John Gray’s newest book

*Staying Focused In A Hyper World*

is available at

[MARS VENUS.com](http://www.marsvenus.com)
BOOKS BY JOHN GRAY, PH.D.

*Men are from Mars Women are from Venus* (HarperCollins, 1992)
*What You Feel, You Can Heal* (Heart Publishing, 1984)
*Mars and Venus on a Date* (Harper Collins, 1997)
*Children Are from Heaven* (HarperCollins, 1999)
*How to Get What You Want at Work* (HarperCollins 2002)
*The Mars and Venus Diet and Exercise Solution* (St. Martin’s Press, 2003)
*Venus on Fire Mars on Ice* (Mind Publishing, 2010)
*Work With Me* (Palgrave Macmillan, 2013)
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Preface

Something unprecedented is happening in America and it is gradually spreading around the world. Here is a countdown of new trends regarding brain health, which in turn affect all aspects of our lives and relationships.

Did you know that one out of ten American children have been diagnosed with ADHD?¹

Did you know that one out of nine American students seriously contemplate suicide every year?²

Did you know that one out of eight teenagers suffer from depression?³

Did you know that one out of seven American women over 55 will develop dementia?⁴

Did you know that one out of six American children have a developmental disability?⁵

Did you know that one out of five Americans suffer from a mental disorder in a given year?⁶

Did you know that one out of four American children have been bullied or attacked?⁷

Did you know that one out of three Americans over 70 suffer significant memory loss?⁸

Did you know that one out of two Americans over 85 have Alzheimer’s disease?⁹
Did you know that in 2013, one out 42 American boys were diagnosed with autism spectrum disorder?\textsuperscript{10} In 1980 there were only one in ten thousand children diagnosed with autism.

Did you know all of these statistics are increasing every year?\textsuperscript{11} Mental illness in America is thirty-five times more common today than thirty years ago.\textsuperscript{12}

Do you want to avoid being one of these statistics? Well you can and that is why I wrote this book. At every age and stage of life, brain performance is being challenged for young and old alike. This inhibited brain performance begins with the condition we commonly call ADHD.

Something unprecedented is happening to our brains. It is not only affecting our children but creates new challenges in relationships and marriage.

*Staying Focused In A Hyper World; Book One*, focuses on practical information to increase brain focus, memory and restore love and passion in your life and relationships. You will learn how to stop the one specific condition that gives rise to ADHD and a host of other symptoms that interfere with optimal brain performance. By addressing this one condition, you will have the key to a much more fulfilling future for you and your children.

The biggest obstacle for optimal brain performance is oxidative stress in the brain. By reducing oxidative stress and your brain works better. Oxidative stress occurs for a variety of reasons there are too many free radicals in the brain and not enough antioxidants to neutralize them. Throughout *Staying Focused In A Hyper World*, we explore the many ways we are unknowingly creating oxidative stress and what we can do to stop it.
Reducing Oxidative Stress In The Brain

Every thought, emotion, and reaction in the brain requires energy. In this process of making energy, free radicals are produced. We cannot avoid free radical production in the brain, but with the right antioxidants we can neutralize these free radicals and prevent oxidative stress.

So what are free radicals and antioxidants? Free radicals are incomplete molecules looking to bond with a stable molecule. Antioxidants are special stable molecules with extra electrons to bond with free radicals.

Free radicals and antioxidants work together in various ways to sustain good brain health. This process is a little like dating. Looking for a partner, these incomplete molecules (free radicals) seek out other molecules containing electrons to bond with and live happily ever after. This works out fine as long as there are plenty of antioxidants with extra electrons to bond with.

Like the dating process, free radicals seek out other molecules containing electrons to bond with.

Energy production is not the only cause of free radicals. Every second the brain is being bombarded with extra free radicals caused by nutritional deficiencies, junk food, environmental toxicity, prescribed drugs, and even over-the-counter drugs. If these extra free radicals are not stabilized by an abundance of internally produced antioxidants, then oxidative stress increases.
There are three basic steps to reduce oxidative stress and improve brain function:

1. Decrease our exposure to extra free radicals.
2. Increase our production of antioxidants.
3. Eat more foods rich in antioxidants.

Oxidative stress results when we have too many free radicals and too few antioxidants.

This oxidative stress in the brain gives rise to the symptoms of ADHD in some people, but also a host of other mental symptoms in others like memory loss, depression, anxiety and compulsiveness. This one condition, oxidative stress, inhibits all aspects of brain performance.

The many symptoms of oxidative stress in children go beyond distraction, restlessness and impulsiveness in the classroom. Eventually, if you live long enough, this same condition can lead to dementia, Parkinson’s disease or Alzheimer’s disease. Amyloid plaque in the brain, which is the result of oxidative stress, is directly linked to memory loss and Alzheimer’s disease. This same amyloid plaque is also found to a lesser degree in children diagnosed with autism.

If you live long enough, ADHD leads to dementia, Parkinson’s disease and Alzheimer’s disease.

The rising statistics measuring ADHD in children are shocking. As mentioned previously, ADHD is diagnosed in 10% of American children. More than half of these children are diagnosed before 6 years old. Many
more children have the same oxidative stress but it shows up differently from the standard ADHD symptoms. The oxidative stress in the brain that gives rise to ADHD also gives rise to anxiety disorders, learning disorders, sensory disorders, mood disorders and compulsive disorders. Besides children, adult symptoms of ADHD are also rampant and mostly go undiagnosed.

Almost every client I have helped over 40 years of relationship counseling has had, to some degree, an undiagnosed adult variation of ADHD. You too, may have some degree of ADHD and you don’t even know it. Unless pointed out, it may not become obvious to you until your 50s when you can’t remember where your car is parked or what you were about to say to your partner.

Besides the personal stories I share in Staying Focused In A Hyper World, I also reference hundreds of studies and sources for understanding healthy brain function and the many benefits of natural solutions.

Hundreds of evidence based studies support natural solutions for ADHD, memory and focus.

My primary purpose for this book is to reinforce the validity of natural solutions. With so many well-tested options, you have a real choice to go drug-free in your approach to recharge your brainpower.

John Gray, Ph.D.
July 2014
Introduction

One evening after a relaxing dinner together with my wife, I was watching a TV program and she said, “John, your head is shaking.”

I was shocked. I had no idea. Everything seemed normal but I had no control over my head movements. When I would focus my mind, my head would involuntarily shake back and forth and I was powerless to control it.

As the days past, the tremors would come and go, but regardless of what I did, they only got worse. When I asked my doctor what I could do, he basically said, “You are just getting old. Don’t worry there are good treatments for it.”

He went on to gently explain, “You have the early stages of Parkinson’s disease.”

To me, that felt like a death sentence. After helping to care for my wife’s aunt who had Parkinson’s disease, I had already learned that the “treatments” he referred to would only temporarily take away symptoms. Over time her condition inevitably got worse until she died.

With most drug treatments, symptoms can be minimized, but over time the condition only gets worse. In the case of Parkinson’s disease, as soon as you begin the treatment, the clock begins to tick. Over time you need increasing doses of Parkinson’s drugs until they don’t work at all and you die. This did not seem like a good plan to me so I began my own research.
Reversing Parkinson’s Disease

After six months, with the help of many holistic doctors and health researchers, I learned what had caused my condition and how I could heal it with natural solutions. Twelve years later, following a specific healthy protocol of extra nutrition at breakfast, I am still drug-free and symptom free.

Ending Parkinson’s disease was in itself a great relief but the outcome of applying the natural solutions I share in this book was much greater than I could anticipate. Not only did the tremors go away but I had become different in ways that I was not expecting.

Once again it was my wife who first noticed. She said, “You have changed. You are like the guy I married.” I didn’t know what she was talking about but gradually as she explained herself, I understood.

She said, “Since this treatment, you are more relaxed and attentive. When I talk, you don’t seem so restless or distracted. After the first few years of marriage, when I talked, it was like you were always in a hurry to be somewhere else. But now you are participating more in our relationship and the family. You are more present.”

“I was always in a hurry to be somewhere else.”

After taking a moment to reflect on what she was saying, I realized she was right. I had changed. I was more involved in our family activities. I
was more present. I thought that she was the one who had changed because she had become happier. Now I knew why.

Besides the changes she noticed in our relationship, I realized that I had much more energy. Most important, I didn’t have to push so hard to get things done. Things were easier; my life seemed more orderly and organized.

“Life became easier,
I didn’t have to push so hard to get things done.”

This was a dramatic change from my prior experience. I noticed that I was not procrastinating or waiting to the last minute to get things done. I could finish projects without needing to feel pressured.

Ever since I was a child, I would wait to the last minute to do things. Sometimes my mother would have to pour water on me to get me out of bed. But, after reversing my Parkinson’s disease, this inner resistance I had felt throughout my life was gone. Automatically and almost effortlessly, I could get things done without waiting for a sense of urgency.

I Had ADHD And Didn’t Know It

Then it dawned on me. Most of my life, I had ADHD and didn’t know it. I just thought life was hard. I had no idea that life could be so much easier; I simply concluded my problems were my problems and I had to just push through them every day. I had no idea that I was experiencing many of the common symptoms of ADHD.
As a student in school, when I focused on learning or reading, I would quickly get tired and often fall asleep. Every day at lunch, I would wake up by eating rolled up balls of white bread without the crust, a pint of milk and several packages of vanilla cookies. The high sugar and gluten content in my lunch would stimulate my brain so that I could feel good and wake up. After school, I would then get my fix of sugar and caffeine with two 16-ounce Cokes. In retrospect, I can now see that I was simply medicating my ADHD with junk food. The stimulation from white bread, sugar and caffeine is the same stimulation one gets from using stimulant drugs for ADHD like Ritalin or Adderall.

Similar to Ritalin, sugar mediates symptoms of ADHD.

Until 1987, when ADHD was first diagnosed, if you were bored and unmotivated, restless and impulsive, or distracted and unable to focus, you just found helpful ways to cope. In those days, we had no idea that these were symptoms that could be healed with natural solutions. Many years later, having healed ADHD, I can now recognize the many symptoms of ADHD that were emerging in my generation while growing up in the fifties and sixties.

As a society, we began to unconsciously feed the rising tide of ADHD with increasing sales of high sugar soft drinks and fast foods, sexual liberation and getting high on drugs and rock and roll. (Not that there is anything wrong with sex and rock and roll.) The point here is that moderation went out the window. Without knowing it, we were medicating
our ADHD brains. Parents had no idea that our new coping mechanisms were the result of a brain condition that could be healed.

Although ADHD is a new diagnosis, many of the symptoms of ADHD have been documented for centuries. In my case, it was a severe concussion in the second grade that had caused my condition. I had fallen headfirst from a tree limb two stories high. But today even without concussions, millions of children are exhibiting a wide range of symptoms now identified as ADHD. Never in history have these symptoms been so common in children and adults.

Never in history have symptoms of ADHD been so common in children and adults.

Throughout *Staying Focused In A Hyper World*, we will explore how oxidative stress from environmental toxicity, common over-the-counter drugs, nutritional deficiency and food allergies are inhibiting brain performance in everyone. Symptoms of oxidative stress are now being recognized in children as ADHD, but other symptoms from this same mental condition still go unrecognized. This oxidative stress in the brain gives rise to relationship problems, depression, anxiety and even addictions.

By reducing the oxidative stress that was causing my Parkinson’s disease, I inadvertently ended my ADHD. It was a surprise discovery; I realized that the same condition that creates ADHD in children also creates Parkinson’s disease in seniors. This same condition gives rise to memory loss, dementia or Alzheimer’s disease for others.
Healing The Brain

Twelve years ago, I wrote about my journey of healing Parkinson’s disease in a book called, *The Mars and Venus Diet and Exercise Solution*. In that book, I explored gender specific insights revealing how diet and exercise can support optimal brain function, weight loss and positive relationships. At that time, I developed a three-month specific protocol of supplements for healing the brain. Since that time, I have improved the formula and made it even better. All of the ingredients are easily available online or at health food stores. For your convenience, they are also available at MarsVenus.com/store.

Since that time, studies have been carried out on many of the same ingredients. These studies have proven that specific natural supplements can heal the brain.¹ They have been shown to increase memory, heal ADHD, reverse early stage Parkinson’s disease as well reduce or heal anxiety, depression and a host of other mental disorders. Some of the ingredients have even proven to slow down the progression of dementia and Alzheimer's.

Studies with Parkinson’s patients have proven that specific natural supplements can heal the brain.

Compared to the *Mars and Venus Diet and Exercise Solution*, the additional insights expressed in *Staying Focused In A Hyper World* can now make your journey to health even more effective and successful. The healthy protocols I suggest, have helped me go beyond just healing
Parkinson’s disease and ADHD; they have enabled me to consistently access my full mental potential. We all have a greater potential, but to access it, we first need to restore normal brain function, free from the symptoms of ADHD.

The insights in this book helped me go beyond healing Parkinson’s disease to creating overall wellness.

Over the past decade, by sharing my personal experience of healing ADHD, thousands of adults, parents, and children of all ages and stages of life have experienced immediate benefits. With the new insights I will share, increasing memory and healing ADHD is only the first step in a lifelong journey of finding and expressing your inner genius.

We will also explore how ADHD shows up differently for men and women in dating relationships and marriage. In many cases, ADHD goes undiagnosed in both men and women because the symptoms also show up differently as we age.

ADHD And Men In Marriage

For married men, an unrecognized symptom of ADHD is the gradual shift of focus from their intimate relationship to their work. Their partners often feel ignored, unappreciated and excluded. ADHD may cause a man to have a kind of tunnel vision or hyper-focus on his work, which in turn decreases his ability to focus on his wife and family.
Jeff and Carol had been married for 10 years. When they came for counseling, Carol was ready to leave the marriage. Carol said, “I know he loves me but I don’t feel seen or appreciated. I have tried to make this work but the more I give the less I get. It’s like I don’t exist for him.”

Jeff could not understand why she was upset with him. He said, “I think you are making a big deal out of nothing. I am good provider, I don’t argue and I help out around the house more than any of my friends. What else do you want?”

Carol had a long list of complaints but the bottom line was that she felt he had drifted away. He wasn’t attentive to her. “You are not interested in me anymore,” she said. “You can spend hours on the computer, but when I am talking to you, it’s like you are thinking about something else. I can bring you a plate of food and you don’t even say thank you or acknowledge me in any way. I don’t feel like we are a partnership. I feel like a servant waiting on you. What happened to our love?”

“I do love you,” Jeff shared. “I want you to be happy but sometimes it is hard to stay focused on what you are saying. I shift to thinking about problems at work or something else I need to do.”

Jeff’s symptoms were classic ADHD. But without an understanding of this, Carol took it personally and felt hurt. She felt as though she was alone and everything else was more important than her and her needs.

In coaching, we focused on new listening skills. Jeff was amazed what a difference they made for his wife. As a result he too was feeling much closer to her. Jeff also began my basic protocol of natural solutions to heal his ADHD. As their relationship improved, he shared with me what a difference the supplements had made in all areas of his life.
“My life is so much easier,” he said. “It is like I went from a black and white world to full-on Technicolor. I am doing so many more things. And best of all, it is so much easier to listen to Carol. The feelings of connection we had in the beginning are back.”

**ADHD and The Single Man**

For single people, ADHD can interfere with their ability to make a long-term commitment. They come on really strong and then, suddenly and completely, lose all interest. This common pattern is generally not recognized as ADHD.

Steven was 39 and never married. In private coaching, he shared that he was not able to sustain a commitment to one woman. He said, “Every time I get really close to a woman, my feelings change and I lose interest. I am just not turned on. I don’t know what happens.”

For Steven, the challenge and the thrill of the pursuit would turn him on but once he settled down, he would lose the feelings of attraction. He was hot and then cold.

Now lots of therapists would recognize this as a red flag for a fear of intimacy. They would then focus on his unresolved mother issues. In this case, it was such a clear case of ADHD that I just recommended a three-month protocol of natural supplements to heal ADHD and boost his testosterone.

For single men, ADHD can interfere with a man’s ability to make a long-term commitment.
We also did about six sessions focusing on his relationship skills and understanding his ADHD. He discovered the addictive behaviors that were continuing to cause his ADHD. This insight motivated him to stop over-exercising and watching Internet porn every day.

“I had no idea that my ‘hyper’ activities were blunting my ability to feel turned on to my partner,” said Steven.

During that time he was able to rekindle his feelings for his current partner and he was able to make a lasting commitment. Prior to his coaching, he had no idea that his problem in making a commitment was ADHD.

“I always thought it was the wrong woman,” he told me.

ADHD is one of the underlying causes for most relationship challenges. When relationships have problems, counseling or coaching and good communication skills are still needed, but unless the ADHD is corrected, there is less success.

**ADHD is one of the underlying causes for most relationship challenges today.**

Millions of adults do not recognize their own symptoms of ADHD because the symptoms may show up differently in different circumstances. Symptoms also change as we age. We will explore how childhood symptoms of ADHD evolve into other adult symptoms. ADHD is not just about restless, distracted or impulsive children unable to sit still in classrooms. That is only the tip of the iceberg.
ADHD and Women In Marriage

Women also have unrecognized symptoms of ADHD. They often become hyper-focused on the needs of others and have difficulty focusing on their own needs. This common expression of ADHD in women results in feeling overwhelmed.

Valerie and Dave had been married for nine years. The passion was gone between them. In coaching, Dave complained, “Valerie is so stressed, no matter what I do it is not enough to make her happy. We don’t have fun anymore. She is not even interested in having sex.”

ADHD can inhibit a woman’s sex drive.

Valerie, like many women today couldn’t relax. She said, “I have a million things to do pulling me in different directions. I have no time for me. I feel like I am always trying to catch up. If only I had more hours in the day.”

She went on to say, “I don’t know why I am not in the mood for sex. I want to relax but I can’t. I love Dave and he loves me. But I feel like I have to be there for everyone. If I was to slow down, I might fall apart.”

By learning new relationship skills, Valerie was able to overcome this challenge. She learned that sharing her feelings and getting a new kind of support from Dave was essential for lowering her stress levels. By learning to take time for herself, she had more to give to everyone. From my online training Secrets of Successful Relationships, Dave learned new skills for listening that made all the difference.
At the same time, they both began my basic protocol for healing ADHD. Valerie also took a few extra supplements for hormone and mood balance. Within a few weeks they were back to having a playful and loving sex life. For women with ADHD, the stress from feeling overwhelmed can inhibit their interest in sex and their ability to enjoy their lives.

In general, ADHD may cause women to focus too much on serving others and less on their own needs. It can also lead to focusing too much on what they don’t have instead of what they do have.

**ADHD and the Single Woman**

For single women, ADHD can give rise to a false sense of independence, inhibiting her interest in an intimate relationship. By hyper-focusing on what she can do for others, she may disconnect from her own needs for intimacy and relationship. She links her sense of worthiness to what she can do for others and not simply to who she is. In this case, her stress levels continue to rise.

A woman with ADHD may link her sense of worthiness to what she can do for others and not simply to who she is.

Cindy was an attractive and youthful 45 year old looking for love and divorced for six years. “Why am I invisible to men?” she asked me.

My answer was simple. She was too busy to let a man in her life. She was too independent and didn’t really feel the need for a man. By denying
this authentic and vulnerable part of her being, she was stressed. A woman can “have it all” but not without support. When a woman is happy, a man is more attracted to her. He senses that he can make her happier and is naturally drawn to her. To a certain extent, a man is always looking for opportunities to make a difference.

When a woman is too busy, there is no room for a man in her life.

She told me, “I don’t need a man but I sure would like one.”

“Needing a man in your life is what makes a woman attractive to a man,” I told her. “Sure, you don’t need a man to provide for you but you do need a man for you to be happier. You need a man for companionship. You need a man for love and intimacy. Needing a man is not weakness but an invitation for a relationship and an opportunity for him to feel appreciated.”

She was surprised and said, “I had no idea, I thought needing someone was a sign of weakness.”

For single women, ADHD shows up most commonly as a kind of hyper-independence, but once in a relationship she may feel a kind of hyper-neediness. After years of not needing a man, she may become hyper needy for her partner’s affection and reassurance that she is loved. It can also go the other way. When she is hyper-independent, her partner may become needy to connect with her. As a result she loses interest in him. If a woman is seeking to be in an intimate relationship, healing ADHD helps her balance her sense of independence with a healthy sense of dependence to find a relationship and keep it.
After beginning a three-month course in extra nutritional supplements for ADHD and hormone balance, Cindy slept better and could relax more. She was surprised how quickly she fell in love with a man and started a relationship. As predicted, her neediness began to emerge but with the help of healing her ADHD and learning to take “me-time”, it was much more manageable.

Natural Solutions
To Recharge Your Brain Power

In my experience as a relationship counselor and coach, the results are always better when clients support their process of learning with natural supplements. The same nutritional solutions that work for adults also work for children. In many cases, parents whose children have been diagnosed with ADHD or other mental challenges have reported dramatic improvements within days by making a few small changes.

Throughout *Staying Focused In A Hyper World*, we will explore a variety of drug-free, natural solutions, supported by double-blind studies, for healing the brain. In Appendix One, I list a variety of protocols for using these proven drug-free solutions that I have personally used and have witnessed in thousands of children, students and adults to quickly improve brain performance, increase memory and heal the many symptoms of ADHD.

In my experience of helping clients, depending on the cause, there are a variety of natural solutions that may heal the condition. Sometimes the solution is amazingly simple. For example, in children and teens
already diagnosed with ADHD, healthy focus is restored and a positive mood is stabilized by replacing breakfast with a super food shake, a good multivitamin, and a few specific supplements.

**Depending on the cause of ADHD, there are a variety of natural solutions that may heal the condition.**

Using natural solutions for healing ADHD is often minimized as quackery simply because in the past these natural solutions were not backed up with double-blind studies. But now, there are hundreds of well-documented, peer-reviewed, evidence based university studies on the benefits of supplements and special diets. Many of these studies are even double-blind studies. Without an understanding of these real options, parents do not have the choice to go drug-free. With the new insights in *Staying Focused In A Hyper World* you will have a choice.

