



## **Our Recommended Eating Program for ADHD, and Improved Performance**

Below is a copy of our [recommended eating program](#) for ADD/ADHD kids. It is not a very strict program, unless you are used to having most meals at your local fast food restaurant. This program is recommended for every member of the family.

It's not just an ADHD program. It's the same program that we put professional athletes and business executives on for optimized performance, with only minor changes. We have found that it really helps about 20% of the kids that try it. The most common feedback that we get from parents is, "Well, it helped my kid somewhat, but I *really* feel great!"

Results fall into a "Bell Curve." A few people get great results. Some are completely unaffected. But most people do see fairly good improvement, although it is not enough to use as a stand-alone intervention. Have realistic expectations, but please do try it. It just may be a big help to your family.

### ***First, here is what NOT to eat for TWO WEEKS:***

- 1) NO DAIRY PRODUCTS, especially cow's milk. This is the single most important restriction. Instead try Almond milk, Rice milk, or Better Than Milk. Drink water instead of milk. In fact, drink lots of water. The brain is about 80% water, and increasing your water intake to 7 to 10 glasses per day might be helpful all by itself. Sodas, Gatorade, teas, ices, etc., do not count as water. Only water counts as water.
- 2) NO YELLOW FOODS. Especially Corn or Squash. Bananas are white, just don't eat the peel.
- 3) NO JUNK FOODS. If it comes in a cellophane wrapper, don't eat it.
- 4) NO FRUIT JUICES. They have too much sugar content. One small glass of apple juice has the sugar content of eight apples. Later on you can have juice, but dilute it with water 50/50.
- 5) CUT SUGAR INTAKE BY 90%. If you can, cut it down to zero. Sugar is in just about everything, but give it a try. Do your best without going crazy.
- 6) CUT CHOCOLATE BY 90%. No more than a single piece, once a week.
- 7) NO NUTRASWEET. None. Period.
- 8) NO PROCESSED MEATS and NO MSG. Only get meats with labels that say, "Turkey and Water," etc. If the meat has chemicals listed that you can't pronounce, don't buy it.
- 9) CUT FRIED FOODS BY 90%.
- 10) AVOID FOOD COLORINGS WHENEVER POSSIBLE. See if your child is sensitive to any particular colors, such as Reds, Yellows, etc. For now, though, avoid all food colorings if possible.

**SUMMARY:** Just eat foods that God made for a while. Eat like people did in the 1940's. Go to a used bookstore and get a Betty Crocker's Cook Book for recipe ideas. There really are about 10,000 meals that you CAN eat. Just not much in the way of "fast foods" or "convenience" foods.

**AFTER TWO WEEKS** begin adding these foods back into your diet, one food every other day. Eat A LOT of that food every day for four days. If you have a problem with one of the foods, you will see some kind of a "reaction" within those four days. The reaction can vary from big red splotches on the body to ears turning bright red to explosive temper outbursts. If there's a problem, you'll know. If there's no problem, enjoy the food.



## **GOOD THINGS TO EAT TO FEED THE BRAIN: Start these today!**

### **1) FOR BREAKFAST SERVE HIGH PROTEIN, LOW CARBOHYDRATE MEALS.**

Say, "Good-bye," to Breakfast cereals and milk, as they are high sugar, high carbohydrates, and 30% of kids are allergic to milk. Serve meals of 65% Protein and 35% Carbohydrates for Breakfast, such as eggs and toast. Other meals should be about a 50% / 50% mix of proteins and carbohydrates.

2) **PROTEIN SUPPLEMENTS** might be needed to get the added protein for Breakfast. They are often very helpful in the afternoon as well. Try using them twice each day for a week or so to see if they help. Here is our favorite recipe for a Protein Shake:

- a) Make a cup of coffee, using one of General Mills' International Coffees, or something like that, with a flavor that you or your child will like (yes, we know we are breaking our own rules here, as these coffees have dried milk and some sugar, but we are trying to get your kid to actually drink the thing, and also get some caffeine mixed in with the protein.). Pour the hot coffee into a blender with about 6 oz of ice. Turn on the blender for a bit.
- b) Add a good quality protein powder. There are many good ones available. If you can't find one that you like, ask at your local health food store. Get protein powders that are mostly protein and very little carbohydrate. Add between 15 and 20 grams of protein to the cold coffee in the blender.
- c) Turn on the blender again.
- d) Drink it up.

This protein shake is helpful for a lot of people. For many small kids, and many adults, this recipe works about as well as a small dose of Ritalin (100 mg of caffeine is roughly the same as 5 mg of Ritalin). So many who might just take a small dose of Ritalin might get away with just doing this. Don't forget, though, that even caffeine can have some side effects.

Every once in a while we find someone that has problems with the caffeine in the coffee. Usually, though, the caffeine in the coffee helps the person to focus better. The protein helps to feed the brain. If you find this helpful, have one with Breakfast, and one around 3 pm. If it is not helpful, then don't bother with it.

3) **MINERAL SUPPLEMENTS** may be helpful. Colloidal Minerals or fully chelated minerals are the best. We like the MinPac from [VAXA](#), but there are several good choices. Don't buy minerals in the grocery store. Use only high quality supplements. Check out [VAXA's](#) new chewable for children.

4) **ATTEND, EXTRESS, or MEMORIN** from VAXA. We strongly recommend [Attend](#), a homeopathic nutraceutical medicine with essential fatty acids, lipid complexes, and specific amino acids.. "Extress" is recommended in addition for those with problems with hyperactivity and temper, and "Memorin," in addition to the "Attend," for those with poor concentration or memory. See some specific treatment strategies at [http://www.newideas.net/add\\_types.htm](http://www.newideas.net/add_types.htm).

5) **FLAX SEED or PRIMROSE OIL**. These are good sources of Omega oils, and essential fatty acids. Borage oils and some fish oils are good as well. Mix about a spoonful a day into foods as you prepare them, or add to salad dressings, etc. This is very important as many individuals with ADHD have essential fatty acid deficiencies, which impair both immune function and neurological function.

6) **EAT SOME FRUITS AND LOTS OF VEGETABLES**. And avoid Aluminum exposure (don't wrap food in aluminum foil or cook foods in aluminum foil). Just do your best to eat in a healthy manner. Try it out and let us know what you think.

Oh, before you mail us back and ask, "Well, what can we eat?" please look through your Betty Crocker Cook Book and you'll find hundreds of recipes that will fit. It's the convenience foods that are most of the problem. Re-discover the lost art of cooking!

Wishing you the best of success,

Doug Cowan, Psy.D., M.S.