



# ADHD

- ADHD is increasing among children, mostly boys, at a rate of about 1% a year.
- Statistically, one child in every classroom in America would have ADHD.
- American children take 5 times more Ritalin than the rest of the children of the world combined.



# What is Causing ADHD?

- Genetics/Environment
- Smoking/Heavy Metals
- Pesticides
- Food Additives
- Nutrition: Omega 3's, Zinc
- Allergy to cow's milk
- Blood sugar



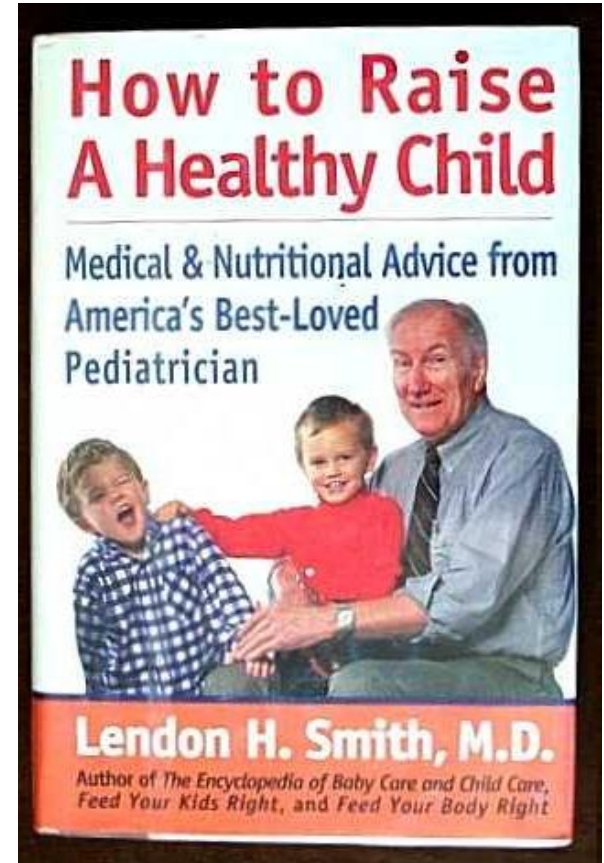
**There is NO  
definitive cause for  
ADHD known yet.**

# ADHD Expert Speaks Out...

“80% of children get better from behavioral disorders just by changing their diet and taking vitamins.”

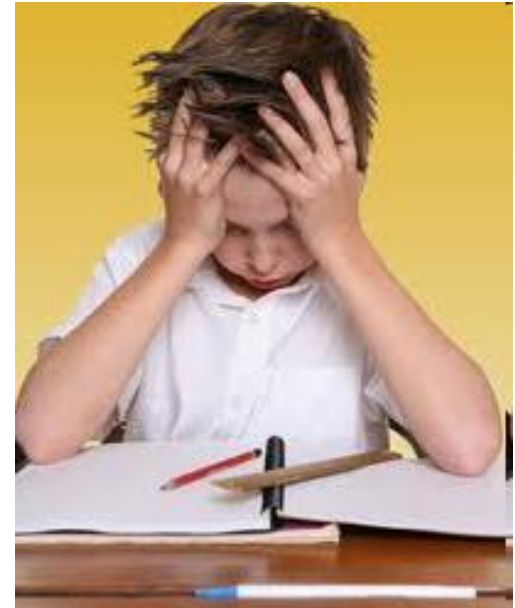
“This is not a disease; it is a nutritional deficiency.”

Dr. Lendon Smith, MD



# Strategies for ADHD

- Gluten-free diet
- Eliminate grains, sugar, fructose
- Replace soft drinks
- Increase omega-3 fats
- Avoid all processed foods
- Chiropractic



# Chiropractic and ADHD

A pilot study, published in the *Journal of Vertebral Subluxation Research* used objective outcome measures to evaluate attention in nine adult patients before and after two months of wellness chiropractic care.

All patients experienced significant improvement.

"Although the results are preliminary and more research is needed, the outcome of the study suggests that patients suffering from attention deficit benefited from chiropractic care."



**Chiropractic care  
benefits ADHD children  
and adults**