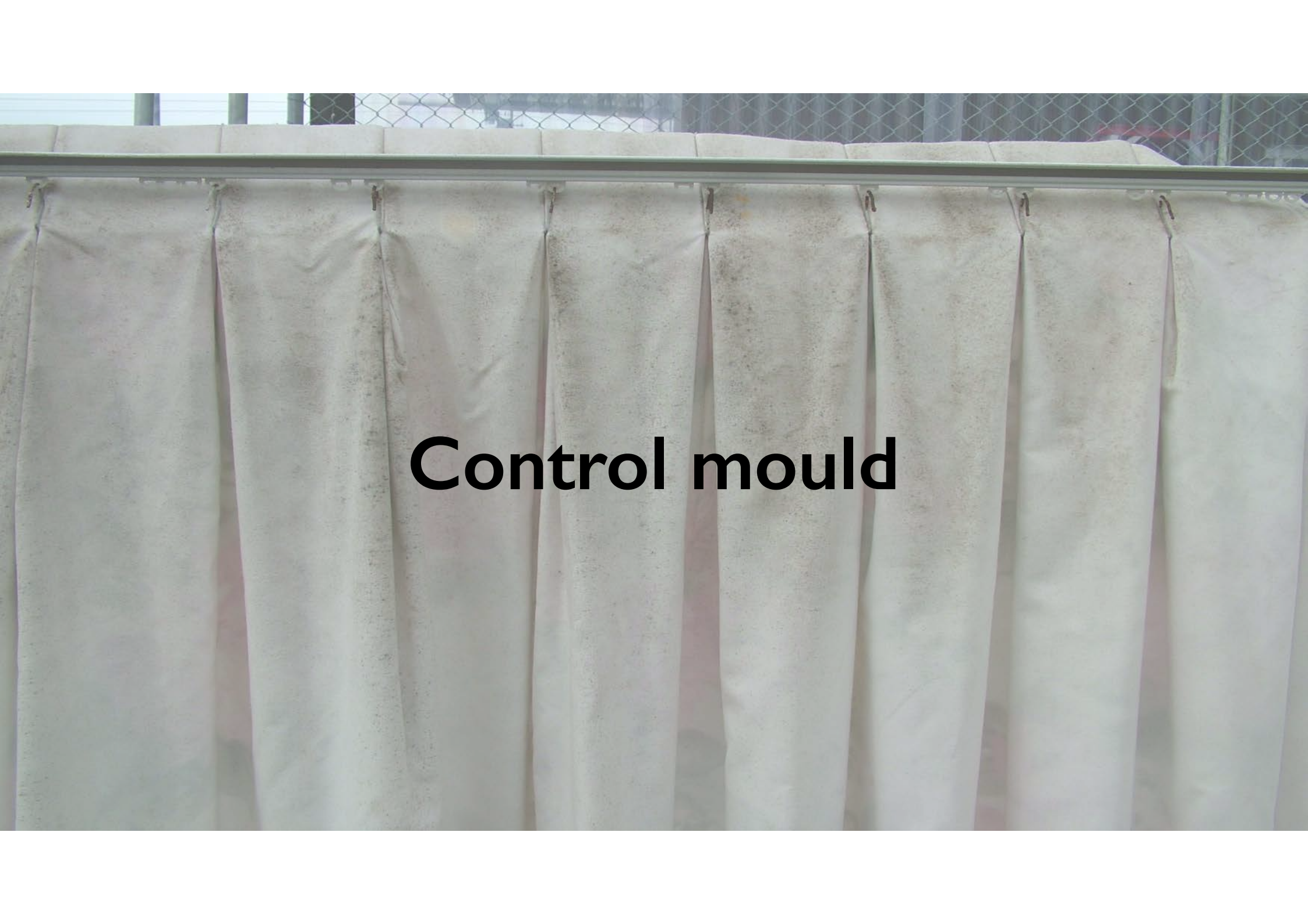
Cook with steel, iron, wood, and glass