**Drug-free, natural solutions need to be part of the conversation about ADHD.**

Even if you choose to continue using a stimulant drug, you can still use these new insights for brain health to gradually lower the dose and help minimize undesirable side effects. Although I recommend the natural solutions, sometimes the temporary use of stimulant drugs can give a child or an adult a necessary glimpse of normal focus so that they can at least
be aware of what they are missing. This glimpse can inspire and motivate them to try the natural solutions that have no negative side effects.

The Many Faces
And Stages Of ADHD

Besides providing natural solutions for brain performance, memory and healing ADHD, *Staying Focused In A Hyper World* also provides an in-depth understanding of the many faces, symptoms and stages of ADHD throughout our lives. It is a bigger subject than most people realize. It is not just affecting our children but the entire fabric of our modern society. Unless we are aware of this growing crisis, we are not motivated to seek out and find healing solutions.

ADHD is not just affecting our children
but the entire fabric of our modern society.

As mentioned in the Preface, it is estimated that one out of five Americans suffer from a diagnosable mental disorder in a given year.$^3$ Certainly this increase has to do with more drugs to treat mental illness but as mentioned in the Preface, there is definitely a new trend of increasing mental illness. The drugs prescribed for these disorders can treat symptoms but do not heal the condition. The outcome of using prescribed drugs to treat mental illness is a shocking increase of 35 times more mental illness in just 30 years.$^4$
Through applying the insights of *Staying Focused In A Hyper World*, this catastrophe can be averted; if not for everyone, at least for you, your family and your circle of friends. I will do my best to share these insights with as many people as I can and hope you will do the same. I have found that most parents are eager to find natural alternatives to giving their children prescription drugs. By sharing these insights you will at least be giving them a choice.

**Healing ADHD**

*Is Not Just For Children*

Healing ADHD is not just for children. Since I healed my own ADHD twelve years ago, I realized that for adult relationships to thrive, we need more than just new communication skills, we also need the nutritional support necessary for appropriate focus, positive moods and sustained energy. In *Book Two*, we will explore in greater depth how ADHD affects men and women in their relationships.

For relationships to thrive, we need optimal brain function.

In *Book One*, as I explore the causes and solutions for ADHD, when other health challenges linked to brain performance are discussed like allergies, digestion, chronic fatigue, high blood sugar, hormonal imbalance, etc., rather than go off topic, I refer you to MarsVenus.com for additional information. There are over fifty short video blogs exploring natural
solutions for a wide range of health challenges. This is to make this book as brief and to the point as possible.

For example, when I talk about balancing blood sugar levels to heal ADHD, the inevitable question of healing diabetes comes up. Not everyone reading this book will be interested in that subject, but some will and I want them to at least know that natural solutions are available.

Rather than simply suggesting they talk with their doctor (which is what most books do), I want to provide them with a real choice. Instead of going into detail regarding a natural solution for diabetes, I provide a link to a free video that explores the issue in greater detail. For example if you have diabetes or you know you have blood sugar issues you could learn more at MarsVenus.com/blood-sugar.

Most people do not have a choice to create a healthy life because they are not educated to understand why their body gets sick and what they can do to heal the condition. Many people just assume their family genes determine their sickness and that the drugs provided by their friendly doctors have the power to protect them. I hope to convince you that they don’t…but you do. Your genes do not predetermine your sickness and modern drugs cannot protect you.

**Most people do not have a choice to create a healthy life because they do not know their options.**

The long-awaited results of the international Human Genome Project have dispelled the myth that genes cause sickness. It is true that our genetic makeup determines the unique ways we get sick but it is our
lifestyle choices and environmental conditions that determine if we get sick. The fact that both identical twins in a pair don’t develop the same diseases 100% of the time indicates that other factors are involved.\(^5\)

Eating a poor diet or overexposure to toxins first makes you sick and then when you are sick, it activates the genes that give you a heart attack, cancer or diabetes. You can have a cancer gene but it doesn’t get activated until you are no longer healthy. With the new knowledge of natural solutions for healing oxidative stress, you have the power to create lasting health in spite of your inherited family genes.

When it comes to ADHD, memory and brain performance, in my experience after sharing these insights with thousands of people, natural solutions can outperform any ADHD drug. In many cases, all it takes is regular exercise, a few extra supplements and a healthy low-carb, nutrient-dense breakfast.

**Natural solutions can out perform any ADHD drug.**

Breakfast is the most important meal because your brain makes more feel good brain chemicals during the first two hours after sunrise. A bowl of cereal with pasteurized milk, toast and jam or a bowl of oatmeal and a cup of coffee will not do much. But, a cleansing drink, a super food shake and a few supplements can provide the right balance of nutrients essential to heal ADHD. For more information go to [MarsVenus.com/wellness-solution](http://MarsVenus.com/wellness-solution).
Designing The Right Program For You

Most parents and doctors are just not aware of the natural solutions that can actually heal ADHD. Their solutions are limited to prescription drugs or teaching a child or adult how to “cope” with the disorder. Without this vital insight, the standard debate goes on and on: “Do we use drugs or do we not?”

The answer to this question is not so black and white. We will explore the many options in between. Instead of coping with a condition that could limit you for the rest of your life, you will have the keys to develop and express your full potential for health and happiness.

If you have children and you are reading this book to help them, I suggest you also do it for yourself first. I know it is for your children but it can also be a wake up call for you as well. In my experience, the best way to teach our children is by modeling. We need to first become the change we wish to create.

You can best lead your family by being an example. By noticing the immediate changes in your own ability to focus and manage stress more effectively, you will have the increased confidence necessary to consistently apply these natural solutions for your family.

Staying Focused In A Hyper World is a trilogy of three books. In Book One, I will guide you step by step with the necessary insights to first help the brain to restore normal brain performance and memory. In Book Two, we will go further with three action steps to access your full brain and hormone potential for decreasing stress and increasing happiness, passion and vitality. In Book Three, I provide the extra nutritional insight to support
and sustain your transformation from a normal life to an extraordinary life. We explore the many options for super fuel to relax and recharge your brainpower.

By first exploring and practicing what works best for you, you are paving the way for your children, making their journey as effortless as possible. I have taken twelve years to test these insights with thousands of willing students and now finally get to share these ideas in written form. I hope you enjoy reading this book as much as I have enjoyed writing it.

John Gray, Ph.D.
July 2014
Chapter One

Focus

Did you know that millions of children and adults today experience a host of new challenges and setbacks because they lack focus?

In epidemic proportions, more children at school are falling behind. At school and at home they are more difficult to manage. But a lack of focus affects all aspects of living.

Without focus, communication breaks down in all relationships and frustration increases. In romantic relationships, passion is lost while breakups and divorce continue to rise.

At work, people are increasingly dissatisfied and bored, often feeling unappreciated, distracted, exhausted or overwhelmed.

 Somehow, in the midst of our modern accelerated progress, as a society we have lost our way. In our modern lives, we have a greater consciousness of new possibilities but we have lost our focus.

We have a greater consciousness of new possibilities but we have lost our focus.

The inability to sustain focus on what is most important creates a vacuum in our lives that is automatically filled with a host of unwanted desires, irrational feelings and fears. This lack of focus results in an
unconscious denial of what is most important; as if we are lost at sea in a raging storm, we fall prey to a wide range of addictions that rule our lives.

Without focus, our lives lose meaning and purpose, we are easily distracted, forgetting what we are here for: forgetting or never realizing what is most important in life.

**Without focus we fall prey to a wide range of addictions that rule our lives.**

This book provides a map to assist you in developing your full potential for creating a fulfilling life. It is not “the” answer but it will help you find “your” answer. It is not filled with helpful philosophies, spiritual insights or self-help tips. Instead, it provides a new understanding of your body and brain to increase your ability to focus.

This new insight can immediately help you apply and integrate the many benefits of education, religion, personal development programs and trainings, counseling, coaching, meditation, biofeedback, EFT, NLP and various other forms of therapy. In addition, these same insights for increasing focus will dramatically improve your health and help free you from dependence on medications for a variety of common health challenges.

Focus is needed in all areas of our lives. It is necessary to finish tasks and get things done. It is an imperative part of communication; it helps us listen more effectively in relationships. It dispels the fog of confusion. It helps us increase our comprehension while reading. But most important, it helps us to hold on to our beliefs and correctly prioritize what is most important.
Focus helps us to hold on to our beliefs and correctly prioritize what is most important.

Overall, increasing focus helps us balance and organize our lives properly. It even supports us in developing positive character traits necessary for success and positive relationships, such as patience, persistence, integrity and commitment. The biggest obstacle to achieving healthy focus is now commonly diagnosed as ADHD.

**A Short History Of ADHD?**

In 1980, the name “Attention-Deficit Disorder” was invented by the American Psychiatric Association. In 1987, the name was revised to “Attention-Deficit Hyperactivity Disorder.” or ADHD. The official symptoms of ADHD, as diagnosed by doctors, primarily include inattention and/or hyperactivity and impulsivity.

Adults also can have ADHD; up to half of adults diagnosed with the disorder had it as children. As ADHD persists into adulthood, symptoms change. For example, hyperactivity may turn to restlessness; impulsiveness may turn to risk-taking; and distraction may turn to overwhelm. As a result, adults with ADHD often have problems with interpersonal relationships and employment.

ADHD is now the most commonly studied and diagnosed psychiatric disorder in children and adolescents. Addressing this modern challenge, new discoveries about the brain have been made that can benefit everyone
at all ages and stages of life. With advanced technology, researchers have found that the brains of children with ADHD are actually different from children without ADHD. It is a real condition.

**With advanced technology, researchers have found that the brains of children with ADHD are actually different from children without ADHD.**

But medicating this condition with drugs is not the answer. Researchers at the Brookhaven National Laboratory published a study showing that the use of stimulant drugs to treat ADHD changes the brain, making the disorder even worse. Dopamine function in the brain is inhibited by 24%. This change explains why a medical doctor will eventually increase the dosage due to drug tolerance.

Yet, with so much research, there is still much confusion. The term itself prevents many parents and adults from recognizing or relating to this condition. In some ways the term ADHD (Attention-Deficit Hyperactive Disorder) is actually very misleading. The list of common symptoms is often varied and even contradictory and as we will explore later, many symptoms are yet to be defined. While some children are distracted and disorganized, others are restless and impulsive and some are both.

In most cases, there is not an actual deficit of attention at all. Instead, there is an inability to allocate attention appropriately. ADHD children that are inattentive, distracted or “spaced out” are unable to allocate their attention to what their teachers are saying; instead they are focused on a daydream. Other ADHD children that are hyperactive, impulsive or restless are also unable to focus on the teacher but for different reasons. They are
simply not that interested in what the teacher is saying. They would rather be somewhere else. They can’t sit still in class but they can certainly sit still in front of a TV or video game.

In most cases of ADHD, there is not an actual deficit of attention at all.

Martha Bridge Denckla, M.D., a clinician and scientist at the Kennedy Krieger Institute and Johns Hopkins University, says she faces this confusion regularly from parents who bring their children to the ADHD clinic where she practices. “I am constantly having to explain to parents that ADHD is not a deficit in the sense of say, a budget deficit or a thyroid deficiency, where you don’t have enough of something. Rather, it’s the control over attention.”

The question, Denckla says, is: “Where is the child’s attention being allocated? Is it where it needs to be to meet the demands of home, school, and society?

“Allocating one’s attention appropriately for success in school requires a degree of willful control—what might be thought of as will power—to turn away from a preferred activity and focus on an activity that may not be as compelling or immediately rewarding.”

People with ADHD have plenty of attention – that’s why they can still play video games for hours, or get lost in their Legos, or devote endless attention to activities that are biologically more stimulating like junk food, drugs, danger, digital entertainment or internet pornography. They may have plenty of focus but they are unable to easily shift their focus to less stimulating activities.
This inability to focus on less stimulating normal activities causes them to focus more on activities providing extra stimulation. For example, while enjoying the high stimulation of a video game, children are easily distracted from cleaning their room or doing their school homework. Over time, with the increased motivation to play a video game, they disconnect from their inner motivation to cooperate and please their parents and teachers.

Different Symptoms
For The Same Mental Condition

This tendency to focus on those activities that provide immediate and easy gratification, gives rise to an extended range of “hyper” symptoms that show up for different people according to their unique temperaments.

These are a few examples:

- A creative person who likes to start new things becomes hyper-focused on what is new and exciting and is easily distracted from attending to what is routine.

- A responsible person who loves order and loves following rules becomes hyper-controlling and as a result may become oppositional, defiant or simply resistant to change.

- A bold person who is naturally more assertive or action-oriented becomes hyperactive or impulsive. While they mean well, they may easily become inconsiderate of others. They often act or talk without including or considering others.
A sensitive person who is more vulnerable by nature becomes hyper-vulnerable or moody. Unlike a bold person they may be over-considerate of others. As a result, they become easily hurt when others are inconsiderate of their needs, feelings and wishes.

All of these “hyper” tendencies are symptoms of the same condition that creates ADHD. For simplicity, we will refer to all of them as ADHD. By correcting this tendency we can begin to access increasing degrees of our authentic inner genius potential…to continue Staying Focused In A Hyper World…
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Chapter Two

Natural Solutions for ADHD

Regrettably, new discoveries regarding natural solutions for treating ADHD are overshadowed by outdated medical solutions using stimulant drugs like Ritalin and Adderall. These stimulant drugs have certainly helped many millions of children but they also create undesirable short-term and long-term side effects.¹ The long-term changes are not commonly recognized.

Unless addressed and healed, the brain condition that gives rise to ADHD goes on for a lifetime with many faces and stages. Even stimulant drug manufacturers admit these drugs have repeatedly failed to heal the condition.² In treating ADHD, drugs are, at best, limited to temporarily suppressing symptoms because they do not directly address the cause.

No medical studies even suggest that medical drugs can heal the condition that gives rise to ADHD.

The medical community at large continues to be in denial of the abundance of drug-free solutions available today. It is not until better solutions are proven and then demanded by the public that they are finally forced to change…to continue Staying Focused In A Hyper World…
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Chapter Three

What is ADHD?

ADHD is one of the most common neurodevelopmental disorder diagnosed in children and teens.\(^1\) Compared to girls, symptoms of ADHD are twice as common in boys. Data published by the Centers for Disease Control and Prevention reveals that in 2011, one out of five boys and one out of 11 girls were diagnosed with ADHD.\(^2\) Autism, which often goes hand and hand with ADHD, occurs five times more in boys.\(^3\) The CDC reports that one out of 42 boys have ASD (Autistic Spectrum Disorder).\(^4\) This is a shocking and tragic statistic. Just 30 years ago, one in 10,000 children had autism.\(^5\)

ADHD and a spectrum of related mental conditions are a growing epidemic, particularly in America, but it is also spreading around the world. Without practical drug-free solutions, millions of children, teens and adults needlessly spend their lives “coping” with one or more of its hidden undesirable symptoms; from mood disorders and divorce, to obesity, anxiety and addictions.

Without practical drug-free solutions, we needlessly spend our lives “coping” with the hidden symptoms of ADHD.
This condition not only touches our children but it affects most adults as well. It causes couples to lose interest and attraction for each other, which eventually leads to divorce. If your ADHD develops into Parkinson’s disease, as it did for me, then the odds of experiencing some form of cognitive impairment are one out of two.\textsuperscript{6}

The rising tide of dementia and Alzheimer’s disease is a mirror to the increasing numbers of children with ADHD. Something new is happening to our brains. This inability to appropriately regulate or sustain focus affects all areas of life at every stage. Without sustained and flexible focus we have limited access to our potential for happiness and success.

\textbf{The rising tide of dementia in seniors mirrors the increasing numbers of children with ADHD.}

Symptoms of ADHD show up in many different ways but with one common thread. Just add the word “hyper” to almost any normal temperament and you get ADHD. This one condition creates different symptoms that can easily be identified as hyperactive, hyper-focused, hyper-impulsive, hyper-controlling, hypersensitive, hyper-distracted, hyper-introverted, hyper-extroverted, hyper-social, hyper-reclusive, hyper-independent, hyper-passive or simply hyper-spaced-out and unable to focus at all.

\textbf{ADHD adds the word “hyper” to normal temperaments.}
With ADHD, a naturally “introverted child” becomes “hyper” introverted and thus overly fearful of social interactions. A naturally “extroverted child” becomes “hyper” dominant and can be insensitive to others.

Another common difference among children is that some are playful and some serious. A “naturally serious child” becomes “hyper” responsible but often resistant to change and overly judgmental of others.

A “naturally playful child” becomes “hyper” playful and spontaneous to the extent that they don’t finish things and become overly disorganized.

**ADHD and The Four Temperaments**

There can be endless ways to describe and categorize our natural and healthy differences, but to begin a discussion for understanding temperaments we will focus on the four broad categories mentioned in Chapter One. They are “creative,” “responsible,” “bold,” and “sensitive.”

In each of these four categories children may also be more analytical, emotional, physical or intuitive. In addition, these categories will commonly show up differently according to natural gender differences, which may be conditioned by social norms and circumstances. ADHD does not determine our temperament but it does alter it.

**ADHD symptoms also vary according to gender differences, which are conditioned by social norms.**
Every parent or teacher knows that one child may be more “bold” while another may be more “sensitive.” Another child may be a combination of many temperaments. A child’s temperament may be similar to a parent’s or completely different. In a fluid motion, a child may shift back and forth between many temperaments or simply stay put in one.

With ADHD, a child’s natural temperament (or combination of temperaments) becomes chronically exaggerated creating extra challenges and needs. By understanding these distinctions, we can be more accepting and supportive to our children, family members and ourselves. Here are a few examples:

1. **Creative Temperament:** With ADHD, a child with a creative temperament becomes hyper-focused seeking new stimulation. These happy and playful children have a higher risk of being easily distracted and disorganized. They have difficulty finishing projects and get bored too easily. They can live on the wild side and may be more vulnerable to addictive pleasures. They need extra stimulation, variety and the opportunity to explore different interests. They thrive in the role of student, researcher or problem solver. They seek happiness.

2. **Responsible Temperament:** With ADHD, a child with a responsible temperament becomes hyper-controlling. These organized and orderly children have a higher risk of being too controlling and critical of others. They can be resistant to change and have difficulty taking risks. They may seek out comfort foods and passive stimulation. They need security, stability and routine. They thrive in the role of judge, organizer or manager…to continue *Staying Focused In A Hyper World*…
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Chapter Four

What Causes ADHD?

Some say bad parenting causes ADHD. Others say it is the genes.¹ But bad parenting or bad genes have been around for thousands of years and we have not had an epidemic of ADHD. Our genes determine our unique temperament but something else causes the “hyper” condition we call ADHD.

Parenting styles can certainly support or inhibit the health of a child, but styles have not changed that much and they don’t cause ADHD. Normal parenting styles can condition the brain but they do not necessarily produce oxidative stress in the brain. Children have ADHD regardless of whether their parents are strict or permissive. Unless a parent is physically or emotionally abusive, they certainly don’t cause oxidative stress.

Parenting styles have not changed that much and they don’t cause ADHD.

There are also those who minimize the epidemic of ADHD saying it is overdiagnosed to justify selling more drugs to children.² It is true that we are becoming a society that is overly dependent on drugs for every condition, but the fact remains that millions of people are suffering from the symptoms I have described in this book.
Some people minimize the epidemic of ADHD saying it is over-diagnosed to justify selling more drugs to children

Those who have not experienced the paralyzing effects of anxiety, procrastination, brain fog or sleepless nights can have no conception or empathy for how ADHD is affecting millions of children and adults. What they fail to recognize is that their lack of empathy and compassion is in itself a form of ADHD and they too could benefit from recognizing the many faces of ADHD and its many causes.

A lack of empathy for those with ADHD is actually another symptom of ADHD

Others claim that ADHD is merely psychological and not a physical impairment of the brain. They conclude drugs are not the answer but that counseling alone can heal the condition. Counseling or some form of emotional support should always be part of the equation for healing the brain but the cause of ADHD is definitely not just “psychological” nor is the solution.

Modern brain scans can now detect clear differences in the ADHD brain verses the non-ADHD brain. ADHD is not just laziness or an excuse for poor performance. It is not just in the “head” but it is literally in the brain. It is now proven to be a measurable physical impairment of normal brain function caused by oxidative stress.
ADHD is not just in the “head”
but it is literally in the brain.

The rise of ADHD, bipolar and autism is clearly the result of something new that we, as a society, have started doing in the last thirty years. Listed below are fifteen different changes common in our modern lifestyle. These changes contribute to or directly cause oxidative stress. This increase in oxidative stress, both in the gut and brain, gives rise to the symptoms of ADHD.

Oxidative stress, both in the gut and brain,
gives rise to the symptoms of ADHD.

By addressing the real cause of ADHD, you can recharge your brainpower. In the simplest of terms, as discussed in the Preface, the cause of ADHD is oxidative stress in the brain. By healing this condition, we heal ADHD.

In Chapters Nine through Thirteen, we will explore the natural solutions for healing ADHD but first we must understand the many hidden causes of oxidative stress. Natural solutions can be most effective if we first stop causing oxidative stress.
The Many Causes Of Oxidative Stress

A concussion or shock to the body is an obvious cause of oxidative stress in the brain, but there are a multitude of other, often unrecognized, ways. The fifteen most devastating causes of oxidative stress are:

1. **Acetaminophen**: Fever suppressants, cold, flu, allergy and pain relief pills like Tylenol, Nyquil, Percocet and Vicodin, which contain acetaminophen contribute to the oxidative stress that gives rise to ADHD. Tylenol, the biggest selling over-the-counter medicine in the world, has only been widely used since 1980, which is when ADHD, bipolar and autism began to increase. Over 600 hundred medicines contain the active ingredient acetaminophen.

   Acetaminophen inhibits the natural production of glutathione, which is produced by your liver to protect the brain from free radical oxidation.\(^5\) The result is oxidative stress. When used to suppress fevers, this commonly used medicine suppresses your brain’s natural ability to defend and heal itself.\(^6\) A 2014 study in JAMA Pediatrics revealed that children whose mothers took acetaminophen while pregnant had a 40% higher risk of being diagnosed with ADHD.

   **Acetaminophen inhibits the production of glutathione, which is necessary to protect the brain from oxidative stress.**

Children and adults with ADHD, bipolar and autism, as well those who suffer from dementia, Parkinson’s disease and Alzheimer’s disease,
have low glutathione production. Low glutathione levels also inhibit the growth of the myelin sheath. The myelin sheath insulates your nerves and protects the brain from overstimulation. “Demyelination” caused by oxidative stress in the brain is the hallmark of neurodegenerative disease. Demyelination is just another way of saying oxidative stress.

