

# Natural treatments for ADD/ADHD

Chiropractic adjustments are a very powerful stimulus to the brain, which is the main problem with ADD and ADHD. Besides adjustments, here are several non-drug things you need to know and do about ADD/ADHD.

ADD and ADHD are on the autistic spectrum, which means they are caused by the same thing autism is caused by, but they are a lesser form of it.

Supplements that help:

1. **Neurolink**
2. **Brain Vitale**
3. **Cod liver oil**
4. **High quality multi-vitamin/mineral**

Autism, ADD and ADHD are caused by exposure to neurotoxins. So avoid neurotoxic exposures. What are neurotoxins?

1. Mercury: In fish, silver fillings, vaccinations, (especially flu shots and tetanus shots), tattoo ink, some Rhogam shots, and high fructose corn syrup.
2. Pesticides: Use boric acid instead of spray pesticides.
3. Solvents: VOCs like what makes a new car smell new and makes paint and carpet smell.
4. Formaldehyde: This is used in all sorts of building products like plywood and cabinetry and carpet and hardwood glues.
5. Chemicals of all kinds: Cleaning chemicals and personal care products.
6. Fragrances: you would never think this but all fragrances are petrochemical byproducts and extremely toxic. Especially air fresheners.
7. Flame retardants: It is required by law to include flame retardants in childrens pajamas and all mattresses. Have children sleep in something not labeled as pajamas, like long underwear. You can get a chiropractor's prescription to buy a mattress without flame retardants on it.

Exercise and physical activity is EXTREMELY important for a child with ADD/ADHD. Video games and television watching should be extremely limited because they stimulate the exact part of the brain that is over stimulated in a child with ADD/ADHD. Please see [gfchiro.com](http://gfchiro.com) for more information.