Not aluminium



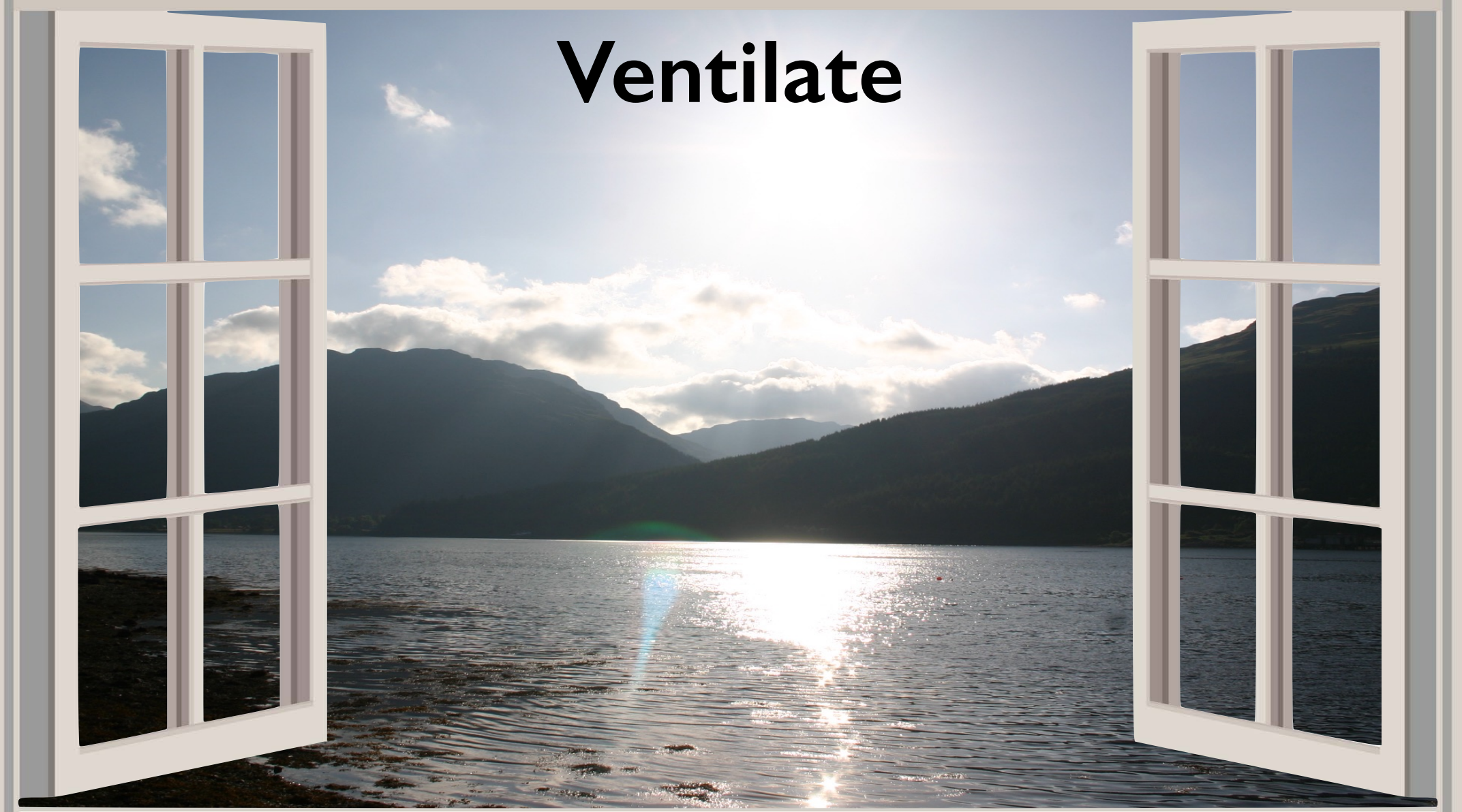
Let new items off gas