2. **MSG**: Chronic exposure to known neurotoxins like MSG (monosodium glutamate) and HVP (Hydrolyzed Vegetable Protein) make the brain more vulnerable to the free radical oxidation caused by mercury. Mercury is most commonly found in fish due to bioaccumulation. Mercury is ingested by smaller fish that are in turn ingested by larger fish. Each time a larger fish consumes a smaller fish their levels of mercury increase. Thus the largest fish contain the highest amounts of toxic mercury. Taking supplements with selenium can neutralize mercury and reduce oxidative stress.

**Big fish contain the highest accumulation of toxic mercury.**

Mercury is also found in non-organic foods, dental amalgam fillings and the air we breathe and the water we drink. Major contributors to emissions of mercury are car exhaust, coal-fired electrical power plants, and hospitals with medical waste incinerators. Children, pregnant women and women of child bearing age are most vulnerable to the effects of mercury.

ADHD and dementia both share one common denominator: they can be triggered by heavy metals like mercury. Unfortunately MSG and HVP
are approved by the FDA. MSG is not just in Chinese food but it is added to thousands of packaged foods.

**Unfortunately MSG and HVP are approved by the FDA.**

Manufacturers are not required to put MSG on the label; instead they can simply say “natural flavors”. What is more tragic is that many baby formulas also include MSG. For more sensitive children, MSG and a host of other chemicals added to processed foods can be directly responsible for ADHD.

**3. Sugar:** High blood sugar levels cause oxidative stress in the brain. The excessive consumption of soft drinks, fruit juice, bread, cookies, chips, ice cream, cakes, pudding, etc. elevate blood sugar levels. High blood sugar levels contribute to ADHD by causing oxidative stress in brain neurons and chronic inflammation throughout the brain.

**High blood sugar levels cause oxidative stress to brain neurons.**

High blood sugar levels in mothers during pregnancy can over-stimulate a developing baby’s brain causing a decrease in dopamine receptor sites. This down regulation of dopamine receptors (due to high sugar levels) has been linked to ADHD. Mothers in the future will avoid high-carb junk foods just as mothers today avoid alcohol and smoking.
In addition, high insulin levels, which result from high blood sugar levels, inhibit glutathione production making the baby’s brain more vulnerable to oxidative stress by toxic metals like lead, mercury and aluminum. Pregnant mothers should particularly avoid lipsticks and other cosmetics which are known to contain both lead and aluminum.

Toxic metals are linked to a variety of mental disorders. Violence and criminal behavior is directly linked to lead poisoning in the brain. ADHD is linked to high mercury levels in the brain. Alzheimer’s disease and dementia are linked to high aluminum levels in the brain. All of these conditions are also linked to low glutathione levels. Increased glutathione production is needed to remove these toxic heavy metals.

Violence and criminal behavior is directly linked to lead poisoning in the brain.

Numerous research studies link sugar consumption to the symptoms of ADHD. They postulate that sugar acutely increases dopamine, which over time leads to a reduction in dopamine receptors. This downregulation of dopamine receptors causes ADHD. Children with ADHD will then ingest more sugar in an attempt to compensate for inhibited dopamine function.

4. Unfermented soy and pasteurized dairy: ADHD can be caused by inhibited digestion due to consuming soy protein, soy milk and pasteurized dairy products. Most fast food hamburgers are also supplemented with indigestible soy products. Baby formulas with soy protein or pasteurized dairy protein also inhibit digestion. Inhibited digestion prevents the production of metabolic enzymes and amino acids necessary for healthy
brain function. It’s important to note that “fermented” soy products and raw dairy products are not harmful and do not cause inhibited digestion.

**Baby formulas with soy protein or pasteurized dairy protein inhibit digestion.**

5. **Sedentary Lifestyle:** Our sedentary lifestyle prevents lymphatic circulation to detoxify the brain of heavy metals, chemicals and toxins in our air, water and food. This increased toxicity causes brain infections and inflammation.

6. **Stress:** Chronic psychological stress induced by excessive punishment, loss, disapproval, violation or threat raises stress hormones, which in turn cause oxidative stress in the brain. The chronic production of stress hormones inhibits the production of glutathione, which is your body’s master molecule for minimizing oxidative stress. Various forms of childhood or adult trauma can raise your cortisol set point, which in turn sustains higher blood sugar levels causing even more oxidative stress in the brain.

7. **Stimulant Drugs:** A myriad of brain scans have proven that excessive dopamine stimulation due to street drugs like cocaine, crack, heroin and methamphetamines change and injure the brain. Similar changes take place in the brain when taking prescribed stimulant drugs for ADD and ADHD.

   Ritalin, a commonly prescribed ADHD drug, and cocaine act in the brain through the same pathways. Adderall, which is slightly different, acts in the brain in a way similar to methamphetamines or crystal meth. Fifty to
sixty percent of college kids take Ritalin or Adderall.\textsuperscript{19} Thirty to fifty percent of adolescents in drug rehab centers have used Ritalin.\textsuperscript{20}

Stimulant drugs can have a big effect on the brain from just the first use. A new study at UC San Francisco's Ernest Gallo Clinic and Research Center has revealed that cocaine may rewire the brain and drastically affect decision-making after just one use. This change makes the search for extra stimulation override other priorities.\textsuperscript{21}

\textbf{Stimulant drugs}
\textbf{make the search for extra stimulation override other healthy priorities.}

A report published in 2005 by neurologist George A. Ricaurte and his team at the Johns Hopkins University School of Medicine is even more “damning” to ADHD meds.\textsuperscript{22} Ricaurte’s group trained baboons and squirrel monkeys to self-administer an oral formulation of amphetamine similar to Adderall. “Two to four weeks later the researchers detected evidence of amphetamine-induced brain damage, encountering lower levels of dopamine and fewer dopamine transporters on nerve endings in the striatum.”

\textbf{Even low dose stimulant drugs have repeatedly shown to increase oxidative stress in the brain.}

According to Professor William Carlezon of Harvard University, ADHD medication damages the nucleus accumbens in the developing
brain leading to a loss of drive in adulthood.\textsuperscript{23} This research was confirmed by research at Brown University, University of Michigan, University of Pittsburgh, South Carolina, and universities in Holland, Sweden, Italy and the Netherlands.\textsuperscript{24}

Each study found damage to the nucleus accumbens even when low doses were given for a short period of time. The nucleus accumbens in the brain is important for motivation, focus, pleasure, interest and even falling in love. It regulates the production of feel good brain chemicals like dopamine and serotonin.

\section*{8. Video Games:} As with all activities that produce huge profits, to suggest they are harmful in some manner is going to be controversial. The Wall Street Journal reports, “A growing body of research suggests that “gaming” improves creativity, decision-making and perception, improved hand-eye coordination and improved vision for discerning gray tones.”\textsuperscript{25} People who play video games can make decisions 25\% faster. A popular TED talk also reinforces the many benefits of violent video games.

While this sounds amazing, anyone who takes a stimulant drug like cocaine, caffeine or methamphetamines (speed) will also experience improved memory, increased creativity and faster decision-making abilities. Violent video games like stimulant drugs will temporarily improve ADHD symptoms. Like drugs, however, they will also create long-term brain injury. Playing violent video games has a similar effect on the brain as taking any stimulant drug including doctor prescribed Ritalin or Adderall.

Researchers at Indiana University using brain scans reported that playing violent video games alters brain function in healthy young men after just a week of play, depressing activity among regions associated with
emotional control.\textsuperscript{27} Other studies have found an association between compulsive gaming and being overweight, introverted and prone to depression.\textsuperscript{28}

\textbf{9. Induced Labor:} Induced birthing procedures using synthetic oxytocin (Pitocin) have proven to double the risk of ADHD. In a study of 300 children whose mothers received Pitocin at birth to induce labor, 67.1\% of the children were diagnosed with ADHD.\textsuperscript{33} Induced labor has also been linked to autism. A study in North Carolina reported that women whose labor was induced were 16\% more likely to have a child later diagnosed with autism.\textsuperscript{34}

While induced labor can sometimes save lives, it is overused simply to make the birthing process more convenient for doctors and hospitals. Twenty-five percent of mothers in the US receive Pitocin during labor.\textsuperscript{35} In some hospitals up to ninety percent of mothers receive Pitocin.\textsuperscript{36}

\textbf{10. Divorce:} Statistics reveal a greater risk of ADHD in children of divorced parents, particularly when boys are missing the regular influence of their fathers or their mothers are unable to find happiness.\textsuperscript{39} The presence of a father figure increases the brain chemical dopamine in a child while the presence of a happy mother can also generate healthy levels of this brain chemical.\textsuperscript{40}

\textbf{11. Pornography:} A 2006 Dutch study found that erotica had the highest addictive potential of all internet applications.\textsuperscript{41} A study using brain scans at Cambridge University found that pornography addiction leads to the same brain activity as alcoholism or drug abuse.\textsuperscript{42}
Online pornography and non-personal sex can stimulate massive dopamine levels, and like any addictive drug, this intense increase of dopamine will change the brain by downregulating dopamine receptors. This downregulation requires increased stimulation to provide normal levels of sexual fulfillment.

**Internet porn is like heroin to the brain.**

During normal intimate sexual intercourse, the body releases four times more prolactin than from masturbation.\(^{43}\) This increased prolactin is associated with sexual satiety in both men and women. It is a natural “I’m done” signal. The low prolactin levels associated with masturbation or “internet porn” provide the unique ability to override this natural signal. As a result, internet porn can lead to a blunting of interest in sex with a real partner and an increased desire for more porn.\(^{44}\)

12. **Antibiotics, Pesticides, Plastics and GMOs:** Antibiotics kill dangerous bacteria in the gut but it is also well known that they kill good bacterial as well. The absence of good bacteria allows a toxic fungus called candida to overpopulate the gut. Although it is still not commonly accepted by mainstream medicine, holistic health practitioners recognize that children with ADHD and autism almost always have different degrees of indigestion caused by an excess of candida.\(^{45}\) Taking probiotics after the use of antibiotics is one way to help avoid this outcome.\(^{46}\)

Excessive candida in the gut inhibits the healthy production of B vitamins and neurotransmitters necessary for normal brain performance. Without the ability to make B12, the liver is unable to make the glutathione
needed to protect the brain from oxidative stress. Children who were not breastfed, or have taken lots of antibiotics, have a higher risk of bowel disease and candida infestations.\(^{47}\)

**Constipation and other bowel conditions are directly related to ADHD.**

Both genetically modified foods (GMOs) or the residue of pesticides in non-organic foods will also kill off beneficial bacteria in the gut and give rise to excessive candida and gut problems. GMO foods contain toxic doses of the herbicide glyphosate. Studies have already confirmed that glyphosate alters and destroys beneficial intestinal bacteria in animals.\(^{48}\) When we eat meat from animals fed GMOs, it also destroys the good bacteria in our intestines.

Common GMOs fed to animals are corn, soy and alfalfa. Unless they are labeled organic, the following foods in the grocery store are most likely GMOs: they are corn, corn syrup, beets, sugar, yellow squash, zucchini, papaya, pineapple, Canola oil and all dairy products. In addition many packaged foods and breads contain GMO additives that have been produced by GMOs. When you shop, there are still many non-GMO options. You can find a free non-GMO Shopping Guide at [http://www.nongmoshoppingguide.com/download.html](http://www.nongmoshoppingguide.com/download.html). If foods are labeled organic, then they are not only pesticide-free but also GMO-free.

**Foods labeled organic are GMO-free.**
GMO glyphosate is also directly linked to ADHD and dopamine function because studies reveal that it inhibits the utilization of the amino acids phenylalanine, tryptophan and tyrosine.\textsuperscript{49} Phenylalanine is necessary to make tyrosine, which in turn makes dopamine. Tryptophan is the amino acid necessary to make Vitamin B3, which balances cholesterol, increases energy production and is necessary for blood circulation to the brain. Tryptophan is also needed to make the calming brain chemical serotonin. Deficiency of serotonin is directly linked to higher stress levels, anxiety and depression. The inhibition of tyrosine is linked to weight gain, low metabolism and inability to focus.

\textbf{Eating foods that are genetically modified (GMOs) is directly linked to ADHD.}

One the biggest problems caused by GMO glyphosate is oxidative stress. Every second, energy production in the brain and body is producing millions of free radicals. The brain’s natural defense against oxidative stress is glutathione. Glyphosate impairs the transport of sulfate for the liver to make glutathione.\textsuperscript{50} In addition, glyphosates inhibit both the production of key hormones and vitamin D.\textsuperscript{51} Vitamin D production and utilization is essential for over 2000 genes and a key player in brain development.

Besides gut problems, children with ADHD have hormonal imbalances, which can be directly caused by exposure to synthetic chemicals. In 2003, scientists discovered that the popular pesticide “Endosulfan” blocks the action of testosterone in boys which in turn disrupts and delays the process of puberty.\textsuperscript{52} In addition, healthy dopamine function and motivation, particularly in boys, is directly related to testosterone. A
2007 study by the California Department of Public Health found that women who lived near farm fields sprayed with Endosulfan during the first eight weeks of pregnancy are several times more likely to give birth to children with autism.

Popular pesticides disrupt the production of important hormones and brain chemicals.

Endosulfan is still commonly used, but as of July 2010 the Environmental Protection Agency has initiated action to gradually end its use in United States by July 31, 2016. After 20 years and many lawsuits, the EPA finally reports that it is being discontinued “because it can pose unacceptable health risks to farm workers and wildlife and can persist in the environment.” It is still being used in many countries around the world from where Americans import food.

Atrazine, the most common pesticide used in America, is now banned in Europe. Studies from University of California, Berkley have shown that when a small amount of Atrazine is added to water, it causes male frogs to grow female ovaries. US farmers use about 27,000 tons of Atrazine to protect corn and other crops from weeds. The chemical compound blends with rain, groundwater, rivers and streams. Eight sites were tested from Iowa to Utah and researchers found up to 92% of male frogs had abnormal testicles with extra female ovaries.

Due to common pesticides in the water, up to 92% of male frogs had abnormal testicles with extra female ovaries.
Another major hormone disruptor for both boys and girls is plastics. Due to the increasing use of plastics, girls are showing signs of puberty earlier than normal and boys are experiencing delayed puberty by a couple of years. In the last decade, scientists have discovered that plastic bottles, pacifiers and baby bottles, as well as a host of soft drink plastic bottles, contain high levels of toxic BPA and “phthalates” (the “ph” is silent.) In 2005, a team of researchers at the University of Cincinnati published research to show that these phthalates, which leach out of plastic bottles or liners used in baby bottles, irreversibly disrupt brain development in laboratory animals.

In 2004, neuroscientists identified a crucial link between hormone disruptors and ADHD. When young laboratory animals were exposed to a variety of hormone disruptors, including phthalates, they oxidized parts of the brain. These laboratory animals became quite “hyper” and couldn’t slow down. Scientists speculate that the high use of bottled water in America and Canada explains why countries like India and China with low use of bottled water have significantly lower rates of ADHD.

The EPA reports, “studies in laboratory animals suggest that fetuses exposed to phthalates, chemicals used in plastics, can have multiple health issues as adults, including infertility, issues with genitalia development and sperm production problems. Also there are epidemiological studies showing developmental changes in children including late puberty in boys and early puberty in girls compared to previous generations.”

CBS news reports that BPA is widely found in consumer packaging, and it is used to line aluminum cans to protect them from corrosion. The chemical is also found in plastics such as bottles, Tupperware, tableware
and food storage containers. The FDA has banned the use of BPA in baby bottles and “sippy cups” as of July 2012 due to concerns that the chemical could interfere with children's development.

**FDA banned plastic body bottles with BPH**  
due to concerns that the chemical  
could interfere with children’s development.

Due to a growing public awareness of the dangers of plastic many company’s claim their plastic is “BPA free.” Unfortunately, they simply replaced BPA with other kinds of plastic. Scientists at Georgetown University and the University of Texas claim these new BPA-free plastics are even worse, releasing chemicals with more estrogenic activity than the old BPA-containing products.\(^{57}\)

**13. Gluten Intolerance and other Food Sensitivities:** One third of Americans are so compromised in the gut that they cannot tolerate gluten.\(^ {58}\) Gluten is particularly high in bread. Although wheat is not yet genetically modified, the fast-rising yeast used to make bread is genetically modified. This fast-rising yeast causes bread to have higher gluten levels, making it harder to digest. This indigestion then causes inflammation in the brain. By giving up gluten products, many people have reduced or eliminated ADHD symptoms.\(^ {59}\)

A multitude of studies have shown that, for many adults and children, food sensitivities are a major cause of ADHD.\(^ {60}\) Common culprits that can cause food allergies are gluten, non-fermented soy products (soy milk and tofu), “pasteurized” dairy products, GMO foods, corn, high fructose corn
syrup, sugar, eggs, food dyes, preservatives, antibiotics, and/or artificial
sweeteners. Food allergies and sensitivities cause gut inflammation, which
in turn leads to inflammation in the brain and ADHD.

**Food sensitivities cause gut inflammation,**
**which in turn leads to inflammation in the brain and ADHD**

A double-blind study published in The Lancet gauged diet’s effect on
ADHD symptoms. Researchers recruited 100 children with ADHD, and
placed 50 of them on a restricted diet, consisting mainly of rice, meat,
vegetables, pears, and water, with some children getting a few other foods.
The other 50, the control group, received their normal diet. At the end of
five weeks, 64 percent of the children on the restricted diet had significant
improvement in their ADHD symptoms, while none of the control group had
improvements.\(^6\)

**14. Toxicity:** Increasing levels of toxicity in the air we breath, the water we
drink and the food we eat not only causes oxidative stress in the brain but it
depletes the body of glutathione which can protect and heal the brain. The
impact of this environmental stress on our body along with any of the
factors listed above contributes to the oxidative stress in the brain that
gives rise to ADHD.\(^{62}\)

Neurotoxins are substances that injure the brain. They interact with
nerve cells by over-stimulating them to death or interrupting their
communication process. Neurotoxins are particularly dangerous when we
don’t have enough glutathione or minerals to protect the brain. This explains why some people are more influenced by them.

Neurotoxins are included in nearly all processed and packaged foods. The most common are:

1. Artificial sweeteners like aspartame and sucralose.
2. MSG or anything that has been hydrolyzed.
3. Soy protein (fermented soy is ok).
4. Aluminum (common in drinking water, over-the-counter antacids and vaccines.)
5. Mercury, which is common in fish products, silver fillings and vaccines. Mercury inhibits brain performance and is consistently linked to ADHD and the many symptoms of ASD (Autism Spectrum Disorder). Mercury blocks receptors sites in the brain from utilizing zinc, which in turn inhibits most brain functions. It is probably the most dangerous of all neurotoxins.
6. Fluoride, which is commonly added to our water supply. Read the warning labels on fluoridated toothpaste. They say, “Do not swallow” because fluoride is a known toxin. If we should not swallow it, then why are we adding it to our water supply?

Fluoride directly causes oxidative stress and displaces iodine, which is needed to neutralize oxidative stress. Pregnant mothers with iodine deficiencies have a 400% higher risk of having an autistic child. There is no good reason to put fluoride in our water. Even if putting fluoride in our water system helps decrease cavities in our children, there are others ways to minimize cavities without toxic side effects.

Everyday more cities and counties in America are opting out of adding fluoride to the water supply and rates of cavities have not increased.
Go to Cleanwaterportland.org to learn more about the many reasons the citizens successfully stopped city officials from their repeated plans to add fluoride to the public drinking water.

There are other reasons we have low iodine levels. In 1980, the same year autism and ADHD levels began to soar; the American government mandated that commercial bread manufacturers stop using iodine in making bread dough. At the time there was a widespread fear of getting too much iodine. Today there is a new awareness that we need more iodine: breadmakers have now been mandated to use iodized salt.

In 1980, to replaced iodine, potassium bromate was used to condition flour. After ten years of use, potassium bromate was then discovered to be highly toxic. In the ninety’s it was banned in Europe and the United Kingdom and in the 2000’s it has been banned in China, Brazil and Peru. This banned toxic chemical, potassium bromate, has not been banned in America. In California a warning label is required on breads that have flour conditioned by potassium bromate.

This one change of replacing iodine with potassium bromate in our bread helps us to understand why so many people today cannot tolerate or digest the gluten in bread. Almost all children with ADHD experience immediate benefits from taking bread out of their diet.

To make matters even worse, bromate is like fluoride: it is not only toxic but it prevents the body from absorbing iodine. Both the use of fluoride in our water and bromine in our bread are major contributors to the ADHD and ASD epidemic. According to the CDC, states that have the highest use of fluoridated water have the highest rates of children diagnosed with rates of ADHD.
With a greater public awareness of the toxicity of potassium bromate, many breadmakers are finding new options. Traditional breadmaking systems require a lengthy fermentation process to develop the dough. Modern systems are now moving on from using potassium bromate to using faster rising agents, which are made from toxic GMOs. The manufacturers of these toxic breads are not mandated to disclose that they use GMOs in the fermentation process.

7. Pasteurized whey and casein dairy proteins (not to be confused with undenatured whey and casein proteins.) They are most common in children’s baby formulas and energy bars.

8. Yeast extract, which is commonly found in canned foods.

9. EMFs and Wi-Fi pollution. Although electromagnetic frequencies (EMFs) are not in our food, they are in the air. EMFs from high power towers near schools have proven to increase a child’s risk of cancer. No one disputes this fact. Yet, our exposure to EMFs continues to grow.

The use of smart phones dramatically increases our exposure to EMFs. I personally have seen its deadly effects. My niece developed terminal brain cancer because she was a big user of smart phones. Ann Louise Gittleman, a bestselling author on health and healing, was diagnosed with a tumor near her ear in 2005. In her book, *Zapped*, she reports studies that show increased oxidative stress from holding a cell phone for more than two hours on one side of the head, which she commonly did. In her book, she explores strategies for avoiding and navigating the damaging effects of electro-pollution. Keeping your cell phone away from your head by using the speaker mode and turning off your Wi-Fi at night can make a big difference. Various sources report that
brain cancer is on the rise particularly in children who are more vulnerable to EMF’s.

