

Title:

ADD - Treatment Through Nutrition

Word Count:

552

Summary:

An article about treating those with ADD through proper nutrition.

Keywords:

ADD, attention deficit disorder

Article Body:

In previous articles we covered what ADD is and how to diagnose it. In this third instalment w

ADD can actually be battled from many directions. There are drugs, behavior modification, nutr

In this article we are going to choose the natural route first and discuss proper nutrition wh

One of the main contributing factors to children who suffer from ADD is when their blood sugar

Next is vitamin B. Vitamin B is needed because it helps to release the energy in glucose. With

Also very important is iron. Iron aids in transporting oxygen to the blood system and the indi

Folic acid is also essential as this helps in the formation of red and white blood cells. Not

Zinc is needed to maintain communication between the brain cells and the nerve cells. Zinc def

Vitamin A is important for the nervous system. Vitamin A also helps to strengthen vision. Many

Proper nutrition is an essential part of a child's health whether he or she has ADD or not. Bu

In the next article we'll cover other treatments for those suffering from ADD.

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>