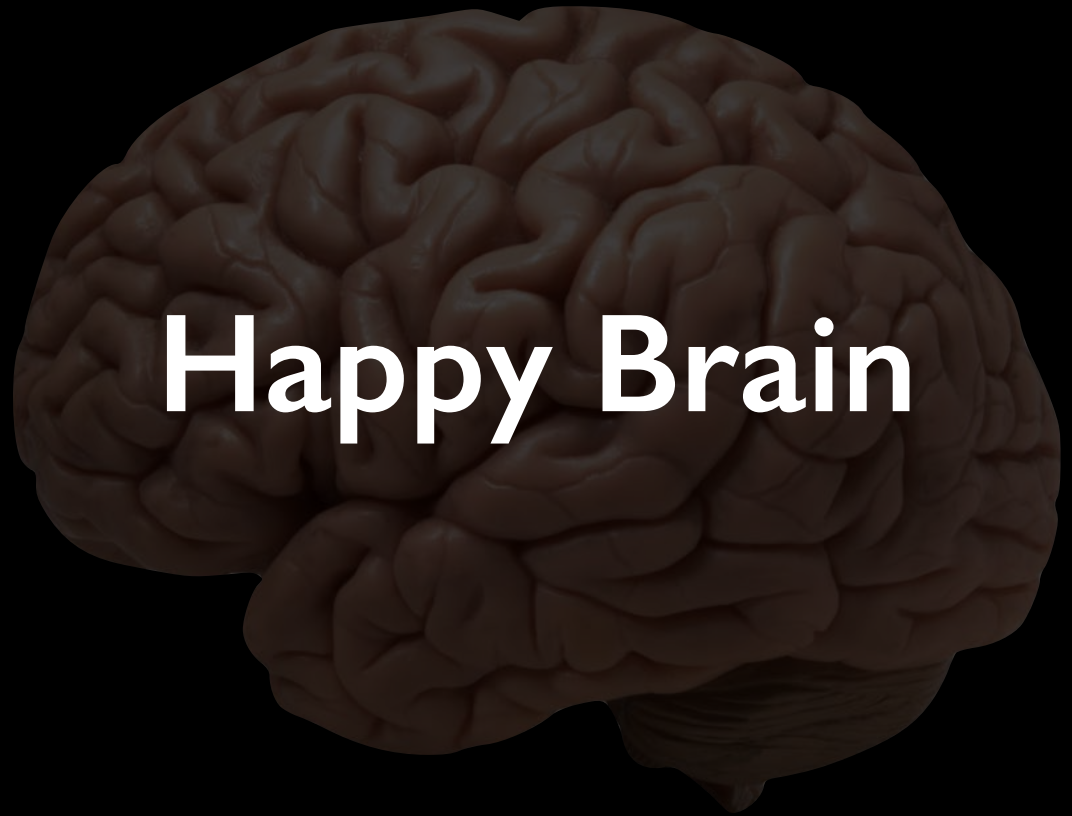
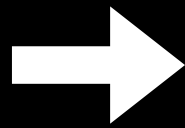
Control mould

