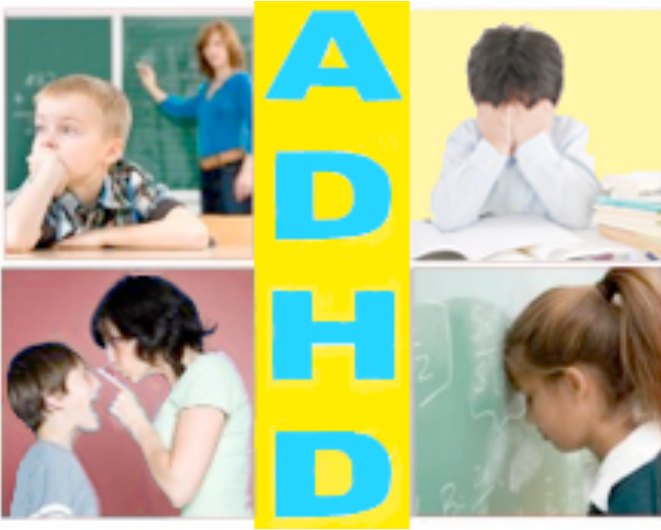


# Causes and Conditions that Mimic the Behaviour of ADD/ADHD

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## The Gut Connection

A well functioning gastrointestinal system is essential for a healthy nervous system. The enteric nervous system found in the GI tract, contains the same number of neurons as the spinal cord, and produces 95% of serotonin in the body. The neurotransmitter that makes us feel happy and relaxed. This is why we call the enteric nervous system the “second brain”.

The majority of children with ADHD, suffer from dysbiosis - an imbalance of the gut flora. The gut is a complex ecosystem of healthy bacteria that aids digestion, absorption of nutrients, synthesizing vitamin, minerals, amino-acids, and it represents 70% of our immune system, as it acts as a natural filter to keep harmful bacteria, carcinogens, toxins and antigens out of our body.

It is not surprising to find that most cases of ADHD have an imbalanced gut flora, due to high sugar diet, processed food, preservatives, food allergies and intolerances, environmental chemicals, antibiotics and stress.

This dysbiotic terrain, allows for parasites, yeast and excessive bad bacteria to proliferate, producing toxic inflammatory compounds, activating the immune system. As a result, the gut lining is inflamed and loses the barrier function, so that toxins and undigested fragments of protein penetrate into the bloodstream and they can then

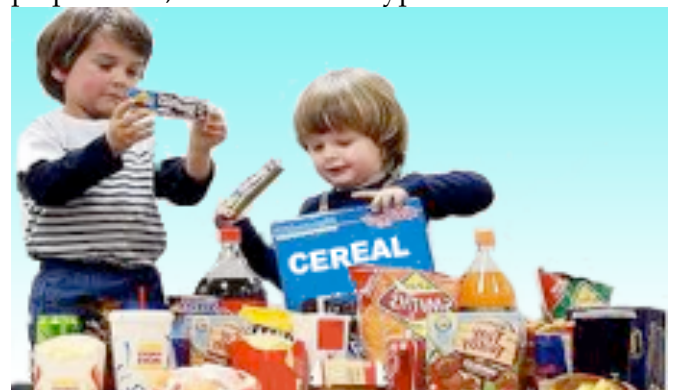
reach the brain and affect it. We call this Leaky Gut Syndrome, or Leaky Gut/Leaky Brain.

This explains why children with ADHD are deficient in key nutrients such as magnesium, zinc, iron, omega 3, vitamin D, vitamin B and especially vitamin B6.

Children with ADHD most often suffer from intestinal parasites. Young children tend to put their fingers in their mouths and their nose, and under their nails, a breeding ground for eggs of parasites that can live up to two weeks. Worms such as pinworms lay their eggs in the anal area, in a specific moon cycle, and that is why we see children scratching their bottom. Parasites cause bad sleep, often with nightmares, grinding or clenching of teeth, muscle spasms and a great need to eat sugar.

Worms cause hyperactive behaviour, learning problems, depression or attention deficits, mood swings, and even panic attacks. These symptoms are also correlated to Candida Albicans infestation. Most children who suffer from Candida infestation, have frequently an immune disorder affecting carbohydrate metabolism and causing hypoglycemia by altering blood sugar levels, and also causing allergies, food intolerances, hypersensitivity to food additives and environmental chemicals.

Caffeine and sugar at doses as low as 250 milligrams a day, a level which many children exceed, can cause rambling speech, attention and concentration problems, agitation, heart palpitations, insomnia and hyperactive behaviour.



## Heavy Metals and Chemicals Connection

A high level of mercury (often related to amalgam teeth fillings) is found in most ADHD children, not necessarily that the child might have amalgams, but that the mother had them and consequently transferred the heavy metal toxin to the foetus.

High levels of another heavy metal toxin - lead - are also found in these children.



## So How Can We Help These Children?

- **Healthy Nutrition**, prescribing a specific diet, avoiding allergies/food intolerances, sugar etc.
- **Homotoxicology Detox**: including the removal of Parasites, Candida, Heavy Metals, Viruses, Bad Bacteria, using specific Homotoxicological remedies.
- **Prescribing a specific Probiotic supplement and foods.**
- **Restore the intestinal mucosa/membrane** to recreate the natural barrier of defence in the digestive tract, and thereby enable the proper assimilation and absorption of important essential nutrients.

(homotoxins) that threaten to overwhelm the intercellular matrix. According to this therapeutic model, the type and severity of an illness are determined by the duration and intensity of an individual's toxic load in relationship to the body's inherent capacity for detoxification.

The resulting disturbances, which eventually manifest as illness, are the body's attempt to restore a state of biochemical balance. In contrast to classical homoeopathy which treats disease in stages, each time with a single remedy/substance according to the homoeopathic repertory with a chosen titrated/diluted dose/s, Homotoxicology combines various homoeopathic repertory remedies, each at varying dosages, from least to more dilute into one complete remedy in order to address all the causes and offshoots involved in any given symptom presenting as illness.

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