

ADHD Supplement Plan

This is a general plan for dealing with ADHD. It's important to note that some people will need supplements in addition to these in order to effectively deal with all of their health issues. The following are brief descriptions of the key elements of this plan.

Salmon Oil - A rich source of Omega3 fatty acid and the hormone known as Calcitonin. The function of Calcitonin is to cleanse the body of unwanted calcium from our soft tissues, including the brain, and deliver it to our bones where it should be. The importance of Omega-3 fatty acids cannot be overstated. It is essential to improving concentration, brain function and cardiovascular health.

Taurine – organic sulfur found in all body fluids. It is concentrated in the eyes, blood, brain, muscles, heart, & gall bladder where it is necessary for digestion. High levels are in meat, fish, eggs & breast milk, low in cow's milk but not found in fruit or vegetable (soy). Often there are low levels with hypertension, irregular heart beat, fatty liver, anxiety, ADHD, tremors, seizures or depression. Taurine calms the nerves which can make it easier to fall asleep. We sleep deeper & have better energy. Helps stress recovery, coordination, strength and endurance. Promotes skin and body tone.

Dietary concerns – a well-balanced diet is vital to good health and a couple of basic food items should be avoided when treating ADHD. The most important to eliminate are fructose (found in fruits and corn syrup) and gluten (found in oats, wheat, rye and barley). Fructose and gluten contribute to the cause of ADHD.

For more information or a personal consultation, please refer to our website www.reboundhealth.com where you can find our diet guide, and a variety of articles, research and information relating to many aspects of health and a healthy lifestyle.

Disclaimer: this information is not intended to diagnose or care.

The logo for Rebound Health features the word "Rebound" in a large, red, serif font, with the word "Health" in a smaller, red, serif font positioned directly below it.

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