Ventilate





Healthy Gut



Happy Brain



Organic Solvents

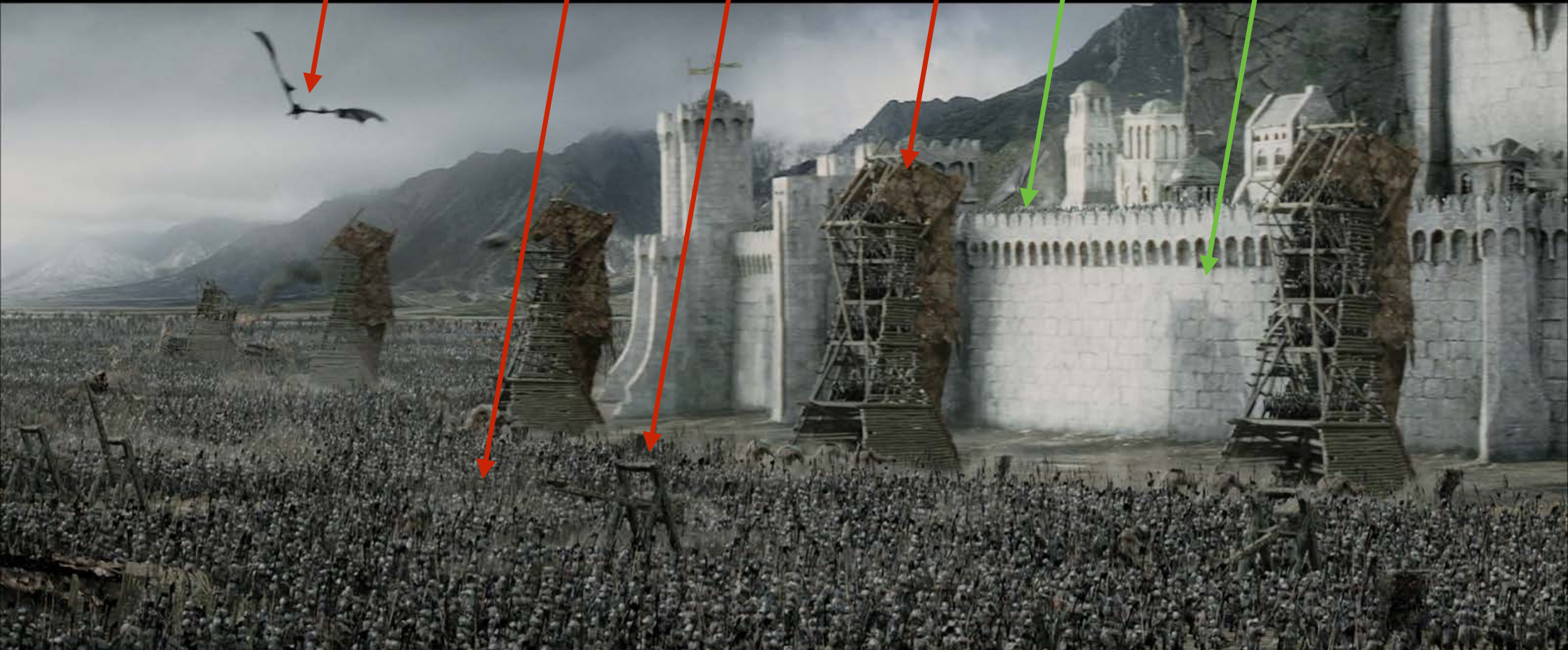
Emulsifiers

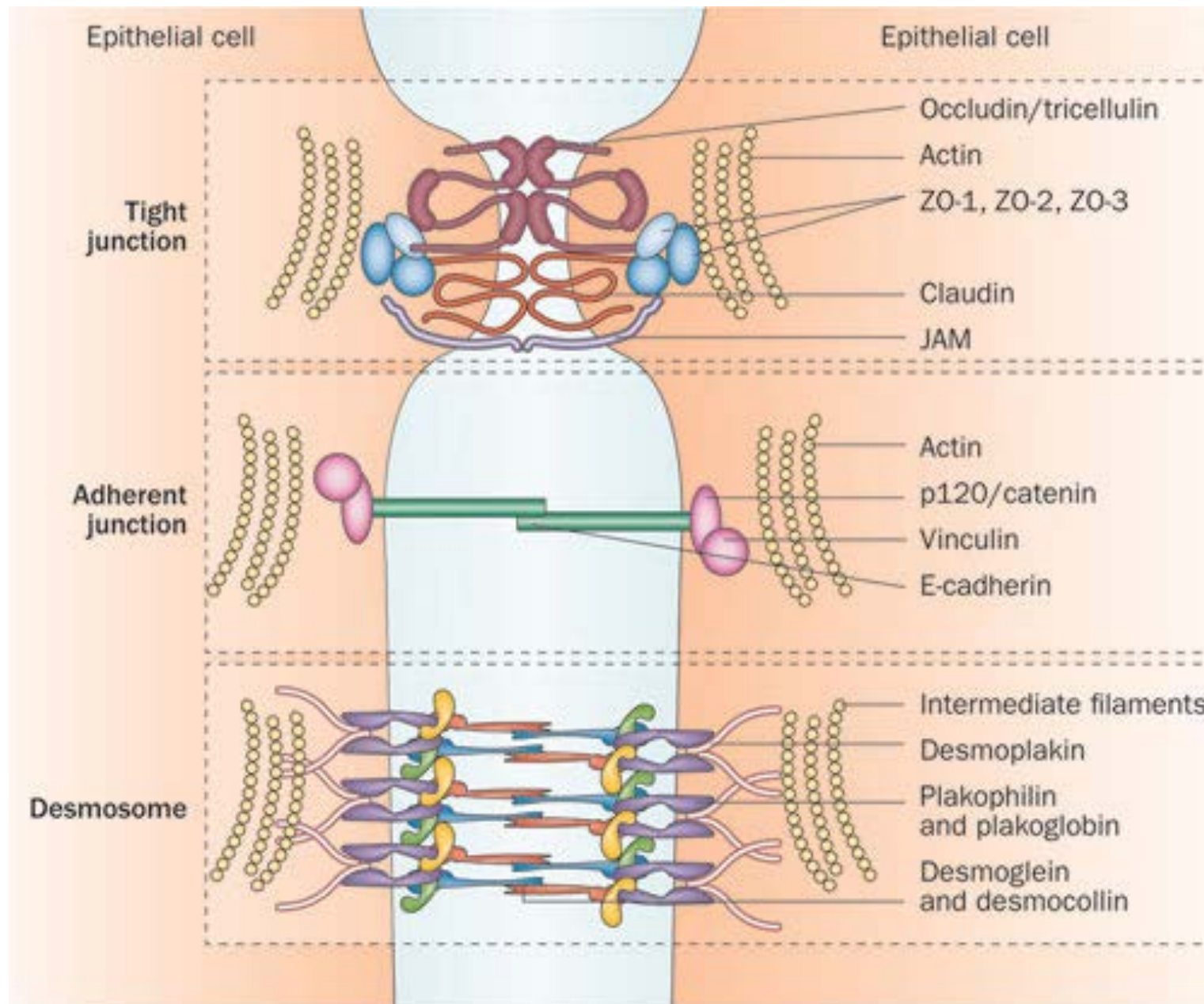
Immune System

Sugar

Gluten

Intestinal Barrier







the right way

Wheat allergy

Coeliac

Non-coeliac gluten sensitivity

A little can be all it takes

as little as 20 parts per million



1 crumb

Hidden Gluten



Chocolate



Sweets



Beer



Supplements



Toiletries



Cross-contamination



**Sauces/gravies/
stocks**



Coffee



Medication



Cosmetics



- Restaurant food (cooked alongside gluten containing food)
- Processed foods (processed alongside gluten containing food)

Cross-contamination

Never assume. Read the label, or contact the manufacturer.

Possible Cross-reaction



Oats



Dairy



Other Grains



Tree Nut



Fish/Shellfish



Eggs

Other common allergies



Peanut



Soy



Dairy



**A little is all it takes, and
it can last a long time**

Hypersensitivity Reactions

	Type-I (anaphylactic)	Type-II	Type-III	Type-IV
Response	15-30 minutes	minutes- hours	3-8 hours	2-3+ days
Nature	'allergy'	multi-organ	e.g. autoimmunity	e.g. autoimmunity



