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## ***ADHD <delete***

### **ADD/ADHD Explained By Many**

For **children**, ADHD is just doing what comes automatically for them—though not necessarily acceptable. It means being the kid who just doesn't act and do what is expected. Their uniqueness may cause low self esteem and feelings of frustration, often coupled with anxiousness, failing at school and with other kids. ADHD to them also means getting a lot of attention—mostly negative—while somehow managing to manipulate their environment just to be able to cope.

From an **adult** point of view ADHD means learning acceptable coping skills to "make it through" while raising children, managing a household and/or working in the business world. Adults must find ways and outlets that will help focus thoughts, ease anxiety and bring peace into their lives. Often not-so-good choices are made to compensate.

From a **psychological/psychiatric** perspective ADHD is a disorder defined by psycho-social behaviors considered "improper or abnormal". The criteria for ADHD are listed in the Diagnostic and Statistical Manual of Mental Disorders 4th Edition (DSM-IV) as a set of descriptions for children and adolescents who have significant difficulties with inattention, hyperactive behaviors and impulse control problems in two or more settings.

For a **Neurologist** the most recent models suggest that several areas of the brain may be affected by the disorder since each of the areas of the brain is associated with various functions. They include: Frontal Lobes, Inhibitory Mechanisms of the Cortex, Limbic System and Reticular Activating System.

The **Neurobiological** definition of ADHD is fairly recent, since the last 10-20 years of the 20th century. Neurotransmitters, molecules which cause signals to be passed throughout the brain, have been identified as well as the pathways in which they work. Nearly all the brain functioning pathways have now been identified and related to specific "neurotransmitters". Neurobiologically speaking, neurotransmitter imbalances are likely to be the underlying cause of ADHD.

For the **Bionutritionist**, the approach to resolve ADHD is based upon the research in the fields of neurology and neurobiology while adding the most recent research in nutritional science. Neurotransmitter imbalances may be caused by one or all of the several researched risk factors inhibiting neurotransmitter production, including a genetic

predisposition. These deficiencies may include: amino acids, B vitamins, minerals, and/or essential fatty acids and are often the result of low protein/high carbohydrate diets, systemic toxic metals, and/or food and additive allergies affecting the GI tract and brain.

The complex biochemistry and interrelationship of each of these risk factors is one reason why a definitive cause for ADHD has not been "found"...nor is it likely to be. This is also why some people have found success using one treatment option while others have no success with what seems to be the latest trend. Bionutritional expression is unique to each individual. With an individual's "bionutritional blueprint", derived from advanced medical test results, a treatment plan can be recommended to replenish building blocks for neurotransmitters, remove toxic metals, and heal a damaged GI tract in to rebalance brain chemistry and alleviate ADHD symptoms.

For many reasons the *ADHD <Delete* Program works successfully with clients following a bionutritional approach. In easy to understand terms, the information provided about both the underlying physiological causes of ADHD as well as the resulting undesirable psychological behaviors allows you to make an informed decision on what approach will work best for you in the long run.

### **It All Happens in the Brain**

Our brain is the great organizer of our thoughts. In the front-most part of our brains, the frontal lobes, are where our thoughts become organized and focused for us. We have thousands of thoughts each day. Some are positive, some negative, some wasteful, some necessary and most repetitive! Be assured though, it is not the quantity or quality of thoughts that varies with ADHD. In fact, ADHD sufferers fall into the category among the more intelligent and creative folks. Neurotransmitter balance is a delicate one. Lack of focus, scattered thinking and hyperactivity are all related to dopamine deficiency. In addition to being our "thought-organizer" dopamine is also our "feel -good" neurotransmitter. Serotonin is our natural relaxing and calming neurotransmitter. Often the accompanied anxiousness with ADHD is caused by a deficiency in serotonin. Many sufferers have both dopamine and serotonin deficiencies causing their ADHD symptoms. When the deficiency is only dopamine, hyperactivity is more apparent. And if the only deficiency is serotonin then often it is the heightened anxiousness that causes the inability to focus. Regardless if it is one or a mixture of imbalances the lack of focus and ADHD behaviors is the result.

It would seem then that the simple answer is to give the brain dopamine or serotonin. Not so easy... Neurotransmitters are chemicals that are formed naturally within

our body. They do not exist in an environmental form we can give to our body. We can give our bodies man-made substances (drugs) that will have effects that mimic natural neurotransmitters. Or we can give our bodies the raw materials they need to make our neurotransmitters, naturally. We can also eliminate the obstacles that interfere with the neurotransmitter processing. The choice is ours to decide which treatment to use—natural or pharmaceutical. Many authorities with divergent views on the treatment choices would agree though, that the underlying cause of ADHD is an imbalance in neurotransmitter production and some treatment is necessary.