Recently, while cell phone companies dismiss any possible harm from EMFs, their smart phone instructions have changed to suggest not holding the phone closer than 5/8 of an inch to your head and body. In addition, they recommend keeping the smart phone away from the body and only use carrying cases, belt clips or holders that do not have metal parts and that maintain at least 5/8 of an inch separation between the phone and the body.

The main culprits of EMF pollution are not just smart phones. They include laptop computers, energy-efficient compact fluorescent lighting, cordless phones, Wi-Fi networks and smart phones. Short-term uses of these sources of EMF pollution are not a problem, it is the long-term exposure: how much and how long. The recent addition of “Smart Meters” is a new a major cause of oxidative stress. Take Back Your Power is an online movie that reveals this new alarming threat in greater detail with interviews with over 25 experts.

Everyday we are being bombarded with these neurotoxins. Our brain’s health is dependent on our body’s ability to neutralize the harmful effects of these neurotoxins as well cleanse them from the body. Children, however, are more vulnerable to these neurotoxins because their brains are still developing.63

Children are more vulnerable to neurotoxins because their brains are still developing.
In addition to common neurotoxins, scientists have identified 201 common industrial chemicals as likely culprits contributing to ADHD and other mental disorders. "The bottom line is you only get one chance to develop a brain," said Philippe Grandjean, M.D., lead author of the study. “We have to protect children against chemical pollution because damage to a developing brain is irreversible."64

Studies from Columbia Center for Children’s Environmental Health in New York City show that the air we breathe, which is filled with ambient toxins spewed by vehicles, pesticides in our food and chemicals found in common household products are all immediately detectable in the blood stream. Their research suggests that Moms are passing on these toxic chemicals to their babies. These toxins match what scientists are finding in the umbilical cord of their babies once they are born.65

**The air we breathe, which is filled with ambient toxins spewed by vehicles, pesticides and chemicals.**

These reports however do not take into consideration how adept a mother is at neutralizing the effects of toxicity by cleansing her body before pregnancy or stabilizing healthy levels of glutathione during her pregnancy. For example, women who take Tylenol, which suppresses glutathione, have a much higher risk of giving birth to children with ADHD, behavior problems, poor language and motor skills and communication difficulties.66

**Women who take Tylenol, have a much higher risk of giving birth to children with ADHD.**
Environmental toxins are attacking us every day. Our main hope in protecting ourselves is to minimize exposure while also helping the body detoxify. Detoxification requires occasional fasting and special supplements to sustain healthy glutathione levels. Mothers should not fast during pregnancy.

15. Nutritional Deficiencies: Over the past 100 years, farming practices using synthetic fertilizers have depleted the soil of the vitamins and minerals necessary to stimulate the production of brain chemicals. For example, when comparing the mineral content of food sixty years ago there has been an 80% drop in calcium and iron. When comparing the vitamin content most foods have had a drop of 75% in vitamin A and 50% in vitamin C.67

This common deficiency of minerals and vitamins means you must eat more food to get the nutrition you would have received in the past. You would have to eat four oranges today to get the same content of Vitamin A as our grandparents would have gotten from one. Foods that are genetically modified (GMOs) are even worse. One published study concluded that non-GMO corn compared to GMO corn is twenty times richer in nutrition.68 These missing vitamins and minerals are all needed to protect the brain from oxidative stress.

Non-GMO corn compared to GMO corn
is twenty times richer in nutrition.
Iodine deficiency is also linked to oxidative stress. The World Health Organizations reports that iodine deficiency is one of the main causes of impaired cognitive development in children.\textsuperscript{69} The common use of chlorine in our water, bromate in our bread yeast and fluoride in our water gradually depletes iodine in the body. According to the U.S. National Research Council “several lines of information indicate an effect of fluoride exposure on thyroid function.”\textsuperscript{70} Iodine is used by the thyroid gland not only to stimulate the metabolism but to detoxify the blood and protect the brain from oxidative stress. For more information about iodine go to MarsVenus.com/iodine.

**Identify The Cause**

**To Recharge Your Brainpower**

Oxidative stress is the one cause of ADHD but as we can see from the list above, there are many direct or indirect causes of oxidative stress. This expanded understanding of the many causes of oxidative stress gives us the necessary insight to heal ADHD.

By first eliminating the cause of oxidative stress and then providing the necessary support, the brain can heal itself. Even if you had a magic pill to heal oxidative stress, it wouldn’t be much help if you keep causing more oxidative stress. The truth is your brain is designed to heal itself but only if we get out of the way and provide a little extra support.

*With the right support, the brain is designed to heal itself.*
Each of these fifteen causes of chronic oxidative stress actually deplete your brain of the extra antioxidants necessary to not only protect brain cells but to recharge your brainpower. As explained before, antioxidants neutralize free radicals. Oxidative stress occurs when brain cells (neurons) are exposed to extra “free radicals” and your body is unable to neutralize these extra free radicals with antioxidants.

**Antioxidants neutralize free radicals to recharge your brain**

This oxidative stress not only injures brain cells but it also creates a condition that promotes the massive duplication of harmful pathogens (germs, bacteria, viruses, parasites and fungus). This is called an infection. In response to infection, the immune system attacks these germs by releasing free radicals. These free radicals produced by your immune system are targeted to kill the pathogens causing the infection. In this natural process, extra free radicals are produced. These extra free radicals become a new problem if the body cannot neutralize them.

The body is normally designed to produce extra antioxidants to “mop up” or neutralize these extra free radicals. But today, due to the influence of prescribed drugs, pesticides, toxicity and junk food, your body is unable to make the necessary amount of antioxidants to neutralize or mop up these extra free radicals.

These extra free radicals produced by our immune system in turn cause more oxidative stress in the brain. This ongoing oxidative stress causes chronic inflammation in the brain, which results in ADHD and a
variety of other mental conditions. Natural solutions restore balance in the brain by decreasing exposure to free radicals and increasing production of antioxidants.

**Natural solutions restore the balance of free radicals and antioxidants.**

A healthy body is designed to make free radicals to neutralize infection as well as the necessary antioxidants to neutralize them. In our modern world, we have an excess of free radicals and a deficiency of antioxidants. In the past, a simple concussion would heal all by itself. But today, with the high exposure to free radicals depleting our antioxidants, the natural healing of the brain is halted, whether it is from a concussion or oxidative stress caused by toxicity.

In some ways, the brain is like a battery. For a battery to produce energy, it requires both a positive charge and a negative charge. Without this balance, a battery will eventually lose its charge. In the brain, free radicals hold a positive charge and antioxidants hold a negative charge. When there are more free radicals (positive charge) than antioxidants (negative charge) the brain is drained of its energy. By restoring balance, the brain can be recharged and it can then heal itself.

**The brain is like a battery which can be recharged.**

By reducing your exposure to toxicity (to minimize free radical production) and increasing your production of antioxidants (by minimizing
the use of drugs and junk foods,) natural solutions can and will recharge your brain just like recharging a battery.

The body is designed to recharge the brain by producing both free radicals and antioxidants. Beneficial free radicals are naturally produced by exercising and challenging your body and mind while antioxidants are produced by authentic emotions and positive feelings fueled by healthy mineral-rich nutritious food…to continue Staying Focused In A Hyper World…
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Chapter Five

Does ADHD Ever Go Away?

In the past, many people believed symptoms of ADHD commonly go away as we move out of childhood and into adulthood. I have observed the opposite in my clients. In childhood, ADHD shows up in more obvious ways, but as our brains continue to develop and our coping skills increase, the condition causing ADHD in childhood continues on, often unacknowledged but inhibiting our potential for personal fulfillment.

While growing up, our brains continue to develop, but unless the original oxidative stress is healed, the brain develops in a way to compensate for oxidative stress rather than according to its normal design.

**The ADHD brain compensates for oxidative stress rather than develop according to its normal design.**

Understanding brain science can be quite complex, but this same concept can be easily understood if we apply it to a broken bone that needs to be healed.

If you have a broken bone in childhood, the bone will automatically grow back because the body is designed to heal itself. But unless the bone is properly “reset,” according to the body’s design, it will not grow back straight. By resetting the bone, and providing extra protection from further
injury with a cast, it not only grows back, it actually ends up stronger than it was before the break.

In a similar way, by recognizing the oxidative stress that causes ADHD and then “resetting” the brain with extra support, while also providing protection from future oxidative stress, the brain can grow back according to its natural healthy design. It may even grow back stronger. The extra support necessary to “reset” the brain can be a combination of physical, emotional, mental, sensory, and nutritional support.

To begin the process of healing we must first recognize the symptoms of ADHD. By identifying the many faces and later stages of ADHD we can then address the cause and eventually heal the condition. Without first recognizing that we have ADHD, we are not motivated to seek out and find the answers to heal our condition.

To make matters worse, without the recognition that ADHD is a physical condition of oxidative stress in the brain, we tend to be become overly critical of others or ourselves. We continue to misinterpret ADHD symptoms as character defects, neurosis and/or personal failings.

With this new insight we can view the symptoms of ADHD in others and ourselves in a more compassionate light. We can react to ADHD as we would react to having a broken leg and needing to walk with crutches for a few months.

ADHD does not have to be a lifelong sentence. It can be healed. For some, this insight means they don’t have to take dangerous drugs to medicate the condition. For others, it means they become less defensive about having a “disorder” or “mental condition.” They are then free to focus on getting the extra nutrition their brain requires. With this new insight the door opens to explore natural solutions to heal ADHD.
The Many Stages of ADHD

Throughout life our brain continues to grow and develop. Complex brain changes continue into old age, which reflect our degrees of maturity. At every stage of life, ADHD interferes with our normal development and the expression of our inner potential for success, happiness, love and good health.

Let’s take a brief overview of the new challenges caused by ADHD at six major stages of brain development and maturity:

**Stage 1.** Children experience different degrees of trauma related to learning, behavior and social challenges. The inability to excel in the classroom or form supportive friendships can seriously limit one’s happiness, self-image and self-esteem along with his or her ability to trust.

**Stage 2.** Teens experience new social challenges including isolation, bullying, body image, obesity and addictions. While violence and video addiction is increasing in boys, girls are experiencing more body image problems and bullying. Boys experience late puberty and girls experience early puberty.

**Stage 3.** Young adults experience increasing degrees of depression and anxiety and commonly return home after college to live with their parents. More young men and women are unwilling to make lasting commitments in intimate relationships. Divorce continues to be high, shorter relationships are the norm and there are now twice as many single people.
Stage 4. Adults experience an increasing inability to manage stress levels, which in turn leads to dissatisfaction in relationships, overwhelm, exhaustion and divorce.

Stage 5. At midlife, aging adults face some version of the “midlife crisis” which includes boredom in relationships, depression based on regret, and/or boredom with work and a longing to quit and retire.

Stage 6. Elders today experience unprecedented levels of modern diseases that were previously not common including diabetes, heart disease, cancer, Parkinson’s disease, dementia and Alzheimer’s disease.

All of these challenges arise from the same condition that gives rise to ADHD but go unrecognized as such.

The Unrecognized Symptoms of ADHD

As we age, our brain continues to grow and develop through different stages. At each stage, if ADHD is not healed it continues on in new and different ways. The childhood symptoms shift into teenage symptoms and so on. The symptoms of each stage remain to some degree but are overlooked or suppressed as new coping mechanisms emerge.

A coping mechanism is not always a good thing. For example, a young ADHD child may inappropriately express painful emotions. As they become older a coping mechanism may simply be the repression of their ability to feel emotions…to continue Staying Focused In A Hyper World…
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Recent brain scans reveal a distinction in brain activity associated with ADHD that can last a lifetime.\(^1\) This research implies that without natural solutions to heal the brain, the various challenges associated with ADHD do not disappear with age. Even stimulant drugs used to treat ADHD, like Ritalin or Adderall, do not, nor do they claim to, heal the condition. They affect the brain in the same way as any other addictive drug or addictive behavior. One of the main differences between Ritalin and cocaine is that the doses of stimulant drugs for children are smaller than what you would take as a drug addict.\(^2\)

At best, stimulant drugs temporarily mask the symptoms of ADHD until the condition shows up in different ways. The use of stimulant drugs may minimize symptoms of ADHD in the beginning, but over time oxidative stress in the brain actually becomes worse than if you had done nothing. A good analogy to understand the long-term effect of stimulant drugs is the continued use of drugs to treat Parkinson’s disease.

L-dopa, which is similar to a stimulant drug, helps to alleviate symptoms of Parkinson’s disease but over time you have to take more and more until it finally stops working and nothing will help. The more you take it, the less effective it becomes.
The more drugs you take, the less effective they are.

To control symptoms, you have to gradually take bigger doses until the drug stops working. The reason it stops working is that with each use, the original brain condition of oxidative stress that caused the symptoms of Parkinson’s disease gets worse and worse. While taking the drug, symptoms temporarily go away but the condition actually gets worse.

Why Drugs Do Not Heal

With a deeper understanding about stimulant drugs, it becomes clear why stimulants should only be used as a last resort or for a temporary time period. Stimulants produce high amounts of dopamine, the brain chemical of focus, pleasure, interest and motivation. This sounds great except that overstimulation by high amounts of dopamine changes the brain.

With repeated high stimulation from drug-induced dopamine function, other normal levels of stimulation like learning in class or listening to your parents no longer have the power to grip your attention. Unless you are being over stimulated, life becomes boring, less fun, less interesting and you lose your natural motivations.

With repeated drug use,
life becomes boring and flat.
This is why people become addicted to drugs. Without the overstimulation provided by the continued use of the drug, life is not worth living.

This dynamic applies to all addictions. In the beginning, only a little sugar is needed to feel good, but later you need more. In the beginning, only an hour of playing a video game is needed but after a while the brain hungers for more. In the beginning, it only takes one drink to forget your problems, but after a few drinks, if you have the gene that converts alcohol to dopamine, then your brain wants more. In the beginning, a little cocaine is needed to get high, but after a while the brain hungers for more. With every addiction, as tolerance sets in, we gradually lose our ability to respond to life’s normal experiences with sustained focus, pleasure, interest or motivation.
Dopamine and Your Brain

In scientific terms, the overstimulation by alcohol, video games, high amounts of sugar or stimulant drugs increases the release of dopamine and with this overstimulation dopamine receptor sites in the brain “downregulate.” The downregulation of dopamine receptor sites means the number of dopamine receptors on each brain neuron temporarily decrease in number.

When the dopamine receptors return and increase in number, it is called the upregulation of dopamine receptors. With upregulated receptor sites we are no longer dependent on overstimulation for focus, pleasure, interest and motivation; normal stimulation is enough and addictive tendencies decrease.

The Two Keys for Understanding ADHD

Understanding these new terms “dopamine” and “downregulation” is crucial for every parent. Although these terms are not part of our normal conversation, it is important for your child’s health and happiness to become very familiar with them. These two concepts hold the key to understanding and healing ADHD…to continue Staying Focused In A Hyper World…
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Chapter Seven

The Key to Healing The Brain

Understanding dopamine receptors is the key to healing the brain. These brain receptors are designed to automatically upregulate, but only if the overstimulation stops. Being fully relaxed and rested helps the receptors upregulate and return to normal. Brain injuries, high stress levels or continued use of stimulant drugs prevent the automatic upregulation of brain receptor sites.

For example, if you have an exciting evening, lots of dopamine gets produced which downregulates your dopamine receptors. As a result, the next morning you may feel a little flat or bored. But after a few hours your dopamine receptors upregulate and you are back to feeling normal.

But if you drank too much or had too much sugar, the increased degree of oxidative stress delays the upregulation of dopamine receptors and you have a hangover.

When a child or adult takes an ADHD stimulant drug, more dopamine is released and downregulation of dopamine receptor sites gradually occurs. As the number of receptor sites on each brain neuron decrease, more stimulation is required to experience focus, pleasure…to continue

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Chapter Eight

The Long-Term Side Effects of Stimulant Drugs

With this new insight into the long-term side effects of using stimulant drugs, parents can no longer consider drug use in a casual manner. Taking stimulant drugs for ADHD, just like other addictive substances, makes a child need the drug more and their parents less. Stimulants not only increase “tolerance” to the drug but to all external stimulation. By providing stimulant drugs, we are setting up our children for a lifetime of addictive cravings for substances and behaviors to self-medicate their ADHD.

By providing stimulant drugs, we are setting up our children for a lifetime of addictive cravings.

When most kids stop their stimulant medications as teenagers, they often move into other legal or illegal addictions to medicate themselves. Besides increasing addiction, this crisis also affects our children’s ability to form loving and lasting relationships. With ADHD, a growing number of men are less motivated to make a commitment in relationships while more women are focusing on their careers and waiting longer to get married.
The rising tide of ADHD has disturbed the historic balance of men and women creating a new inequality. Twice as many boys are diagnosed with ADHD\(^1\) and over sixty percent of college graduates are girls and not boys.\(^2\) That means two girls for every boy. This imbalance is directly increasing the number of unmarried men and women. As mentioned before, there are now twice as many single men and women.

**Twice as many boys are diagnosed with ADHD and over sixty percent of college graduates are girls.**

Most female college graduates and non-graduates who are interested in forming a loving relationship are looking for a man with a college degree. A college degree is certainly a symbol of one who has a greater earning potential. On popular dating sites, men who have a job and own a house experience a long list of women pursuing them.

With a shortage of men who have graduated, women are not only pursuing college graduates but competing with each other for men. It used to be men pursuing and competing with each other for the women. The whole dating scene has now turned upside down. With an abundance of women pursuing men, single men have become more passive and unwilling to commit. This shift confirms the somewhat offensive old adage, “Why buy the cow when you can get the milk for free?”…to continue

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Chapter Nine

Proven Solutions for Increasing Brain Performance

Although the media doesn’t talk about them and your doctor probably doesn’t know about them, there are an abundance of natural solutions for increasing brain performance. Researchers have discovered that different combinations of healthy exercise, better diets, detox protocols, extra nutritional support, body work, behavioral support and counseling are a better approach to improving brain performance. In Chapters Nine through Thirteen, we will explore these different solutions in greater detail.

In Book Two, we will explore various mental, emotional and behavioral strategies to lower stress and increase your happiness and success in life. The first step, however, is to provide the support necessary to reduce oxidative stress in the brain. This first step is the foundation of lasting positive change. A brief overview of these natural solutions will help you find what will work for you and your family…to continue Staying Focused In A Hyper World…
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Chapter Ten

Natural Supplements
Outperform Prescribed Drugs

With the help of a few natural solutions, sometimes oxidative stress in the brain can be healed in weeks. One of my friends, who is a very successful business coach, experienced “road rage.” He had learned to control its expression, but he still had to endure it. It definitely limited his ability to relax and enjoy his success.

After getting brain scans at a popular brain clinic, he was told he had dramatic brain injuries and damage. He had played football in college and had experienced many concussions. They said his brain scan was one of the worst they had seen. He was prescribed a list of drugs to suppress the symptoms. He gave me a call for some alternative advice.

I merely suggested a few specific vitamin and mineral supplements that I list in Appendix One and the condition improved within weeks. When he returned to the brain clinic two months later, they were amazed by the positive changes in his brain as revealed by the brain scan. By using natural solutions that support brain healing, he eliminated the need to take any drugs.

In many cases, one of the most effective natural solutions for ADHD is a natural supplement called Pycnogenol. In a double-blind study, over a period of 4 weeks, 61 children with ADHD took 50 mgs a day of
Pycnogenol. The results show a significant reduction of hyperactivity and improved concentration. In the placebo group no positive effects were found.¹

**Pycnogenol reduced ADHD symptoms in four weeks.**

Pycnogenol is the natural extract of pine bark. It has been used for over 60 years as an all-natural remedy for inflammation of the joints. It is a super antioxidant that helps heal inflammation in the joints and the brain as well. It contains Oligomeric Proanthocyanidins, also known as OPCs, which are super antioxidants known to reduce inflammation. A cheaper alternative to Pycnogenol that is also rich in OPCs is grape seed extract.

In another study, one group of children with ADHD were given stimulant drugs like Ritalin or Adderall and another group was given a combination of vitamin C and OPCs. The short-term benefits in both groups were the same except the natural supplement group had no side effects.² OPCs help to activate the antioxidant benefit of Vitamin C and Vitamin E by 50 times. When there is oxidative stress in the brain, antioxidants help to heal the brain.

**Vitamin C and grape seed extract taken together can outperform drugs.**

Another school program showed dramatic results when students were educated about the importance of good diet and exercise. In addition, students took two chewable multivitamins every day. This was not an
ordinary multivitamin. Just a few of its extra ingredients were higher doses of Vitamin K, Vitamin C and Vitamin D along with a unique blend of fruit and berry concentrates high in antioxidants like the OPCs listed above. In addition, it contained 500 mgs of the amino acid L-taurine, which is known to stabilize levels of dopamine. For more information about this amazing daily vitamin, visit MarsVenus.com/potential.

Special multivitamins have proven to improve brain performance

This school had been the lowest performing public school on the East Coast and within a year became one of the best. The results were so miraculous that PBS made a documentary of the success. The program has continued on for the last 8 years.

These are some of the benefits reported in this turnaround program called, “Eat, Exercise, Excel.”

- #1 in school district in Math
- #2 in school district for English
- 40 children met Presidential Physical Fitness Standards. Only three children met these standards the previous year
- 95% reduction in referrals for anti-social behavior
- 80% reduction in out-of-school suspensions
- 97% reduction in suspension for violence
- Teachers report less difficulty managing classroom
- 80% reduction in teacher attrition
• Reduced absenteeism for teachers & students
• Volunteers & community partnerships increased

In another case study, researchers confirmed that a monitored program of amino acid supplementation with over-the-counter supplements such as L-tyrosine, 5-HTP, L-cysteine and a multivitamin could stop the progression of Parkinson’s disease without side effects and in some cases even reverse the condition.⁴ A modified version of this program was found to completely reverse symptoms of ADHD suggesting that the efficacy of this treatment protocol to be potentially superior to results seen with prescription drugs.⁵ Details of this program and other variations can be found at MarsVenus.com/ADHD.