Lactose



Amines

Histamine/tyramine/phenylethylamine



Alcohol

Intolerances



Salicylates

Gluten



Glutamate

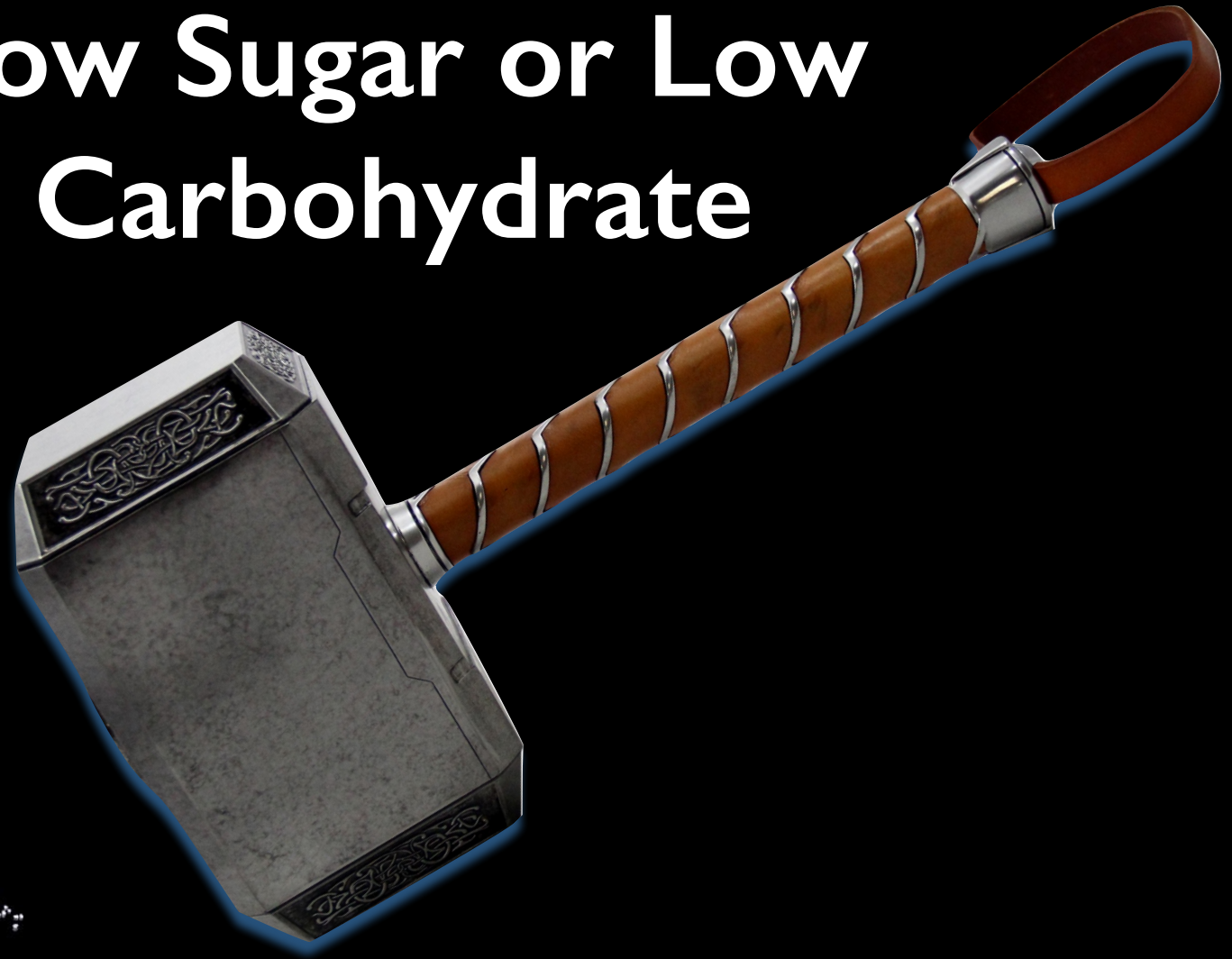
Elimination Diet

Diagnosis

Oral Challenge



Low Sugar or Low Carbohydrate



Carbohydrates



Sugar goes by many names

Caramel
Molasses
Lactose
Galactose
Maltose
Fruit juice concentrate
Maltodextrin
Dextrose
... Sugar
Dextran
Treacle
Honey
Glucose
Barley Malt
... Syrup
Fructose