## **Obstacles along the Pathways**

### **Nutritional Deficiencies: Missing the Fuel**

The main ingredient in neurotransmitter production is amino acids. Amino acids are found in our protein sources. In addition many vitamin, mineral and enzyme co-factors are required for the successful production of neurotransmitters. There may not be fuel to make neurotransmitters or if made they may not be assimilated or metabolized. We all know a lot about proper nutrition but the issue may be about what we don't know in relation to the ADHD sufferer. The "fix" may be as simple as re-nourishing the needed nutrients. The task will be to find out which *specific* nutrients are missing for the unique ADHD individual. In general, the missing nutrients that prevent balance neurotransmitter production are amino acids, essential fatty acids, minerals, B vitamins and enzymes.

### **GI Tract Damage: The Important Gut-Brain Connections**

There are 5 Ways that GI Tract Damage puts up roadblocks and adversely affects our neurotransmitter production. The most common causes are: *food and additive allergies, toxic metals, excess sugar/carbohydrates, yeast overgrowth, bacteria/viruses and parasites/worms*. The effects of the above on the delicate lining of our intestines include:

Malabsorption preventing the nutrients from getting into our blood system

Inflammation using up nutrients that are needed to make neurotransmitters

Neurotoxicity from metals affecting nerves in brain communication

Immunity Challenges using-up neurotransmitters before getting to the brain

Pancreatic Enzymes that help make our neurotransmitters are depleted

**Heavy Metal Toxicity** Toxic overload interferes with the production of neurotransmitters in several ways. When metal toxicity damages the intestinal lining, neurotransmitters may not be absorbed and never get shuttled to the brain. Metal toxicity will interrupt the electrical

signal's message on the neurotransmitter pathway. Metal toxins also damage the receptor sites and prevent the electrical signal from arriving at the receiving neuron where communication takes place.

### **Stress**

Our neurotransmitters are also called stress hormones. We all encounter various types of stressors in our environment regardless of age. At a time when we need more stress hormones we may in fact, already be deficient in these feel good neurotransmitters. Stress adds to the effects of ADHD.

### **Genetics**

Our genes do play a role in balanced brain chemistry and specifically in ADHD. Since we are genetically predisposed to make certain enzymes which are necessary co-factors in neurotransmitter production, we can be genetically predisposed to ADHD symptoms. Knowing this and ruling out or compensating for the genetic predisposition can be helpful to many ADHD sufferers.

### **Beyond ADHD—A Broader Perspective on Brain Chemistry Imbalances**

Regardless of the treatment options it is likely that you will not want to leave ADHD untreated. To ignore and just live with the problem is not a healthy solution. While it's possible to temporarily manage some the negative effects related to the dysfunctional behaviors, trying to do this over a lifetime is an overwhelming task and often counter-productive. Additionally, while eliminating symptoms of ADHD the risk for other mental disorders is reduced, including drug and alcohol addictions often showing up later in life for ADHD sufferers.

### **ADHD Treatments**

With the technological advances in the last 50 years we have become a quick-fix, medically oriented society. Some people are relieved and some are disconcerted with that fact. There is always a downside to the upside of anything. When it comes to our long term health and wellbeing we may find ourselves at a crossroad. What are the correct actions to take to positively affect our outcomes? Whether you decide to rebuild natural neurotransmitters or you decide to use medications to stimulate the frontal lobes, either way you will want to actively consider taking the necessary steps to remove the obstacles for any success with your treatment choice.

### **BioNutritonal Approach**

The somewhat simplified facts discussed here are wrapped up in a complex human being who is much loved and cared for but who now needs “extra attention”. Be cautioned that since each individual is biochemically unique, how one or more of the risk factors affects each individual will vary among individuals. Finding and eliminating the one or several risk factors contributing to attention and over-activity problems may take some time and patience. More details on the strategies to accomplish this are presented in the *ADHD <delete* seminars and workshops offered by *LifeStyleCareCoach*.

The goal of the **ADHD <delete** program is to eliminate the obstacles in the neurotransmitter pathways in a holistic way. The *ADHD <delete* approach is to assist naturally, and bring the body back into balance. There is no “magic bullet” to accomplish this; however there are scientifically backed procedures you can follow. You already know that for anyone with attention or over-activity problems it can be a long way from “intellectual understanding” to being able to “follow through”—on anything. It may be difficult to find the time and resources necessary to stick-to a program. And “stick-to-it-ness” is often a missing character trait! Patience is often missing, too!

### **Pharmaceutical Approach**

It’s been mentioned already that certain classifications of drugs artificially mimic neurotransmitters. The types of medication for ADHD are most often stimulants and require a physician’s prescription since they have a potential for abuse, may become addictive and carry various side effects. Stimulants work by artificially mimicking the effects of natural dopamine. Antidepressants, mimicking natural serotonin, may also be used to treat ADHD and in some cases anticonvulsants are prescribed. Working closely with your physician is also very important for success with these medicinal treatments.

### **Behavioral Approach –Good to Consider with Either Treatment**

Any ADHD treatment has been shown to be more effective when combined with some type of coaching program. Many dysfunctional behaviors are adopted as coping strategies for the ADHD individual. As ADHD symptoms are eliminated or decreased, learning new ways of relating helps bring about more success with the treatment as well as increased positivity, self-esteem, self-efficacy and enhanced wellbeing.