**Amino acid supplements reverse Parkinson’s disease and ADHD.**

The most important distinction between these different natural solutions for ADHD and stimulant drugs is that these natural solutions have no side effects. They gradually heal the condition while drugs do not heal. In the long-term, drugs slowly make the condition worse. With all these studies, it is still surprising to me how many people do not believe in the power of supplements and choose to use drugs.

Sometimes, seeing is believing. You can visually witness the profound effects of natural supplementation for Parkinson’s disease on YouTube. Just one intravenous treatment of glutathione can dramatically reduce the symptoms of progressed Parkinson’s disease. For more
information, watch Dr. David Perlmutter’s “Parkinson’s-Glutathione Therapy” video at http://www.youtube.com/watch?v=KWuOezgVHdI.

Omega-3 Support
Increases Cognitive Performance

In his bestselling book, *Grain Brain*, Dr. Perlmutter reveals his protocol for correcting symptoms of ADHD. He has experienced that with ADHD, positive results are quickly achieved by taking children off gluten products and giving them 300 mg a day of DHA omega-3. DHA omega-3 has also been shown to improve learning and memory, and support cognitive health with aging.⁶

Repeatedly, researchers find that children with ADHD have low levels of omega-3 fatty acids. While omega-3 oils can help, as many studies indicate, when combined with vitamin C, it is even more effective. A study in India demonstrated that supplementation with flax oil (rich in omega-3) and vitamin C provided significant improvement in children with ADHD.⁷

One of the challenges with flax oil is that it can easily go rancid. Both sprouted fax and chia are rich sources of omega-3 and they do not easily go rancid. These can easily be added to your morning shake. They are not only rich in omega-3 but also help to balance blood sugar and keep you regular.

An Australian study has shown that the use of omega-3 fish oils is more effective for treating ADHD than Ritalin and Concerta, the drugs most often prescribed for ADHD in Australia.⁸
Omega-3 fish oil is more effective for treating ADHD than Ritalin and Concerta.

Some children with ADHD have not benefited from extra omega-3. Due to elevated stress levels, weight gain or high insulin levels, they are unable to metabolize beneficial omega-3 fats. To counteract this tendency, one or two grams daily of acetyl-l-carnitine can assist the body in utilizing the omega-3 supplements better.⁹

Phosphatidylserine Improves Memory and Mood

Various research studies reveal that supplementation with the natural ingredient Phosphatidylserine (PS), commonly found in egg yolks, improves memory, mood and even reduces ADHD symptoms. In one study, 78 elderly people with mild cognitive impairment were given PS supplements, or a placebo. At the end of six months, participants taking the supplement experienced a significant improvement in memory.¹⁰

Using PS, combined with omega-3 supplements, may also aid in the treatment of ADHD and mood in children. In another study, 200 children with ADHD were assigned to 15 weeks of treatment with either a placebo or supplements containing PS and omega-3. Study results revealed that participants taking the supplements had a significant improvement in mood and a reduction in ADHD behavior when compared to those given the placebo.¹¹ …to continue Staying Focused In A Hyper World…
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Chapter Eleven

Homeopathy and Body Work Can Heal Concussions

At the University of California, studies show that children who have a history of a concussion are more likely to develop ADHD and have difficulty controlling their moods. When ADHD is caused by a concussion, physical injury, a shock to the head or a shock to the base of the spine, then natural supplements are not always enough. Homeopathy and various forms of bodywork can make the difference. Because my ADHD and Parkinson’s disease were caused by four major concussions earlier in my life, both homeopathy and bodywork were also a big part of healing my brain injuries.

Homeopathy is a form of medicine approved by the FDA that does not involve the use of drugs. Specific homeopathic remedies can awaken your body’s ability to heal the brain, while supplements provide the necessary nutritional support for that to happen. In simple terms, homeopathic remedies turn on your body’s healing genes.

Homeopathy is often discredited and attacked by the American Medical Establishment on the grounds that western science cannot determine how it works. In spite of tremendous opposition, it continues to be approved by the FDA because it has worked in many cases when drugs
have not. One of its great benefits is that when it works, it has no side effects.

One of its drawbacks is that it does not always work. It doesn’t always work for three reasons.

1. The wrong remedy is used.
2. The modern diet is deficient in the necessary minerals for the activated genes to do their job.
3. High stimulation tends to interfere with its effectiveness.

Two hundred years ago, homeopathy was most effective before the invention of stimulant drugs and junk food. Patients at that time were instructed to avoid the high stimulation of coffee for the treatments to work. Today, homeopathic remedies are less effective due to the common use of coffee, prescribed stimulant drugs and the high consumption of sugar and junk foods along with the fast pace of life, traffic, TV, video games, cell phones, email, etc. By limiting or abstaining from this hyper-stimulation and taking extra mineral supplements, homeopathic remedies can be most effective.

To heal a concussion, decreasing hyper-stimulation and getting extra mineral support is the first step. Homeopathy is the second. Yet, turning on your healing genes with homeopathy is still not enough. When a physical shock to the body causes oxidative stress, a physical resetting of the body may also be required. The most obvious example of this is a broken bone. For a broken bone to heal straight, it must be reset...to continue Staying Focused In A Hyper World...
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Chapter Twelve

HT Therapy for Healing Oxidative Stress

Beside eating healthy foods and using supplements to increase glutathione and heal ADHD, there are also powerful ancient spa therapies that can increase the production of glutathione and heal the brain.

HT Therapy for reducing oxidative stress combines hydrotherapy, the use of mineral waters, along with hyperthermia, the use of heat, to induce a low fever in the brain. HT Therapy stands for hydrothermal therapy.

HT Therapy for healing oxidative stress in the brain originates in Germany, a country well known for respecting the healing power of spa treatments. For example, even today German health insurance gives heart disease patients a choice: they can receive drugs for heart disease or they can take a two-week trip to a German spa for hydrotherapy.¹ Both have been proven to help, but unlike the drugs, the spa has no negative side effects.

For treating heart disease,

health insurance in Germany pays for spa treatments.

This ancient German HT Therapy is the most powerful therapy available for oxidative stress and yet very little clinical research has been
done on it. Because it can be easily self-administered and done at home, there is not enough profit for the business of healthcare to support peer-reviewed scientific research. In my Mars Venus Wellness Center, for ten years we used HT Therapy extensively. When combined with extra nutritional support, HT Therapy produced tremendous benefits for nearly every health challenge.

**Because HT Therapy can be easily self-administered and done at home, there is little research to validate its benefits.**

Recently, in 2013, one clinical study was done with 40 autistic children. Researchers found just one 30-minute bath, at 102 degrees Fahrenheit, helped soothe the symptoms of autism and made the children more sociable. It improved their ability to communicate and made them less prone to repeating the same action over and over. What is most significant in this study is that these changes did not occur when the bath was only a few degrees cooler at 98 degrees Fahrenheit. A hot bath worked while a warm bath did not. This study shows only a fraction of what can be done with a bath treatment if it is done consistently every other day for three months.

Hundreds of years ago, hydrothermal therapy was called “the cure when nothing else worked.” It involves taking a bath for an hour...to continue *Staying Focused In A Hyper World*...
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Chapter Thirteen

Elimination Diets
Can Reverse ADHD

The FDA lists over 33 double-blind clinical trials demonstrating that artificial food colors are related to ADHD and other childhood related problem behaviors. Because ADHD is directly related to digestion and food allergies, by eliminating certain foods, dramatic improvements have been observed. Food allergies and indigestion trigger inflammation in the brain, which results in different degrees of ADHD.

The most well-known elimination diet proven to reverse ADHD 50% of the time is the Feingold Diet. It gets great results by eliminating foods with artificial colors, artificial flavors, several preservatives, synthetic sweeteners and salicylate (aspirin-like) foods. The bad news is that many of the foods found in the supermarket are taboo, but the good news is that there are safe, natural versions for nearly all problem foods. After eliminating these processed foods for four days, you can reintroduce them to test each one to see if it causes problems. To learn more about the Feingold Diet, visit https://www.feingold.org.

Other elimination diets include testing for food allergies that may be causing ADHD. The usual food allergies are with the foods we most commonly eat:

1. Bread (and other gluten products)
2. Sugar (and all sugar substitutes be they natural or artificial)
3. Corn (particularly GMO)
4. Dairy (pasteurized)
5. Soy (GMO and unfermented)
6. Artificial food colors, sweeteners and additives

Eliminating these foods and artificial food colorings and additives quickly helps the majority of children lose their symptoms of ADHD.\(^4\) After removing these foods for four days, you can begin to test each one to see if the symptoms return. If symptoms return with a particular food, then it must be eliminated for some time longer. In some cases, after abstaining from a particular food, it can be reintroduced in moderation without triggering symptoms.

There is a definite link between gut health, digestion and ADHD. Food sensitivities and allergies cause indigestion and inflammation in the gut. This directly inhibits healthy brain performance. Almost 90 percent of children with autism and ADHD have some degree of chronic colitis.\(^5\) Gut health and good digestion is necessary for a healthy brain. A variety of naturopathic doctors treat children with ADHD and autism using a multimodal approach by supporting digestion and detoxification along with nutritional supplementation.

A more restrictive program for healing gut inflammation is the GAPS program. This program may take a couple of years but it has been a lifesaver for thousands of people suffering from severe irritable bowel syndrome, Chron’s Disease and other intestinal challenges. Dr. Campbell-McBride developed the GAPS program and used it to cure her three-year-old son’s autism.\(^6\)
Gut health and digestion are necessary for a healthy brain.

Healthy digestion is a big part of healing ADHD and may take many months or years. However, without fully healing the gut, you can still begin to heal the brain because vitamin, mineral and amino acid supplementation do not depend on a healthy digestive system.

Sometimes, we can completely eliminate ADHD symptoms by reducing sugar products and taking a few extra supplements. With extra vitamin C, grape seed extract, special mineral orotates and natural amino acid support it is relatively easy to do. This protocol is explained more fully in Appendix One.

By first supporting healthy brain function, stress levels decrease and the gut can begin to heal. Once stress levels drop, then following specific protocols for healing the gut can be more productive. I have seen this process increase focus and positive moods within days for hundreds of children and adults with ADHD. Details of this simplified program are outlined at MarsVenus.com/ADHD.

Healing Food Allergies Improves Brain Performance

An alternative approach to elimination diets is to directly heal the gut and heal food allergies. Rather than avoid the allergen, heal the allergy. Your body has 10 trillion cells. By strengthening the cell membrane
potential to protect it from allergens, your allergies may go away. I had allergies my whole life and eventually healed them with natural solutions. A greater understanding for healing allergies is available at MarsVenus.com/allergies.

Even if you heal your allergies, genetically modified foods (GMOs) are simply indigestible and toxic to the body. Toxic foods inhibit gut, liver and brain function, which in turn trigger a variety of ADHD symptoms.

As stated before, the most toxic foods are genetically modified soy and corn, processed wheat or gluten products, excessive sugar and pasteurized milk (as opposed to raw milk, butter, yogurt, kefir or undenatured milk proteins). If meat and dairy products are not labeled organic, then the animals were fed GMO soy and corn, which makes their meat toxic as well.

A healthy body can tolerate some degree of these toxic foods but they will definitely interfere with the body’s ability to heal itself. I hope you will support all legislation to label GMO foods, which is only the first step to eliminating them. To get a list of GMO free foods you can go to http://www.nongmoproject.org.

Even if you heal your allergies, genetically modified foods (GMOs) are still toxic to the body.

“Cheerios” and “Grape Nuts” are the first big cereal brands to label their boxes “GMO free.” They are setting a precedent; if their sales go up, others will follow. Whole Foods Market is planning to voluntarily label all foods that are GMO. If GMO foods are to be legal, at the very least, we all
deserve the right to know what we are eating and the freedom to choose. GMO companies are thriving because they spend millions on misleading advertising to prevent mandatory GMO labeling. Although they spend millions to lobby Congress, you can still make a difference. Every purchase you make counts as a meaningful vote for change. No more GMOs.

You can’t always avoid toxic substances, but you can help your body fight them off. In Book Three of this series, *Staying Focused In A Hyper World: Super Fuel To Relax And Recharge Your Brainpower*, we will explore foods, supplements and detoxification protocols to help you win this battle and achieve optimal brain performance and lasting health.

But first, in Book Two, *Staying Focused In A Hyper World: Decreasing Stress To Increase Happiness, Passion And Vitality*, we will explore the many faces and stages of ADHD in your life, work and relationships. Understanding your particular symptoms can help you determine the right natural solution for you or your children.

**Can Your Doctor Help?**

With hundreds of studies demonstrating the effectiveness of nutritional supplementation for ADHD, it is shocking to me that this information is not more widely available.

You will get over a million results on the Internet if you search “non-drug solutions for ADHD”. But after reading hundreds of suggestions and studies on natural solutions, it is easy to feel overwhelmed. With so many choices, most parents feel unqualified to make a decision that could affect the wellbeing of their child.
There are so many natural solutions that it can be hard to pick the right one for you.

With so many options, it is definitely tempting to ask your friendly doctor and let them decide. However, they may not be much help because they are only trained to give drugs. Most doctors, unless they are also naturopaths, have received only a few hours of general nutritional training.

Feeling unqualified to pick a natural solution, parents often seek the advice of a doctor who may know even less.

Without any training in nutrition, doctors commonly discount the effectiveness of natural solutions for ADHD. They casually minimize the side effects of taking stimulant drugs and even worse, they know very little about the long-term side effects. If you wish to consult a doctor, always get a second opinion and make sure they are holistic practitioners with a history of success using natural solutions. With so many new resources and natural solutions, you can heal ADHD, improve your memory and increase your brain performance on your own.

You can achieve optimal brain function and focus with the right natural program.

It is not a one solution fits all, in Book One of *Staying Focused In A Hyper World*, we have explored the natural solutions to heal the brain. In Book Two of *Staying Focused In A Hyper World*, we will explore the three
action steps to develop new patterns of self-expression and interaction by transforming old automatic reactions, patterns and addictions. You will gain the insight you and your children need to lower stress and increase happiness, passion and vitality. To order Book Two of *Staying Focused In A Hyper World* go to [MarsVenus.com/book-two](http://MarsVenus.com/book-two).

In Book Three of *Staying Focused In A Hyper World*, you will learn how to sustain your transformation with a healthy diet, which includes super foods to relax and restore your brainpower. You will learn what supplements work and why they do. You will learn what food to eat and what to avoid. To order Book Three of *Staying Focused In A Hyper World* go to [MarsVenus.com/book-three](http://MarsVenus.com/book-three).

If your child has some of the more challenging symptoms of Autistic Spectrum Disorder, I suggest reading my book *Lost And Found, Natural Solutions for Autism Spectrum Disorder*. Many of the causes are similar to what causes ADHD but the solutions are more diet related and therapies are more extensive. This book is also a must read for every mother preparing to have a child. To order *Lost and Found*, go to [MarsVenus.com/autism-book](http://MarsVenus.com/autism-book).

**Living An Extraordinary Life**

Healing the brain and living an extraordinary life is a big and complex subject. I have written this book to help simplify the journey and provide real choices. By understanding the various causes of oxidative stress, the one brain condition that gives rise to ADHD, you have the necessary insight to determine the best natural solution for you and your family.
The good news with natural solutions is there are no negative side effects. The worst they can do is not work until you find the right one. While this is not always an easy journey, you now have the necessary insight to discover what will work for you. I do not know what will work for you, but I would like to know. Please keep us updated with your progress.

Always remember you are not alone on this journey. Join me at MarsVenus.com for down to earth advice on life and love. Share your experiences with natural solutions. Your successes will inspire others to find the right solutions for them. May you and your family enjoy a lifetime of health, happiness and lasting love.
Throughout *Staying Focused In A Hyper World*, we have explored in depth, the many causes of oxidative stress and a variety of protocols for both protecting your brain and healing it. In working with thousands of clients over the past 12 years, I have seen some protocols work for some and not for others. In some cases, the easiest protocols produced immediate benefits. In other cases, the solution was more complex, or at least took more time.

Keep in mind that self-healing is not an exact science. It is a journey of finding out what works for you. Knowing the many options for healing ADHD does not mean you have to try them all. There are always many ways to heal the same condition. If you were to travel to a destination, there are hundreds of different ways to go.

**Knowing the many options for healing ADHD does not mean you have to try them all.**

Nature provides a variety of healing solutions for any one condition. At a conference of seasoned naturopathic doctors, they were requested to write out a protocol for a particular stated condition. Not one out of a
hundred doctors gave the same protocol, yet they had all previously witnessed their protocol work in their practice.

I have listed below a variety of simple protocols to begin your journey of finding out what will work for you. They are designed to fit your particular budget as well as your willingness to take supplements.

The thought of taking nine to twelve pills for some people seems unthinkable, while it is perfectly acceptable for others. In the beginning, I had a resistance to taking a lot of pills, until I discovered that a friend, who was thirty years older than me, took over ten pills, three times a day. Unlike most people his age, he was not taking any prescribed drugs and he was vibrant and healthy. It changed my whole perspective. Somehow, I was thinking that only sick people take a lot of pills. My thinking changed that day to a more expanded perspective: sick people take lots of drugs, while healthy people have the wisdom to supplement a good diet with extra nutrition.

We mistakenly think

only sick people take a lot of pills.

When taking supplements, it is important to see them not as drugs with dangerous side effects but as the missing ingredients from the food we eat. Just as you might add a long list of spices to make a meal more tasty and healthy, you can now add a list of supplements to make it more nutritious. With the Mars Venus Super Food Shake and Mars Venus Super Minerals, I personally don’t need to take as many supplements because they contain most of the missing nutrients needed for optimal brain performance.
In most cases, these supplements are simply concentrated nutrients that we would normally find in a meal if our food was not so processed or nutrient deficient. Just as food is necessary for both adults and children, supplements are now necessary as well. There is so much misinformation about supplements that some parents are concerned about their children taking natural supplements when every day they do not question what is in a bowl of cereal, macaroni and cheese, a milk shake and French fries, a soft drink, ice cream or any of the millions of packaged foods purchased every day which are filled with chemicals and neurotoxins. Unlike the many processed foods commonly eaten by our children, the supplements I recommend are completely healthy. They are non-toxic in the suggested doses and are completely safe to take.

**Supplements are simply concentrated nutrients that we would normally find in a meal if our food was not so processed or nutrient deficient.**

In almost all cases, if you are already taking certain supplements, they will not interfere with the suggestions below. If you are not noticing much with your current supplement use, you may wish to temporarily discontinue them to see if the suggestions below can make a bigger difference. Then you may introduce them again and see if they add to your benefits.

In all cases, the suggested doses are for adults. Since natural supplements are basically the nutrients missing from healthy foods and not drugs they are also great for children but the doses should be proportionately less. For children, who are not yet able to swallow pills, the
capsules can be opened and then added to the super food shake or any healthy drink.

For children, who are not yet able to swallow pills, the capsules can be opened and then added to the super food shake.

To find the right dose for your children consider the suggested doses are for someone 100 to 200 pounds. So if your children are in the range of 50 to 100 pounds they would benefit from half doses. From 25 to 50 pounds they would require a fourth dose. Keep in mind that these suggestions are always approximate and do not have to be exact since these natural supplements have no side effects. They are not drugs with potentially dangerous side effects.

These protocols are designed to be a simple and clear starting off place for you. You can then tailor your supplement use according to what works for you. If they are working, you should notice results in days or weeks. If they don’t work, you may need to add more of the other supplements to complement what you are doing.

Taking supplements is not an exact science, tailor your supplement use according to what works for you.

There are many different causes of the oxidative stress that gives rise to you or your children’s symptoms. Depending on the cause or a combination of causes, different solutions will be required. We will explore
a more tailored approach in Appendix Two and Three. Appendix One is a summary of the most important natural supplements in a simple solution. It is designed to assist you in creating an easy plan of action for you or your children.

In the following protocols, sometimes I suggest particular brands of nutrients because I have worked with them and find them to be both economical and effective. Other brands may or may not be equally effective. A more detailed explanation describing each of these nutrients can be found at MarsVenus.com/supplements.

To heal the basic oxidative stress that gives rise to ADHD and improve memory and focus, I have divided my best suggestions into three categories of Good, Better and Best. In Appendix Two, I suggest additional supplements according to your temperament. In Appendix Three, I have additional suggestions if the cause of your ADHD is more complicated like blood sugar issues, adrenal burnout, irritable bowel, etc. And finally, in Appendix Four, I suggest some additional practical tips for resetting your brain and body to achieve optimal brain performance.

This is a list of protocols that I have personally seen to work. It is best to take the suggested supplements 10-20 minutes before meals. If you forget or this is not possible, they can be taken during or after a meal. They will still work but be a little less effective. If taking a supplement on an empty stomach causes any discomfort, then take with meals.

If taking a supplement on an empty stomach causes any discomfort, then take with meals.
If you take too much of a supplement, the side effect will only be the slight discomfort of a headache, stomachache or mild diarrhea. In this case, there is nothing to worry about. If you feel nauseous or have a headache, try taking your supplements with a meal. If discomfort still persists, then lower the dose. To find the right dose for you, stop for a couple of days and then resume with a dose lower than what you were taking. Follow this procedure until discomfort goes away.

Good:

**Protocol 1.** The easiest and most inexpensive, which produces immediate focus for many people. This program includes only 6 supplements. As you experience results, you may be able to cut the dose in half. After you recognize the benefits, use as needed.

1. Take one-half teaspoon of **Liposomal Vitamin C** twice daily. For children or adults who prefer a vitamin C drink that tastes like fruit punch, combine liposomal Vitamin C with **Catie’s Whole Food Vitamin C Plus**.
2. Take two capsules of **Grape Seed Extract** twice daily.
3. Take two **Super Minerals** twice daily (ionic trace minerals and mineral orotates). Start with one a day and gradually increase to two capsules, twice a day. These minerals support brain performance but also detoxify heavy metals from the brain. Too much detoxification may cause a temporary headache or slight head pressure. After
taking one, if you don’t have a headache or slight head pressure that day then increase by one capsule each day up to four a day. At times of great stress, you can increase the dose as needed up to two capsules, three times a day.

4. Take one tablet of **Omega-3** twice daily. A powerful liquid source of Omega-3 for children who don’t take capsules is **Liposomal DHA**.

