

Title:

ADD - Causes and Diet

Word Count:

485

Summary:

There are several factors that contribute to ADD. These factors may be controlled through diet.

Keywords:

attention deficit disorder, ADD

Article Body:

Parenting, good or bad does not cause Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD).

Studies show that ADD and ADHD are linked to genetics. If a parent had ADD or ADHD the child has a higher chance of having ADD or ADHD.

Studies show that children who exhibit ADD and ADHD qualities do not have the proper nutrients in their diet.

Another possible factor that may contribute to ADD and ADHD is food allergies. Take out high allergen foods from the diet.

It is important to find the causes of ADD/ADHD. Many professionals prefer other avenues than diet.

Diet

We stated above that Essential Fatty Acids (EFAs) are very important to brain functioning. They are also important to the body.

Amino acids are a source of food for the brain. They are a source of protein for the body and are also important to the brain.

Along with the amino acids and EFAs, 'B' vitamins, zinc and phosphatidyl serine can be used to help with ADD/ADHD symptoms.

If your child exhibits ADD/ADHD symptoms, remember to eliminate high allergy foods adding them back in one at a time.

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