Hiding in plain sight



Molasses



Rice syrup

Apple sauce

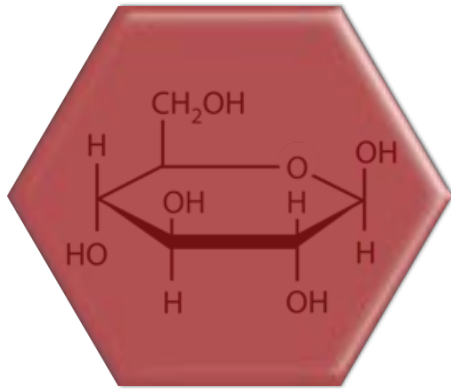


Honey

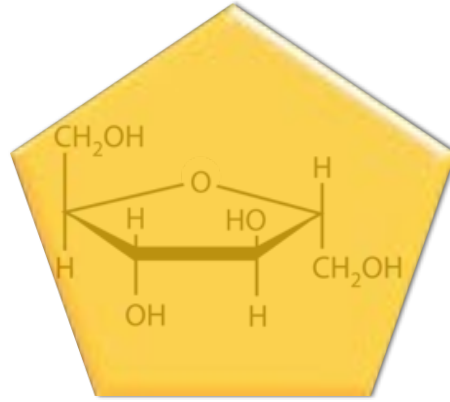




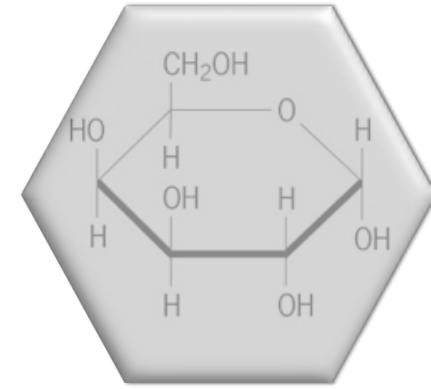
Carbohydrates are made of



Glucose



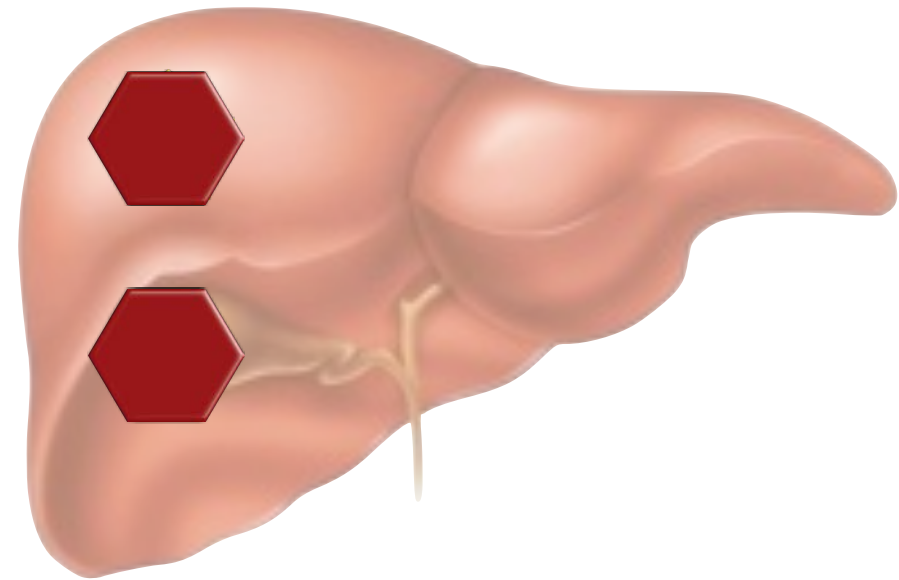
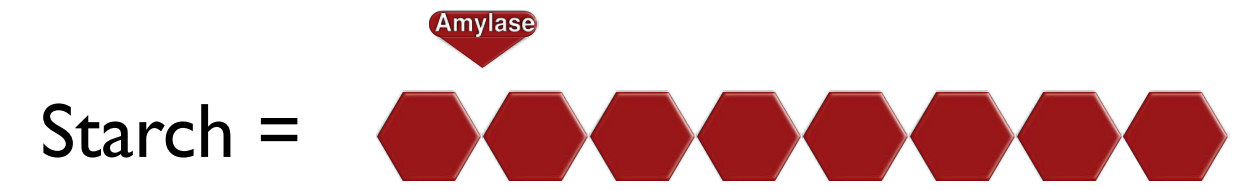
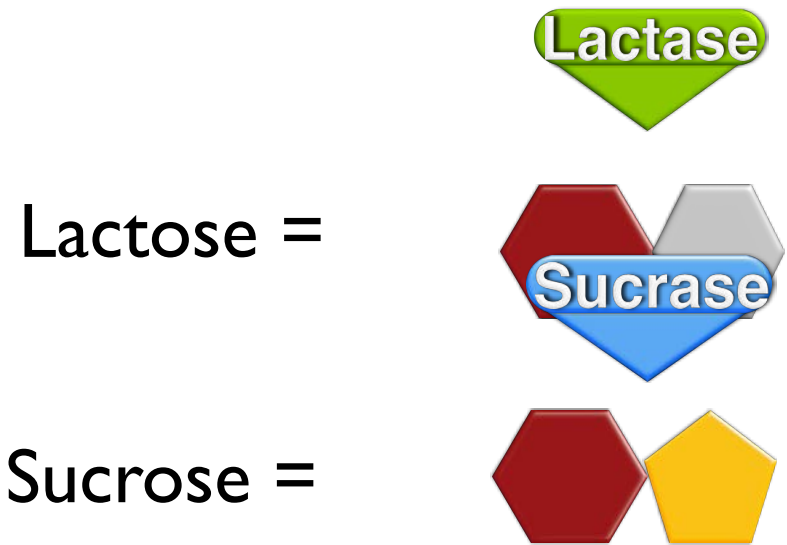
Fructose