5. Take one **multivitamin** twice daily.

6. Approximately one capsule of **Berberine** before every meal.

**Better:**

**Protocol 2:** The most effective protocol for focus, mental flexibility and positive mood. This program includes eight supplements twice a day and a Super Foods Shake for breakfast. After you experience results, you may cut the doses in half. So, if you are taking one dose a day of a particular supplement, then take one dose approximately every other day. Use as needed.

1. Follow the guidelines for Protocol 1 above and add the following nutritional supplements.

2. Mix two scoops of the **Mars Venus Super Foods** meal replacement shake with a little fruit (one half a banana or berries) and eight ounces of water or almond milk.

3. Take one time-released **multi-B vitamin**.

4. Take one **digestive enzyme** 10-20 minutes before your morning Super Foods Shake and before each meal.
5. Take one capsule of **2-AEP Membrane Complex** 10-20 minutes before each meal to repair cell membranes and balance blood sugar.

6. Take one capsules of **Phosphatidylserine** (PS) 10-20 minutes before each meal to support the fluidity of cell membranes.

**Alternative Protocol 2:** For a dairy free alternative to Protocol 2, instead of using the Mars Venus Super Foods Shake as your protein source, use the following non-dairy amino acid supplements. It’s important to know that many people who are sensitive to dairy can digest the undenatured dairy in the Mars Venus Super Foods Shake. This program includes nine additional supplements. After you experience results, you may cut the doses in half. Use as needed.

1. Follow the guidelines for Protocol 1 above and add the following nutritional supplements.

2. A morning shake with one scoop of **Collagen Peptides**, one tablespoon of **MCT Oil**, a handful of Goji berries and half a banana with some natural vanilla flavor added. Note: Gradually increase MCT Oil to the maximum dose of one tablespoon. Decrease dose if bloating or pain occurs due to candida die-off. Then gradually increase again.

3. Take one capsule of **L-Tyrosine** 10-20 minutes before each meal.

4. Take one capsule **5-HTP** 10-20 minutes before each meal.

5. Take one capsule **NAC** (N-Acetyl-Cysteine) 10-20 minutes before each meal.

6. Take one time-released **multi-B vitamin** with breakfast.
7. Take one digestive enzyme 10-20 minutes before each meal.
8. Take one capsule of 2-AEP Membrane Complex 10-20 minutes before each meal to repair cell membranes.
9. Take one capsules of Phosphatidylserine (PS) 10-20 minutes before each meal to support the fluidity of cell membranes.

Best:

Protocol 3. The most effective protocol for focus, memory, mental flexibility and positive mood if you are irritable, stressed, moody or have the tendency to feel depressed. This protocol includes five additional supplements and my favorite Lemon Cleanse Drink before a Super Foods Shake for breakfast. After you experience results, you may cut the doses in half. So, if you are taking one pill a day, then take one pill approximately every other day. Use as needed.

1. Make a special Lemon Cleanse Drink and drink 20 minutes before your morning Mars Venus Super Foods protein shake. Mix together the following ingredients:
   - One teaspoon of the Mars Venus Super Cleanse
   - One teaspoon of Probiotics
   - One scoop of Collagen Peptides
2. Follow the suggestions of Protocol 2 or Alternative Protocol 2.
3. Add one teaspoon of MCT Oil to the Mars Venus Shake. Gradually increase MCT Oil to maximum dose of one
tablespoon. Decrease dose if bloating or pain occurs due to candida die-off. Then gradually increase again.

4. Take one capsule of Lithium Orotate twice daily. Once you feel more stable self-regulate this dose according to how you feel or how stressed you are. Reduce when you are feeling good and increase back up to two a day when you are feeling really stressed or down.

5. Take one Brain Sharpener twice daily. (Use Brain Sharpener for Kids for half dose.)

6. Take one Hormone Balance twice daily.

7. Take one 4-Endocrine twice daily.

8. Take one-half teaspoon of Liposomal Vitamin D3 twice daily.
Appendix Two

“Add On” Supplements
For Your Temperament

To get extra benefit for your temperament, the following supplements can be added to the Best Protocol in Appendix One. For children, simply cut the dose in half.

1. Creative Temperament

1. **Cho-Wa Herbal Tea:** This is the ultimate brain supplement for the creative and often distracted mind or anyone who feels a little tired after a meal. This cup of tea can be taken first thing in the morning or after breakfast or lunch. This brain tonic is particularly good for memory, energy, and sustaining focus. It contains 10 rejuvenating brain herbs. It can be used by all temperaments but is particularly helpful for the creative temperament.

2. **Coconut Oil:** Take one to three teaspoons of MCT Oil (concentrated oil from coconut) in your morning shake. It will convert to pure energy in your brain to keep you alert longer. Start with one teaspoon and gradually increase the dose every week as needed. This is particularly good when one has any blood sugar issues.
3. **Resveratrol**: Take one Resveratrol capsule in the morning to increase blood flow to brain and repair injured brain cells. This is particularly good for lessening the effects of food sensitivities. It is most commonly known for its anti-aging benefits.

4. **Phosphatidylserine**: Take one capsule of Phosphatidylserine (PS) twice daily. This nutrient plays a major role in maintaining the integrity of cell membranes, which in turn supports memory, focus and clarity. For an even greater ability to stay organized, take one capsule of **Brain Sharpener** twice daily. This powerful supplement is a little more expensive but it is known to work when nothing else works. It is all natural and made from 10 Chinese and Ayurvedic plants. It contains phosphatidylserine, ginkgo, flax and Brahmi. (Use **Brain Sharpener for Kids** which is a half the dose.)

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### 2. Responsible Temperament

1. **Magnesium**: Most people are deficient in magnesium but particularly those with the responsible temperament. Take one capsule before bed to help relax and also be regular.

2. **Ashwagandha**: This herb helps the brain neurotransmitter GABA do its job. It will help you to be more fluid, calm and flexible. In the **Serenity Formula**, Ashwagandha is combined with Rhodiola extract for extra benefits. Rhodiola extract has been shown to increase calm and focus. A more powerful form of GABA (for adults only) is **Gabatrol** which can be used on special occasions to remember what it feels like to be fully relaxed.
and happy. Watch the video at MarsVenus.com/Gabatrol for instructions on its use.

3. **Vitamin B**: Take a time-released, multi-B vitamin. This will keep you calm and relaxed during the day. Use as directed.

4. **Taurine**: This amino acid increases GABA to calm the brain and protects the brain from becoming overexcited. Take one capsule one to three times daily.

3. **Bold Temperament**

1. **Collagen Peptides**: When your muscles have to compete for the amino acids needed by your brain, you become unnecessarily restless. Collagen peptides support your muscles, which then provide extra energy and the amino acids needed to support your brain. Add one or two scoops to the Mars Venus Super Foods Shake.

2. **Acetyl L-Carnitine**: This amino acid is particularly helpful to convert fat into energy. It helps the body and brain to absorb and utilize the necessary omega-3 fats. Take one capsule twice daily.

3. **Tongkat Ali**: This herb is a natural super supplement to stimulate the production of testosterone. Men should take two capsules a day for five days and then take two days off. Women should take one capsule a day for five days and then take two days off. This helps to restore normal dopamine function along with increasing libido. Children can take half the dose without it affecting libido. It helps to counteract the testosterone suppressing effects of plastics and pesticides on both adults and children.
4. **L-Carnosine:** This amino acid is considered an ideal agent for treating and preventing degeneration from oxidative stress resulting from exercise or sugar consumption. It also stimulates circulation in the brain and neutralizes heavy metals.

### 4. Sensitive Temperament

1. **5-HTP:** This amino acid supplement is the precursor to making serotonin. Women should take two capsules twice daily and men should take one capsule twice daily. This will help calm the brain and stabilize your positive mood.

2. **Lithium Orotate:** This important mineral helps to protect the brain from oxidative stress and also assists the brain in making more serotonin. It is already recommended in the “Best Protocol” in Appendix One. For the sensitive temperament with more extreme ups and downs, they can take, as needed, up to 6 capsules a day.

3. **Aloe Vera Polymannose (APMC):** This extract of aloe and other polysaccharides provides incredible support for the gut, digestion and brain with extra support for the health of cell membranes. People who are overly sensitive often have extra thin cell walls and this natural supplement will strengthen the cell membrane thus reducing infection and inflammation. Take one capsule once or twice daily.

4. **Optimized Saffron:** This extract of Saffron has been known to improve serotonin production in the brain creating greater calm and optimism while decreasing addictive cravings for sugar and carbs. Take one capsule twice daily.
Appendix Three

“Add On” Supplements
For Your Specific Health Concerns

By addressing your health concerns with natural solutions you will not depend on over the counter or prescribed drugs that inhibit optimal brain function. Below is a list of “add on” supplements for specific health benefits. The suggested supplements or therapies listed below are prioritized with the most important and most economical supplements being listed first in each category.

You may wish to begin with one or two of these Add On Supplements to see if that is enough to get the benefits you seek. Depending on your budget or your situation, you may choose to try several at once. It is not always necessary to take all of them. More Add On Supplements may be needed depending on your age or the severity of your condition. The older we get, the more help we can use.

For example, because two of my siblings have dementia and I previously had Parkinson’s Disease, I am particularly concerned about my memory. Every day, I follow Protocol Three (Best) in Appendix One but, as an extra precaution, I take most of the Add On Supplements listed below for memory. Occasionally, when I gain extra weight, I follow the protocol for weight loss. When I am feeling clear, energized, focused and healthy, I will often back off from taking any of these extra supplements.
Ideally, for best results, these “add on” supplements are to be added to any of the three suggested protocols in Appendix One and Appendix Two. Keep in mind that using any of the three protocols (Good, Better, Best) may be enough to address your condition. At other times or for different people, any or all of the suggested Add On Supplements in each category are most helpful.

Using any of the three protocols may be enough to address your condition without using the Add On Supplements.

Using these Add On Supplements without one of the three protocols (Good, Better, Best) listed in Appendix One will not be as effective. If one of the Add On Supplements is already included in the protocol that you pick, there is no need to repeat it.

If one of the Add On Supplements is already included in the protocol that you pick (Good, Better, Best), there is no need to repeat it.

Just as positive relationships are necessary to stimulate the production of healthy hormones and brain chemicals, for these natural supplements to work most effectively, a healthy diet and regular exercise is also necessary. The better your diet and exercise program, the less supplements you will need to take. While it is more difficult today to get healthy food, we can at least try to avoid the bad stuff. As for exercise, if you can walk, then you
can easily get the exercise you need. A thirty-minute walk three to five times a week is the minimum for these supplements to be most effective.

A thirty-minute walk three to five times a week is the minimum for these supplements to be most effective.

Some of these natural solutions directly support optimal brain function, memory and help to heal ADHD, while others are designed to overcome common health challenges which directly influence your brain’s ability to fully heal. By learning to restore normal health, you can at last be free from needing prescribed or over-the-counter drugs that inhibit your brain’s ability to protect itself from oxidative stress and heal.

Each of the following solutions I have found to be helpful in healing various conditions. I share my insights for educational purposes only to assist you in determining the right course of action for you and your children. Most people are simply not aware of all the amazing natural solutions available. As mentioned before, these are not the only solutions for better health but I have seen them work again and again.

For most people, these Add On Supplements are for temporary use and not to be taken indefinitely. They are for healing while the protocols in Appendix One are designed to sustain your health.

In many cases, the Add On Supplements are only required for a few months. Once you are free from needing prescription drugs or addictive substances, the nutritional support from the three protocols in Appendix One are often enough to fully recharge your brainpower on a daily basis.
You may then occasionally use your Add On Supplements when you need extra support.
Blood Sugar Issues
and Diabetes

High blood sugar is associated with low glutathione production. As we have already explored, glutathione is essential for brain health. For blood sugar issues and diabetes any or all of these suggestions may help. Depending on the severity of your condition, you may only need to apply a few of the suggestions below. For more information about each suggested supplement, visit MarsVenus.com/supplements. For more information about the causes of blood sugar issues, visit MarsVenus.com/blood-sugar.

1. Reduce or avoid drinking juices and soft drinks or eating simple carbohydrates, starches or breads.
2. Add one scoop of PGX granules to the MarsVenus Super Foods Shake. In addition, take one PGX capsule before meals. Drink with plenty of water and gradually increase dose according to the instructions on the bottle. Taking more than one capsule before meals without drinking with enough water may result in constipation.
3. Take one capsule of 2-AEP Membrane Complex three times daily before each meal.
4. Take one capsule of Berberine three times daily before each meal.
5. Take one capsule of 4-Endocrine three times daily before each meal. This herbal supplement is a little more expensive but it is very effective. It is all natural and contains extracts from fruits, vegetables and Ayurvedic and Chinese herbs.
Heavy Metal Detox and Weight Loss

As we have already explored, the diet of junk foods that leads to obesity increases a child’s risk of ADHD and an adult’s risk of developing cognitive impairment and dementia. Your body holds on to fat to store toxins. Through detoxification and weight loss, you can restore health to your body and brain. The program below can help detoxify the body and manage weight. For more information about each suggested product, visit MarsVenus.com/supplements. For more information about detox and weight loss, visit MarsVenus.com/weight-loss.

1. Follow the suggestions for good, better and best protocols in Appendix One.
2. Avoid all juices and soft drinks, junk foods, simple carbohydrates, starches or breads.
3. For five days, limit your diet to one meal a day and for the other two meals, use the Super Foods Shake as a meal replacement. To increase fat burning, add one tablespoon of MCT Oil to your super food shake.
4. Make a special Lemon Cleanse Drink and drink 20 minutes before your morning Mars Venus Super Foods Shake. Mix together the following ingredients.
   - One teaspoon of the Mars Venus Super Cleanse
   - One teaspoon of Probiotics
   - One scoop of Collagen Peptides
5. After the first five days, begin a special two-day cleansing fast. Stop all solid foods and the Mars Venus Super Foods Shake. Enjoy the Lemon Cleanse Drink and 8 ounces of water for breakfast, lunch, snack in afternoon and dinner. Continue to take suggested supplements for any of the three protocols in Appendix One; Good, Better or Best.
6. Repeat this cycle for as long as necessary. On fasting days, drink at least an additional 4-6 glasses of purified water. As long as you have any extra weight, you can continue this program. Although it is mostly a liquid diet, you will get all the nutrition you require for optimal health.
7. Take Zeolites first thing in the morning and before bed daily for two months. This detoxifying mineral extract from volcanic rocks helps cleanse the brain of heavy metals, herbicides, pesticides and insecticides.
8. Take one capsule of 4-Constipation before bed every night.
9. Use any of the above suggestions for blood sugar issues before your meal replacement shakes and meal.
Chronic Pain
And Fibromyalgia

By using natural alternatives instead of over-the-counter pain pills, your body can make the necessary glutathione to recharge your brainpower and eventually heal the condition giving rise to pain. If you must take pain killers, then at least use these suggestions along with the pain killers. For chronic pain relief, any or all of these suggestions may help. These suggestions are not drugs, so they may take a few days or weeks to begin noticing results. Depending on the severity of your condition, you may only need to apply a few of the suggestions below. For more information, visit MarsVenus.com/supplements or MarsVenus.com/pain-relief.

1. Take one capsule of Serrapeptase once or twice daily. Start with one and take two if necessary.
2. Take one teaspoon LiposomalCurcumin/Resveratrol twice daily.
3. Take one capsule of Astaxanthin twice daily.
4. Take one capsule of MSM twice daily. This can gradually be doubled or tripled if more is needed.
5. Follow the Heavy Metal Detox and Weight Loss suggestions listed above until pain is gone.
6. Exercise for 10 minutes daily on a rebounder or practice the easy Isoflex exercises.
7. Take 150mg twice a day of DMG. Start with half dose and work up to full dose.
Memory Loss or ADHD
Caused by Pain Pills

If you have taken pain pills or other over-the-counter drugs in the past, any or all of these suggestions may help for memory loss and/or ADHD. These supplements help reduce oxidative stress in the gut and brain and assist your liver in making glutathione. Depending on the severity of your condition, you may only need to apply a few of the suggestions below. For more information, visit MarsVenus.com/supplements or MarsVenus.com/acetaminophen.

1. Take three capsules of Aloe Vera Polymannose Complex twice daily for one month. Then reduce to two capsules twice daily for a month. Then use as needed.
2. Take one capsule of Alpha-lipoic Acid twice daily.
3. Take one capsule of Resveratrol twice daily.
4. Take three capsules of Phosphatidylserine (PS) twice daily. For increased benefit instead take three capsules of Brain Sharpener twice daily.
5. Take one capsule of Berberine daily before each meal.
6. Take one-half teaspoon of Liposomal Vitamin C twice daily.
7. Take one-half teaspoon of Liposomal Glutathione twice daily.
8. Take one-half teaspoon of Liposomal Vitamin D3 twice daily.
9. Add two tablespoons of Stabilized Rice Bran (Tocotrienols) to your daily Super Foods Shake.
10. Take one capsule of 4-Constipation before bed.
Advanced Cases Of Memory Loss, Parkinson’s, Dementia and Alzheimer’s

For more advanced cases of memory loss, Parkinson’s, dementia and Alzheimer’s, any or all of these suggestions may help. These suggestions are most effective when added to Protocol 3 in Appendix One. For more information about each suggested product, visit MarsVenus.com/supplements. For more information about the causes and remedies for these advanced cases, visit MarsVenus.com/advanced-memory-loss. For many people, just the first three suggestions along with Protocol Three (Best) will be enough. This condition requires high doses of the first four suggested supplements. Once dramatic improvement occurs within a couple of weeks you can gradually reduce dosages as needed.

1. Take three capsules of Brain Sharpener three times daily.
2. Take three capsules of Hormone Balance three times daily.
3. Take three capsules of 4-Endocrine three times daily.
4. Take one dropper of Liposomal Methyl B12/Folate three times daily.
5. Take one capsule Berberine daily 10-20 minutes before each meal.
6. Add one teaspoon of MCT Oil to the Mars Venus Super Foods Shake and gradually build up to 2 tablespoons.
7. Take one capsule of NAC 10-20 minutes before each meal.
8. Take one-half teaspoon of Liposomal Glutathione twice daily.
9. Take one-half teaspoon of Liposomal Vitamin C twice daily.
9. Take one-half teaspoon of **Liposomal DHA** twice daily.
11. Take one-half teaspoon of **Liposomal vitamin D3** twice daily.
12. Take one capsule of **4-Constipation** before bed until completely regular.
More Energy and Adrenal Support

Without adrenal support, healthy brain function is inhibited. For extra energy and adrenal support, any or all of these suggestions may help. Chronic fatigue is often caused by an exhausted adrenal gland or poor circulation. Depending on the severity of your condition, you may only need to apply a few of the suggestions below. For more information about each suggested product, visit MarsVenus.com/supplements. For more information about more energy and adrenal support, visit MarsVenus.com/energy.

1. Drink one cup of Cho Wa hot tea before or after breakfast, and after lunch. This is an old Japanese formula of 10 bitter herbs to stimulate and heal the adrenal glands. It only includes a tiny amount of caffeine from green tea extract. It supports adrenal health and also improves absorption of glucose. It is a great coffee replacement in the morning for those wishing to heal the adrenals.
2. Follow suggestions for Blood Sugar Issues. Fluctuating blood sugar levels exhaust your adrenals so they cannot heal.
3. Take one tablet of Neo40 twice daily. Neo40 is made from red beets and increases circulation to bring oxygen to cells.
4. Take one capsule of Adrenasense twice daily.
5. Take one tablet of DMG twice daily. DMG is an amino acid taken to increase oxygenation of blood cells for extra energy.
6. Take one capsule of **ImmPower** twice daily. Fatigue can come from a chronic viral infection. This combination of special mushrooms are known to help combined with regular HT Therapy.

7. To restore adrenal function, take these four supplements twice daily for three months:
   - One half teaspoon of **Liposomal Vitamin C**
   - One capsule of **MSM**
   - One capsule of **Taurine**
   - One capsule of **Squalene**

   Double the dosage in the second week. Then double that dosage in the third week and sustain this dosage for the rest of the three months.

8. Take six drops of **Goleic** once or twice a week. This is a much more powerful but expensive treatment. It can be ordered online at [http://www.GCMAF.eu](http://www.GCMAF.eu).

   I only recommend this last because it is much more expensive than other suggestions. If your budget allows, then this along with other suggested supplements would be a good first pick. It is a new program to restore your immune system by replacing a particular beneficial bacterium called GcMAF that is no longer being produced in the body.

   It only takes three weeks to repopulate the gut but may take longer to fully heal. It has been used effectively to strengthen the immune system to help Chronic Fatigue Syndrome, autism and, in the first week of use, it has repeatedly proven to reduce cancer tumors by 25%. This is not a drug but an important probiotic that assists the immune system to fight viruses in the body.
Increased Muscle Mass

Both high muscle mass or low muscle mass can inhibit brain performance. When the muscles are not nutritionally supported, they tend to rob the brain of the amino acids needed to make brain chemicals. This is one of the reasons boys are so much more vulnerable to ADHD and autism. Boys, in general, have 30% more muscle mass than girls. In addition, girls have more estrogen which increases blood flow to the brain and has been shown to protect isolated neurons in the brain from oxidative stress.

A severe loss of muscle tone can also inhibit energy production. Without sufficient energy the brain is unable to heal. For increasing muscle mass any or all of these supplements added to your morning super food shake coupled with exercise will help. For more information about each suggested product, visit MarsVenus.com/supplements. For more information about increasing muscle mass for improved brain performance, visit MarsVenus.com/muscle-mass.

1. Add two scoops of Collagen Peptides to a Super Foods Shake.
2. Add one teaspoon of Creatine Powder to the Super Foods Shake or as indicated on the container.
3. Add two tablespoons of MCT Oil from coconut to the Super Foods Shake. Note: Gradually increase MCT Oil to the maximum dose of two tablespoons. Decrease dose if bloating or pain occurs due to candida die-off. Then gradually increase again.
4. Take one capsule of PQQ twice daily. This essential nutrient activates genes that promote the formation of new mitochondria.
(energy factories in muscle mass). It has also been shown to promote memory, attention and cognition in maturing individuals.

5. Take one capsule of **Tongkat Ali** twice daily. This natural herb stimulates your body to make more testosterone. For three months, each week, take for five days and then skip two days.
Digestion and Food Sensitivities

For improved digestion and food sensitivities, any or all of these supplements may help. To support brain function, digestion of proteins, fats and carbohydrates is essential. Depending on the severity of your condition, you may only need to apply a few of the suggestions below. You may also combine these suggestions with the Heavy Metal Detox diet listed above. For more information about each suggested product, visit MarsVenus.com/products. For more information about digestion and food sensitivities, visit MarsVenus.com/digestion.

1. Make a special Lemon Cleanse Drink and take 20 minutes before each meal or meal replacement shake. Mix together the following ingredients:
   - One teaspoon of Mars Venus Super Cleanse
   - One teaspoon of Probiotics
   - One scoop of Collagen Peptides
   - One scoop of Acetyl-L-Carnitine
   - One teaspoon of MCT Oil. Gradually increase MCT Oil to a maximum of one tablespoon. Decrease the amount if bloating or pain occurs due to candida die-off. Then gradually increase again.

2. Take two capsules of Digestive Enzymes 20 minutes before each meal or meal replacement shake.
3. Take one capsule of **Aloe Vera Polymannose Complex** before each meal or meal replacement shake to help heal the gut and strengthen cell membranes.

4. Take one capsule of **Resveratrol** 20 minutes before meals or meal replacement shake to help heal food allergies.

5. Take one capsule of **4-Constipation** before bed every night.

6. Temporarily go off pasteurized milk products, soy, corn, bread and other gluten products, sugar and other simple carbohydrates, as well as packaged foods with preservative and food coloring. Simply eat real foods like meat, chicken, fish, vegetables, salads, and fruit. As symptoms are healed after weeks or several months, gradually reintroduce one food category at a time and wait a couple of days to see if symptoms return. After testing all food categories this way, wait a few months to test if you can reintroduce the food. Sometimes food allergies are healed this way and you can reintroduce offending foods.
Irritable Bowel Syndrome
And Candida Control

Inflammation in the gut is always associated with inflammation in the brain. Irritable bowel syndrome includes symptoms of chronic abdominal pain, discomfort, bloating and diarrhea or constipation. This is usually accompanied by an overgrowth of candida in the gut. Any or all of the suggested products may help irritable bowel syndrome and control candida. Depending on the severity of your condition, you may only need to apply a few of the suggestions below. For more information about each suggested product, visit MarsVenus.com/supplements. For more information about irritable bowel syndrome and candida control, visit MarsVenus.com/candida.

1. Follow all of the guidelines and suggested supplements for Digestion and Food Sensitivities.
2. Take one 2-AEP Membrane Support 20 minutes before every meal or meal replacement shake.
3. Take one teaspoon of Colloidal Silver first thing in the morning at least ten minutes before other supplements, in the afternoon on an empty stomach and before bed. Six half-droppers equals one teaspoon.
4. Follow the homeopathic protocol suggested by Dr. Salar for gastritis, worms and parasites. This can be purchased at http://www.homeopathicwonders.com.
5. Take six drops of **Goleic** once or twice a week before bed. Hold in mouth for 90 seconds. Do not drink fluids for one and half hours after taking. This is a much more powerful but expensive treatment. Take twice a week if you can afford the cost. It can be ordered online at [http://www.GCMAF.eu](http://www.GCMAF.eu).

I only recommend this last because it is much more expensive than other suggestions. If your budget allows, then this along with other suggested supplements would be a good first pick. It is a new program to restore your immune system by replacing a particular beneficial bacterium called GcMAF that is no longer being produced in the body.

It only takes three weeks to repopulate the gut but may take longer to fully heal. It has been used effectively to strengthen the immune system to help Chronic Fatigue Syndrome, autism and, in the first week of use, it has repeatedly proven to reduce cancer tumors by 25%. This is not a drug but an important probiotic that assists the immune system to fight viruses in the body.
Strong Bones, Thicker Hair
And Less Wrinkles

Efficient calcium absorption helps promote strong bones, thicker hair, reduced wrinkles and it is also required for your memory. For bone health, thicker hair and less wrinkles, any or all of the following supplements may help. For more information about each suggested product, visit MarsVenus.com/supplements. For more information about strong bones, thicker hair and less wrinkles, visit MarsVenus.com/bones.

1. Take one capsule of **Biosil** twice daily. This has proven to be more effective than drugs for strong bones and it has no side effects.
2. Take two **Super Minerals** twice daily.
3. If indicated by your other symptoms, follow suggestions for Blood Sugar Issues, Women’s Hormone Balance or Irritable Bowel Syndrome. High blood sugar depletes the bones of calcium. Hormone imbalance of progesterone and estrogen weakens bones. Irritable bowel is linked to vitamin D deficiency, which inhibits calcium absorption in the bones.
Hormone balance is essential for supporting memory and focus. For supporting healthy hormone balance in women, any or all of these suggestions and supplements may help. They are particularly good for PMS, hot flashes and a good night’s sleep. Hot flashes result from low estrogen levels in the brain. Low estrogen is linked to a slowdown in the speed of brain processing, memory loss, insomnia and depression. Rather than replace hormones, these suggestions support healing your body to make its own healthy hormones. Depending on the severity of your condition, you may only need to apply a few of the suggestions below. For more information on relationship skills to stimulate healthy hormones read my book, *Venus On Fire, Mars On Ice*. For more information about each suggested product, visit [MarsVenus.com/supplements](http://MarsVenus.com/supplements). For more information about women’s hormone balance, visit [MarsVenus.com/women-hormones](http://MarsVenus.com/women-hormones).

1. Take one capsule of *Mars Venus RX-W* 10 to 20 minutes before meals for as long as needed. This supplement contains three traditional Korean herbs proven to stop hot flashes and reduce PMS symptoms for many women and balancing hormone production.
2. Add one tablespoon of *Maca Powder* to the Super Foods Shake or a glass of diluted apple juice. My wife loves this one and it stopped her hot flashes.
3. Take one capsule of *Vitamin* for increased production of progesterone and one capsule of *5-HTP* twice daily.
4. Take one capsule of **Hormone Balance** 10 to 20 minutes before each meal. This all-natural supplement contains extracts from flax, fruits and tubers designed to assist the body in making it’s own hormones.

5. Optional three-month healing program: Take two capsules of **Myomin** before meals or meal replacement shakes. Myomin contains three Chinese herbs to assist detoxifying the liver of hormone disruptors to support hormone production.

Women’s Libido

Fulfilling romance and sex can directly lower a woman’s stress levels and reduce oxidative stress in the brain. For increasing a woman’s libido, any or all of these supplements may help. For more information about each suggested product, visit MarsVenus.com-supplements. For more information about women’s libido, visit MarsVenus.com/female-libido.

1. Follow the instructions above for Women’s Hormone Balance.
2. Take two capsules of Lithium Orotate twice daily. Low dose, lithium orotate is the most powerful natural stimulator of oxytocin. Oxytocin lowers a woman’s stress levels and increases her sexual response.
3. For increased pleasure and interest in sex use an herbal lubricant to restore vaginal health. Due to stress and hormonal imbalance, as a woman ages, pleasure during sex may decrease as her vaginal walls become thinner. Regular application at night for three weeks can restore vaginal health.
4. For increased responsiveness and pleasure, take one capsule of Brain Sharpener two hours before having sex.
5. For increased responsiveness and interest, take one capsule of Optimized Saffron daily before meals and 2-4 capsules two hours before sex.
6. One half lozenge of Neo 40 twice daily to improve blood flow to the genitals and one whole lozenge two hours before sex.
7. Take one capsule of **Tongkat Ali** daily and one extra capsule an hour before sex. Tongkat Ali helps to boost testosterone levels which for women can increase their interest in sex.
Natural Testosterone Boosters

For Men

For men’s hormone balance, any or all of these natural testosterone boosters may help. Lowering estrogen levels and boosting dopamine and testosterone levels can make a man feel younger again as well as reduce belly fat. Healthy dopamine and testosterone levels are essential to recharging a man’s brainpower. Depending on the severity of your condition, you may only need to apply a few of the suggestions below. For more information about each suggested product, visit MarsVenus.com/supplements. For more information about the benefits of natural testosterone boosters for men, visit MarsVenus.com/testosterone.

1. Take two or three capsules of Tongkat Ali daily. This natural herb stimulates your body to make more testosterone. For three months, each week, take for five days and then skip two days.

2. Take two or three capsules of Myomin, 10-20 minutes before meals or meal replacement shakes for three months to reduce estrogen levels. Estrogen causes fat to be stored in the belly. When Myomin is combined with exercise, many men over 40 report a decrease in belly fat and improved prostate function.

3. Add one tablespoon of Maca Powder to the Super Foods Shake.

4. Take one Brain Sharpener daily, 10-20 minutes before meals or meal replacement shakes.

5. Take one Hormone Balance daily, 10-20 minutes before meals or meal replacement shakes.
6. Take one **4-Endocrine** daily, 10-20 minutes before meals or meal replacement shakes.
7. For long term overall anti-aging and hormone balance, take two capsules of **Product B** twice daily.
Men’s Libido and Stamina

Regular sex is one of best ways to sustain youthful brain function. For men’s libido, stamina and solid erections without the need for drugs like Viagra or Cialis, any or all of these supplements may help. Depending on the severity of your condition, you may only need to apply a few of the suggestions below. For more information about each suggested product, visit MarsVenus.com/supplements. For more information about increasing a man’s interest in sex as well as increasing stamina in sex, visit MarsVenus.com/mens-libido.

1. Follow the suggestions in Appendix One and the suggestions for Natural Testosterone Boosters.
2. Take one capsule of Brain Sharpener one or two hours before sex.
3. Take two capsules of Vitex one or two hours before sex. Vitex is greatly misunderstood. It has the effect of lessening ones interest in addictive sex and porn but increases interest in having personal and intimate sex.
4. Take two capsules of Tongkat Ali one or two hours before sex.
5. Take one lozenge of Neo 40 once or twice daily. Neo 40 is a natural extract from red beets that increases nitric oxide production to increase circulation to the genitals.
6. To occasionally last longer during intercourse, follow the suggestions above and take two to four capsules of Gabatrol four hours before sex. For some people, Gabatrol may make you sleepy
so it needs to be combined with a cup of tea or coffee. For more suggestions go to [MarsVenus.com/extend](http://MarsVenus.com/extend).

**A Good Night’s Sleep**

Less than seven hours of sleep has been shown in studies to impair memory by 30%. Sleep is the ultimate hormone producer. Chronic disturbances in sleep can interfere with both brain healing and balanced blood sugar. The following suggestions can help insure a good night’s sleep almost every night.

1. Exercise or go for a walk first thing in the morning after drinking the Lemon Cleanse Drink and two [Super Minerals](http://). Mix together the following ingredients:
   - One teaspoon of [Mars Venus Super Cleanse](http://)
   - One teaspoon of [Probiotics](http://)
   - One scoop of [Collagen Peptides](http://)
   - One scoop of [Acetyl-L-Carnitine](http://)
   - One teaspoon of [MCT Oil](http://). Gradually increase MCT Oil to a maximum of one tablespoon. Decrease the amount if bloating or pain occurs due to candida die-off. Then gradually increase again.

2. If you are waking up in the night and can’t get back to sleep, this may be due to a sudden drop in blood sugar, which in turn spikes cortisol. Follow the instructions previously listed for balancing blood sugar.
3. If you are getting up in the night to use the bathroom, take two capsules of **Flower Pollen** a few hours before sleep. Try to minimize drinking water two hours before going to sleep.

4. A forty minute bath with one or two cups of Epson salts and low lights before bed will make all the difference until you set up a healthy routine or habit of falling asleep for at least 7 hours of uninterrupted sleep. To prevent boredom, listen to a recorded book.

5. For men, **Prostate Plus** contains natural ingredients known to increase urine flow as well as prevent the need to use the bathroom during your sleep time.

6. Rotate the use of **Tranquil Sleep** and **Muscle Relax** to set up a good habit of going to bed and waking up at the same time every day. Each of these supplements works in different ways. By alternating them you can prevent your brain from becoming dependent on one. Set your goal to not depend on them but to use them to create the habit of sleeping through the night. Then keep them around to use when you are traveling and have to deal with falling asleep in a different time zone or on a long flight. The less you use them, the better they work when you really need them.
Freedom From Drugs and Sickness

For a more in depth understanding of the many benefits of natural supplements go to MarsVenus.com/health-blogs. There are free video health blogs exploring natural solutions for a wide range of condition from allergies and headaches to colds to constipation. With greater insight, you can minimize or even eliminate the need for prescription and over-the-counter drugs. With this knowledge, you can access your power to choose a lifetime of health, happiness and love.
Appendix Four

Suggested Behaviors
To Recharge Your Brainpower

Recharging your brainpower demands that you stop producing oxidative stress in your brain. In Chapter Four, we discussed the many ways you may be causing oxidative stress. The next step is to reset the brain while it has a chance to heal. Good nutrition and supplements are required but we also need certain types of positive stimulation to fully utilize the good nutrition.

Once the brain is reset, then it becomes easy to release old limiting habits, patterns and addictions and replace them with new more supportive patterns of thinking, feeling and acting. We will explore this next step in the process of transformation in Book Two of Staying Focused In A Hyper World. But for now, to first reset the brain, we need good nutrition and positive mental, emotional, sensory and physical stimulation.

Mental stimulation: Practice some form of meditation or prayer on a regular basis. Regular meditation or prayer is an opportunity to strengthen your ability to effortlessly direct your attention according to your will rather than becoming restless, distracted, overwhelmed or over-reactive. With practice, due to brain plasticity, you are literally
increasing the neural connections in your brain between the prefrontal cortex (will) and the limbic system (automatic reactions.) With this increased neural connection, along with the right nutritional support, you can heal the injury in the nucleus accumbens caused by oxidative stress and restore access to your full mental potential.

In Book Two of Staying Focused In A Hyper World, we will explore a range of meditative techniques to increase brain performance according to your unique temperament. Some people have difficulty meditating because they assume they must close their eyes and sit still. There are different forms of meditation for your unique temperament that do not involve sitting still.

In the meantime, a powerful meditation practice can be just setting aside five to ten minutes before bed to reflect on what you did that day, what you learned, and what you are grateful for. In addition, another helpful meditation is simply taking a few minutes in the morning to review what you plan to do, how you want to feel and what you are grateful for.

For children, a set routine of reading positive and uplifting books can help. Even better, to improve sleep and behavior, give children a 30-40 minute Epson salt bath. Increase the water temperature after 10 minutes from 101 to 103 degrees Fahrenheit. Read them stories, sing songs or read prayers at night. A little hydrothermal therapy as discussed in Chapter Twelve can help everyone and not just children with autism.

Reading before bed is also helpful for adults. You determine your destiny by the people you surround yourself with and sleep with. Even by reading or listening to positive and inspiring books, you are
connecting with those authors and getting the benefit of their company. Take a course or class in something that interests you so that you are learning something new along with others. Join me or my daughter, Lauren Gray, every day at MarsVenus.com. We make uplifting video blogs for creating a lifetime of love, happiness and health. If you need answers to your particular relationship challenges, sign up for an Email Advice Package at MarsVenus.com/lauren.

**Emotional Stimulation:** Make sure you surround yourself with friends and people who care about you. Set up a regular routine at least once or twice a month to participate in a support group of some kind to share with like-minded people to grow in mutual friendship. Make sure all your friends are not only digital friends online. Practice journaling your emotional experiences. Make a gratitude journal or practice the love letter technique as described in my book *What You Feel You Can Heal.*

If you are going through a stressful or difficult time, talk with a coach or counselor to share the thoughts and feelings that may be difficult to share with your friends. Take transformational seminars and workshops. Join me at one of my *Soul Mate Seminars* in California. Talk to a Mars Venus Life Coach or talk on the telephone to a Mars Venus Relationship Coach. For more information on seminars and coaching, visit MarsVenus.com/seminars and MarsVenus.com/coaching.

**Sensory Stimulation:** Make sure to listen to uplifting music every day. Feel the warmth of the sun on your skin as much as possible.
Direct sunshine produces Vitamin D, which in turn reduces oxidative stress. If you get burned easily, then take astaxanthin capsules and you will not burn with moderate sun exposure (20 to 40 minutes).

Get a regular massage or if you have a willing partner have regular sex at least once a week. These activities and lots of hugs are major oxytocin producers to help lower stress, particularly for women. For men, sex is a bit more important because it also stimulates both dopamine and testosterone. Testosterone is the key hormone for lowering stress in men.

If you are not drawn to sensory pleasing touch or sensation, taking lithium orotate or pine nut oil will jump-start your ability to enjoy touch, just as taking astaxanthin increases your ability to enjoy the pleasure of the sun bathing. In a similar way, taking Tongkat Ali increases testosterone levels, which in turn increases your ability to enjoy sex and regular exercise.

As I have already mentioned, Internet porn and impersonal sex increase oxidative stress and ADHD, while sex with a partner you know and love creates a different set of hormones that reduces oxidative stress in the brain. Impersonal sex spikes dopamine, testosterone and decreases prolactin levels similar to taking heroin while personal sex increases oxytocin, increases prolactin levels and allows one to fully relax, decreasing oxidative stress.

Take time to enjoy your foods and make sure to spend time in nature at least twice a week. Healthy sensory stimulation leaves you satisfied while over stimulation leaves you wanting more. Plan activities that will stimulate you with at least one new experience every week. For couples this can be a date night.
Physical Stimulation: Exercise, exercise and exercise is necessary for healthy brain function and longevity. A minimum of thirty minutes, three times a week is required. Physical movement is the foundation for brain health. More is even better. Yet, many people who do exercise don’t get the full benefit of exercise because they don’t take the time to rest and relax afterwards. This recovery period is just as important as the exercise.

The recovery period after exercise is just as important as the exercise.

Intermittent exercise is the best exercise to reduce oxidative stress. For best results, follow these simple instructions.
1. Walk or exercise for two to five minutes.
2. Then for twenty seconds increase the intensity of exercise to the max without hurting yourself.
3. Then relax and allow yourself to be out of breath. You can simply sit down and relax or adjust your exercise to a very low intensity for two to four minutes. During this time, avoid the temptation to take a deep inhale which stops you from being out of breath.
4. That’s all there is to it. This is one cycle. For best results do a total of two to six cycles.
After exercise, avoid the temptation to take a deep inhale which stops you from being out of breath.

During the two to four minute recovery period, allow the state of being out of breath to naturally return to normal breath. I call this state of being out of breath and gradually returning to normal breath your “recovery breath.”

As long as your exhale is automatically longer than your inhale, you are experiencing your body’s natural recovery breath; at this time your body is reducing oxidative stress and producing repair enzymes vital for your brain health and vitality.

When the exhaled breath gradually becomes shorter and equal to the inhaled breath, it is time to resume your exercise once again for two to five minutes. Then push yourself to the max for twenty seconds. Then relax and experience your recovery breath for two to four minutes. This recovery breath needs to be automatic. In the beginning, it may only be two minutes and that is still helpful. As you learn to fully relax your mind and body while experiencing the automatic recovery breath, it will eventually extend to four minutes.

Being out of breath is the most important part of exercise. Over time, gradually increase to six cycles. Intermittent exercise should only be done twice a week for maximum results. Even once a week will have profound benefits. In addition, normal exercise or walking for extended periods of times is recommended.
Being out of breath
is the most important part of exercise.

Sometimes we need extra help to break out of our sedentary habits. If you are not exercising, then get a coach or a walking buddy who will inspire you to exercise. Or even get a dog so that you have to go for a walk every day. For extra fun, check out my Isoflex Exercise Video at MarsVenus.com/Isoflex. It focuses on easy exercises for brain health, hormone balance and increasing strength.

If you have had a lifetime of ADHD or if your symptoms are severe, then learning the brain stimulating movements developed by Anat Baniel may dramatically help to reset your brain in a much shorter period of time. For more information about the Anat Baniel Method go to http://www.anatbanielmethod.com.
Appendix Five

Official Disclaimer

As with any book regarding health, the authors are required to remind you that their ideas or the studies they quote are for your information only and not intended to diagnose, prevent or cure any disease you may have. The information in this book is to educate you so that you can make your own conclusions or decisions regarding your health and happiness.

Besides being a relationship expert for the last forty years, I am a writer and researcher and have taught popular and professional seminars on health for over twelve years. Any suggestions that I make are my opinion only and are based on my personal experience. This book is designed to give you an alternative perspective for your health particularly when it comes to non-drug solutions for mental performance, memory and the brain condition commonly expressed and identified as ADHD.

Any radical changes you make to your diet or exercise regime should be reviewed by your health care provider or trusted health advocate. I have done my best to provide easy solutions that anyone can apply to feel happier, healthier and more focused.

This, however, presents a new challenge. When taking certain drugs it is not always safe to become healthier. If you are taking a blood thinner and you became healthier, then it would be unsafe to continue taking the same dose of your blood thinner. The blood thinner works for thick blood to become thinner, but it will also make healthy blood too thin, which is
dangerous to your health. In this case, the choice is yours. Do you want to be healthier and live a long healthy life or stay sick and continue depending on drugs with all their known side effects?

When you are taking some drugs,

it is not safe to become healthier.

The same is true for diabetics who take insulin. If you become healthier, it could be dangerous to continue taking the same amount of insulin. Insulin, which lowers blood sugar levels, is only safe to take if you have unhealthy high blood sugar levels. If your blood sugar levels become healthy again, then taking insulin would make them drop too low. With natural solutions, as you find your way back to healthy blood sugar levels, it is important that you closely monitor your blood sugar levels to gradually lower your dose of insulin.

A major part of healing the brain and preventing memory loss is balancing blood sugar without the need for insulin. Most people today are surprised to hear that the number one risk factor for dementia and Alzheimer’s disease is high blood sugar levels, whether you have diabetes or not. Researchers are now calling Alzheimer’s disease “diabetes of the brain.” To achieve optimal brain performance and overcome the challenges of memory loss and ADHD, gradually giving up the need for drugs is essential.

The number one risk factor for dementia and Alzheimer’s disease is high blood sugar levels.
While blood thinners and insulin are dangerous if you become healthier; the other prescription drugs, to different degrees, interfere with your brain’s ability to heal. For example, if you are taking Lipitor, or any other statin drug for lowering cholesterol, your chance of dementia or Alzheimer’s increases.