Galactose



Digestion



How much **sugar** in that drink?

teaspoons per glass (200 mL)

4



2



2



5.5



5



5.5



5.5



4



4



6





Smoothing the road to change

A woman with long brown hair, wearing a pink short-sleeved shirt, is smiling and looking down at a young girl with long brown hair wearing a white shirt. They are in a grocery store produce section. The woman is holding a red apple in her right hand, and the girl is reaching out to touch another red apple. The background is filled with various fruits and vegetables, including apples, lemons, and leafy greens. A scale is visible on the right side of the frame.

Teach your child to make
the right eating decisions

DR. DREW HANKS

**THE
HEALTH
BRIDGE**



Good eating habits
will follow your child
into adulthood

DR. DREW HANKS

**THE
HEALTH
BRIDGE**





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SALAD BAR



ABOUT



KIDS



SPROUTZ



LIVE



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Email Address

JOIN

Join our community for free event updates, kid friendly recipes, pre-meal games, interactive videos and more!

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www.supersprowtz.com



Stick to the outside
aisles of the
supermarket



Avoid shopping while
hungry



Shop from a list, not
by impulse



Buy only what you
intend to eat

Prepare food in
advance and
in bulk





**(Mostly) vegetable
juices**

**Homemade
sorbets/ice blocks**



Pureed soups

**Homemade
sauces/gravies**

The greatest superfood?



Chia seeds?



Raspberries?



Blueberries?



Acai berries?



Broccoli?



Maca seeds?



Purple rice?



Liver?



Turmeric?



Ginger?

MYTHBUSTERS

“This is a medical condition
can't be treated with

– Sol



All Natural
100%



Natural?



Natural?



Natural?



Natural = Safe



natural healthy remedies



Molasses



Rice syrup



Apple sauce



etc. etc...



Honey

Supplements help with ADHD

PLAUSIBLE

A collection of various colorful pills and capsules scattered on a white surface. The pills include yellow, orange, green, white, and blue capsules and tablets. A wooden sign with the word 'PLAUSIBLE' is placed over the center of the pills.



Reading labels is smart



	Quantity per 100g
Energy	405kJ
Total fat	2.8g
Total carbohydrate	4.9g
Sugars	3.0g
Total protein	4.5g
Sodium	18.6g
Sodium	12.4g
Sodium	18.6g
Sodium	90mg
Sodium	60mg

*Percentage of recommended dietary intake

Ingredients: Whole milk, concentrated skim milk, sugar, banana (8%), strawberry (6%), grape (4%), peach (2%), pineapple (2%), gelatine, culture, thickener (1442).

All quantities above are averages

Everyone's needs are different





Biofeedback

Time in nature

Nutrition

Environment

Medication

Assistive technology

Exercise

Yoga Therapy



www.squirrelyoga.co.nz

Built for M@TION
www.builtformotion.co.nz



Yoga **Wellness** Clinic
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