A variety of studies have discovered that high cholesterol levels are necessary for long life and healthy brain function. And yet, Lipitor is still the bestselling drug in the history of pharmaceuticals. During the writing of this book, after 14 years of ignoring reports of memory loss and confusion from the use of Lipitor, the FDA expanded their advice on the risks. The FDA is finally advising consumers and health care professionals “that cognitive impairment, such as memory loss, forgetfulness and confusion, has been reported by some statin users.” In addition, “people being treated with statins may have increased risk of raised blood sugar levels and the development of Type 2 diabetes.”

After 14 years, the FDA admits
Lipitor may cause cognitive impairment.

The natural solutions presented in this book can help you to heal the body and brain. Drugs do not and cannot heal. They can only suppress symptoms while producing unwanted side effects. Drugs can, however, give you more time to find natural solutions that will work for you.

If you are already drug-free in your search for optimal brain performance, the natural solutions will work more quickly. They can also work as you gradually reduce your drug use. It just takes longer.
The process of decreasing your drug use is a question for your drug provider. For each person, according to his or her background, the protocol may be different. Your health care provider should know the seriousness of decreasing the use of a particular drug.

In approaching your provider, don’t be surprised if they are a bit resistant to reducing the use of your drugs. Certainly they want to help but they believe they are already giving you the best solution. In most cases, if your doctor already understood natural solutions, then they would have suggested them.

The ideas in this book are new and cutting-edge, so most doctors have not yet heard of them. In approaching your doctor with changes you want to make, avoid asking for permission, but instead share your intention to use a natural solution and then ask what protocol they would suggest in going off the medications you are taking.

**Most of the ideas in this book are new and cutting-edge, so most doctors have not yet heard of them.**

If you ask doctors for permission, most are legally liable and can be sued if they don’t follow their standard drug protocols. In some hospitals, doctors can lose their license or job for recommending alternative, natural, drug-free solutions. Even if they felt legally free to give their own advice, it would be irresponsible to suggest anything “new” that they have not worked with or have any updated knowledge of.

**Doctors can lose their license or job for recommending natural, drug-free solutions.**
Doctors may not know about the new solutions but they do know the problems you may encounter going off a drug. Suddenly stopping a particular drug can sometimes be more dangerous than continuing to take the drug. Reducing your drug use may take weeks to many months, depending upon your condition and how long you have been taking the drugs.

Unlike conventional doctors, most “complementary doctors,” who have also studied nutrition and other forms of healing, will be happy to hear that you are taking responsibility for your brain and body with extra nutrition. In most cases, they will suggest gradually reducing the use of drugs as your health improves.

To the best of my knowledge, every recommendation I explore in this book, unless noted, is completely compatible with any drug you may be taking except blood thinners and insulin. In the process of getting healthier, you need to carefully monitor the appropriate use of these drugs.

Discussing new ideas to improve your health with conventional doctors is your choice but keep in mind new natural solutions are not a part of their training. Their standard advice is to say “eat a good diet and get regular exercise.” This is certainly good advice but it is not enough.

It is not enough to say,
“Eat a good diet and get regular exercise.”

Keep in mind that just because your doctor is not aware of a natural, drug-free solution, it doesn’t mean it will not work. There may not be a double-blind study to validate every natural protocol but that does not mean
they are ineffective. There are now hundreds of studies showing the benefits of natural supplements to improve memory and heal ADHD while also improving brain performance at any age. Double-blind studies are not always necessary to validate a treatment. For example, there have been no double-blind studies on heart surgeries and yet they save lives every day. And there are no double-blind studies on the benefits or side effects from combining four or five different drugs, which is commonly done everyday.

There are no double-blind studies that validate heart surgery.

Throughout this book, we have refrained from using the word “cure” and instead used the word “heal.” This is actually more appropriate because a “cure” implies that a condition will never come back. Using the term “healing” is more accurate because once the condition that creates “dis-ease” in the brain or body is corrected or “healed,” it may be recreated at any time, if we do not stop the very things that caused the condition in the first place.
John Gray’s newest book

*Staying Focused In A Hyper World*

is available at

[**MARS VENUS.com**](http://www.marsvenus.com)
Appendix Six

Notes and References

Preface

1. “Did you know that one out of ten American children have been diagnosed with ADHD?”
   A. Reference from Associated Press quoting the Center For Disease Control in 2011 printed in USA Today, November 22, 2013.
   “More than half of these children are diagnosed (with ADHD) by 6 years old. ADHD has been increasing every year. Nearly one in every five high school-age boys has received a medical diagnosis of ADHD. 11% of school-age children have been diagnosed.”
   C. http://www.nytimes.com/2013/04/01/health/more-diagnoses-of-hyperactivity-causing-concern.html?pagewanted=all&_r=0

2. Did you know that one out of nine students in America today seriously contemplate suicide every year?
Reference from NBC news: “Half of college students consider suicide”
http://www.nbcnews.com/id/26272639/ns/health-mental_health/t/half-college-students-consider-suicide/#.U1qcEZG4rRo
“The study extrapolated that at an average college with 18,000 undergraduate students, 1,080 of them would seriously contemplate taking their lives in any year, numbers that pose troubling issues for college administrators.”

3. “Did you know that one out of eight American teenagers suffer from depression?”
Reference from ABC news: “Teen Sadness May Be Depression”
Andrew Colton, May 2
http://abcnews.go.com/Health/story?id=117478
“One out of every eight teens suffers from depression, a condition so serious it leads 5,000 teens in the United States to commit suicide each year.”

4. “Did you know that one out of seven American women over 55 will develop dementia?”
Reference from Institute for Dementia Research & Prevention: “FAQ”
http://idrp.pbrc.edu/faq.htm
“In the US there are believed to be at least 5 million individuals with age-related dementias. In Louisiana there are at least 100,000 individuals with age-related dementia. These numbers will only to continue to rise with the aging of the US population. It is estimated that 1 in 6 women, and 1 in 10 men, who live past the age of 55 will develop dementia in their lifetime.”
5. “Did you know that one out of six American children have a developmental disability?”

Reference from CDC: Autism Spectrum Disorder
http://www.cdc.gov/ncbddd/autism/data.html

“All about 1 in 6 children in the United States had a developmental disability in 2006-2008, ranging from mild disabilities such as speech and language impairments to serious developmental disabilities, such as intellectual disabilities, cerebral palsy, and autism.”

6. Did you know that one out of five Americans suffer from a mental disorder in a given year?

Reference by The Science of Mental Illness and the Brain

“According to recent estimates, approximately 20 percent of Americans, or about one in five people over the age of 18, suffer from a diagnosable mental disorder in a given year.”

“About 5 percent of adults are affected so seriously by mental illness that it interferes with their ability to function in society. These severe and persistent mental illnesses include schizophrenia, bipolar, depression, panic disorder, and obsessive-compulsive disorder.”

7. Did you know that one out of four children in America have been bullied or attacked?

Reference from Bullying Statistics: “2009”
http://www.bullyingstatistics.org/content/bullying-statistics-2009.html
8. “Did you know that one out of three adults over seventy suffer significant memory loss?”

Reference from Duke University Medical Center: “How common is memory Loss?” Sharon O'Brien
http://seniorliving.about.com/od/alzheimersdementia1/a/memory_impairme.htm

“If you're over age 70 and have occasional memory lapses, you're not alone. More than a third of people over age 70 have some form of memory loss, according to a national study.

Researchers at Duke University Medical Center, the University of Michigan, the University of Iowa, the University of Southern California and the RAND Corporation report that while an estimated 3.4 million Americans have dementia, which they define as a loss of the ability to function independently, an additional 5.4 million people over age 70 have memory loss that “disrupts their regular routine but is not severe enough to affect their ability to complete daily activities.”

9. “Did you know that one out of two adults over 85 have Alzheimer’s disease?”

Reference from Alzheimer’s Association: “Did You Know?”

“One out of eight people age 65 and older has Alzheimer’s Disease and nearly one out of two people over the age 85 have the disease or a related disorder.”
10. “Did you know that one out of 42 boys is diagnosed with autism?”

Reference from CDC: Autism Spectrum Disorder
http://www.cdc.gov/ncbddd/autism/data.html

“ASD is almost 5 times more common among boys (1 in 42) than among girls (1 in 189)”

11. “Did you know all of these statistics are increasing every year?”

A. Reference from CDC: “Mental Health Surveillance Among Children”

“This study reported a 24% increase in inpatient mental health and substance abuse admissions among children during 2007–2010.”

B. Reference from Alzheimer’s Society: “Demography”

“The number of people with dementia is steadily increasing.”

C. Reference from CDC: “ADHD Estimates Rise”
http://www.cdc.gov/media/dpk/2013/dpk-ADHD-estimates-rise.html

“Two million more children in the United States have been diagnosed with attention-deficit/hyperactivity disorder (ADHD) and one million more U.S. children were taking medication for ADHD over an 8 year period (2003-2004 to 2011-2012), according to a new study.”
12. “Mental illness is thirty-five times more common today than thirty years ago.”

Reference by Robert Whitaker author of *Anatomy Of An Epidemic*, an in-depth look at the rise of mental illness in America.

http://robertwhitaker.org/robertwhitaker.org/Anatomy%20of%20an%20Epidemic.html

“In 1955, there were 355,000 adults in state and county mental hospitals with a psychiatric diagnosis. During the next three decades (the era of the first generation psychiatric drugs), the number of disabled mentally ill rose to 1.25 million. Prozac arrived on the market in 1988, and during the next 20 years, the number of disabled mentally ill grew to more than four million adults (in 2007.) Finally, the prescribing of psychiatric medications to children and adolescents took off during this period (1987 to 2007), and as this medical practice took hold, the number of youth in America receiving a government disability check because of a mental illness leapt from 16,200 in 1987 to 561,569 in 2007 (a 35-fold increase.)”

13. “More than half of these children are diagnosed before 6 years old.”

Reference from The Journal of the American Academy of Child and Adolescent Psychiatry: “Continued Increases in ADHD Diagnoses and Treatment With Medication Among U.S. Children”

http://www.jaacap.com/webfiles/images/journals/jaac/jaac_pr_53_1_1.pdf

“New study led by the CDC reports that half of U.S. children diagnosed with ADHD received that diagnosis by age 6.”

“According to CDC scientists, children are commonly being diagnosed at a young age. Parents report that half of children diagnosed
with ADHD were diagnosed by 6 years of age, but children with more severe ADHD tended to be diagnosed earlier, about half of them by the age of 4.

**Introduction**

1. “Since that time, studies have been carried out on many of the same ingredients. These studies have proven that specific natural supplements can heal the brain.”


   “Virtually all of the problems associated with Parkinson's disease and L-dopa are caused by the numerous relative nutritional deficiencies that are brought about by the disease or develop in the course of standard L-dopa treatment. These nutritional deficiencies and their management were only defined in recent years by the medical research project of Marty Hinz, MD. Addressing these nutritional deficiencies properly achieves optimal results and stops progression of the disease in its tracks.”

   B. Reference from Alvin Stein, MD: “Parkinson’s Disease”

   http://www.neurosciencemyths.com/Parkinson's-disease.htm

   “Even patients with severe Parkinson's disease can ultimately expect significant improvement with this approach. Patients can expect that their Parkinson's disease pills will not stop working during treatment, something that is currently a problem in conventional treatment. Patients can also expect to halt or drastically slow the progression of the disease.”
3. “It is estimated that one out five Americans suffers from a diagnosable mental disorder in a given year.”

A. Reference by The Science of Mental Illness and the Brain

   “Consider the following statistics to get an idea of just how widespread the effects of mental illness are in society:

   1. According to recent estimates, approximately 20 percent of Americans, or about one in five people over the age of 18, suffer from a diagnosable mental disorder in a given year.

   2. Four of the 10 leading causes of disability—major depression, bipolar disorder, schizophrenia, and obsessive-compulsive disorder—are mental illnesses.

   3. About 3 percent of the population has more than one mental illness at a time.

   4. About 5 percent of adults are affected so seriously by mental illness that it interferes with their ability to function in society. These severe and persistent mental illnesses include schizophrenia, bipolar disorder, depression, panic disorder, and obsessive-compulsive disorder.

   5. Approximately 20 percent of doctors’ appointments are related to anxiety disorders such as panic attacks.

   6. Eight million people have depression each year.

   7. Two million Americans have schizophrenia disorders, and 300,000 new cases are diagnosed each year.”

http://abcnews.go.com/blogs/health/2012/01/19/1-in-5-americans-suffer-from-mental-illness/

“One in five Americans experienced some sort of mental illness in 2010, according to a new report from the Substance Abuse and Mental Health Services Administration. About 5 percent of Americans have suffered from such severe mental illness that it interfered with day-to-day school, work or family.”

“Women were more likely to be diagnosed with mental illness than men (23 percent of women versus 16.9 percent of men), and the rate of mental illness was more than twice as likely in young adults (18 to 25) than people older than 50.”

4. “The outcome of using prescribed drugs to treat mental illness is a shocking increase of 35 times more mental illness in 30 years. “


Hundreds of studies can be found in his book or website to back up his analysis of the shocking failure of prescribed drugs for mental illness and ADHD. For those who want all the technical specifics and history his book is an eye opening excellent read. Here is brief summary from his website:

“About the Book”

Anatomy of an Epidemic investigates a medical mystery: Why has the number of adults and children disabled by mental illness skyrocketed over
the past fifty years? There are now more than four million people in the United States who receive a government disability check because of a mental illness, and the number continues to soar. Every day, 850 adults and 250 children with a mental illness are added to the government disability rolls. What is going on?

**The Mystery**

The modern era of psychiatry is usually said to have begun with the introduction of Thorazine into asylum medicine in 1955. This kicked off a “psychopharmacological revolution,” or so our society is told, with psychiatry discovering effective drugs for mental disorders of all kinds. In 1988, the first of the “second-generation” psychiatric drugs, Prozac, was introduced, and these new drugs were said to represent another therapeutic advance. Yet, even as this “psychopharmacological revolution” has unfolded over the past 50 years, the number of people disabled by mental illness has soared.

In 1955, there were 355,000 adults in state and county mental hospitals with a psychiatric diagnosis. During the next three decades (the era of the first generation psychiatric drugs), the number of disabled mentally ill rose to 1.25 million. Prozac arrived on the market in 1988, and during the next 20 years, the number of disabled mentally ill grew to more than four million adults (in 2007.) Finally, the prescribing of psychiatric medications to children and adolescents took off during this period (1987 to 2007), and as this medical practice took hold, the number of youth in America receiving a government disability check because of a mental illness leapt from 16,200 in 1987 to 561,569 in 2007 (a 35-fold increase.)

**The Investigation**
The astonishing increase in the disability numbers during the past fifty years raises an obvious question: Could the widespread use of psychiatric medications, for one reason or another, be fueling this epidemic? *Anatomy of an Epidemic* investigates that question, and it does so by focusing on the long-term outcome studies in the research literature. Do the studies tell of a paradigm of care that helps people get well and stay well over the long-term? Or do they tell of a paradigm of care that increases the likelihood that people diagnosed with mental disorders will become chronically ill?

**The Documents**

This website is designed to provide readers of *Anatomy of an Epidemic* with access to the key studies reviewed in the book.”

5. The fact that both identical twins in a pair don’t develop the same disease 100% of the time indicates that other factors are involved.

Reference from Genetic Science Learning Center : “Insights From Identical Twins”

[http://learn.genetics.utah.edu/content/epigenetics/twins/](http://learn.genetics.utah.edu/content/epigenetics/twins/)

“To illustrate, for twins with schizophrenia, 50% identical twins share the disease, while only about 10-15% of fraternal twins do. This difference is evidence for a strong genetic component in susceptibility to schizophrenia. However, the fact that both identical twins in a pair don't develop the disease 100% of the time indicates that other factors are involved.”

**Chapter One:  Focus**
1. “In epidemic proportions, more children at school are falling behind.”

Reference by PBS, Bill Moyers on http://billmoyers.com/episode/full-show-neil-degrasse-tyson-on-science-literacy/

“…Our Secretary of Education, Arne Duncan, calls it “educational stagnation.” Consider this, PISA tests, tests that measure critical thinking in science, math, and reading among high school students in different countries, show that our students aren’t doing so well.

In math, students in 33 other countries, including Ireland, Poland, Latvia, the United Kingdom and the Czech Republic, did better than American students. In science, students in 24 countries including Poland, Ireland, and the Czech Republic were ahead of ours. And in reading, our best subject, kids in 21 countries outdid the Americans.

The hard truth, says Secretary Duncan, is that the United States is not among the top performing comparable countries in any subject tested by PISA. That’s bad news for our students and the country.”

2. “ADHD is now the most commonly studied and diagnosed psychiatric disorder in children and adolescents.”

Reference from Wikipedia: ADHD
http://en.wikipedia.org/wiki/Attention_deficit_hyperactivity_disorder

3. “Researchers have found that the brains of children with ADHD are actually different from children without ADHD.”

A. Reference from the National Institute Of Mental Health: “Brain Changes Mirror Symptoms in ADHD”
The severity of attention-deficit hyperactivity disorder (ADHD) symptoms in youth appears to be reflected in their brain structure, recent NIMH-supported brain imaging studies are finding. In one study, researchers found that the front part of the brain’s memory hub, the hippocampus, tended to be enlarged in ADHD, particularly in children with fewer symptoms. They suggest that such changes might develop as a compensatory response that helps the child cope with the impatience and stimulus-seeking problems of the disorder.”

“The researchers also found that parts of an emotion-processing hub, the amygdala, were smaller in children with the disorder. The diminished size had a significant and positive correlation with severity of ADHD symptoms. In those with the disorder, researchers also observed poor connections between the amygdala and the prefrontal cortex, which could contribute to problems with impulse control and goal-directed behaviors.”

“… to study this, researchers scanned the brains of 163 children with ADHD and 166 healthy controls, averaging about 9 years old. They re-scanned about 60 percent of each group again about 5.7 years later.”

“The ADHD group initially had a thinner cortex, most prominently in frontal areas that control attention and motor activity. These changes turned out to be much greater in patients who showed less improvement at follow-up, about six years later. In children with the best outcomes, an area of the cortex associated with attention (right parietal cortex) had increased thickness and resembled that of healthy peers by follow-up.”
B. Reference from HealthDay News: “ADHD Brain Changes Appear to Persist Into Adulthood” Xavier Castellanos, M.D., University of Pittsburgh School of Medicine, Pa.; November 2011, Archives of General Psychiatry


“Adults who were diagnosed with attention-deficit hyperactivity disorder (ADHD) as children have less gray matter in certain areas of their brains as adults than people who didn’t have ADHD in their youth, researchers say.

“The majority of individuals with ADHD improve in adulthood, but it was still somewhat disappointing to see that even with improvement, there continue to be challenges for those with ADHD,” said the study’s lead author, Dr. F. Xavier Castellanos, a professor of child and adolescent psychiatry at New York University Langone Medical Center in New York City…”

4. “In addition, researchers at the Brookhaven National Laboratory have published a study showing that the use of stimulant drugs to treat ADHD changes the brain making the disorder even worse. Dopamine function in the brain is inhibited by 24%.”

Reference from Play Attention: “Long-Term Use of ADHD Medications Changes Brain Function: What every parent and adult needs to know”


Based on report by: Researchers at Brookhaven National Laboratory
http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0063023
“For many years, dopamine, a neurotransmitter (a brain chemical that transmits a message from a brain cell to another brain cell), was thought to be primary culprit in ADHD. Dopamine plays a major function in the brain as it is responsible for reward-motivated behavior. A plethora of studies have shown rewards increase the level of dopamine in the brain. This is what makes us motivated to get rewarded. Many drugs, including cocaine, Ritalin, and methamphetamine, act by amplifying the effects of dopamine. Too little dopamine means greater distractibility and riskier behavior as the brain constantly seeks ways to increase its dopamine levels.

Researchers at Brookhaven National Laboratory published a study examining levels of dopamine in ADHD patients who had never taken stimulants. They reviewed dopamine transporter density. Transporters actually filter dopamine away from its receptors in the brain. More transporters means less dopamine (and therefore less bang for the reward). Transporter density was determined through PET brain scans.

Initial scans found no differences among their small population of 18 adults who suffered from ADHD but were never treated for it. This group was then treated with Ritalin. After a year, the researchers discovered that dopamine transporter density increased by 24 percent. What this study found was in fact what many parents have discovered during their child’s use of medication; taking ADHD medication may change the brain’s chemistry so that the effects of the medication are reduced over time. To accommodate this, one’s pediatrician or medical doctor will often increase the dosage due to drug tolerance.”
Chapter Two: Natural Solutions for ADHD

1. “…stimulant drugs have certainly helped many millions of children but they also create undesirable short-term and long-term side effects.”

   A. Reference from New York Time: “ADHD.” This article summarizes some of the good and bad long-term and short-term side effects by A.D.A.M.


   B. Reference psychcentral.com. This article summarizes the long-term side effects of ADHD medications. By Jane Collingwood


2. “Even stimulant drug manufacturers admit these drugs have repeatedly failed to heal the condition.”

   Reference from the National Institute of Mental Health


   “Medications treat the symptoms of mental disorders. They cannot cure the disorder, but they make people feel better so they can function.”
Chapter Three: What is ADHD?

1. “ADHD is one of the most common neurodevelopmental disorder diagnosed in children and teens.”
   Reference from the Centers for Disease Control and Prevention (CDC): “Facts About ADHD”

2. “Data published by the Centers for Disease Control and Prevention reveals that in 2011, one out of five boys and one out of 11 girls were diagnosed with ADHD.”
   Reference from the Centers for Disease Control and Prevention (CDC)
   “More than 1 in 10 (11%) US school-aged children had received an ADHD diagnosis by a health care provider by 2011, as reported by parents. 6.4 million children reported by parents to have ever received a health care provider diagnosis of ADHD, including:
   1 in 5 high school boys
   1 in 11 high school girls”

3. “Autism, which often goes hand and hand with ADHD occurs five times more in boys.”
   A. Reference from CDC: Autism Spectrum Disorder
   “ASD is almost 5 times more common among boys (1 in 42) than among girls (1 in 189).”
B. Reference from Psych Central: “ADHD Kids Often Show Autistic Traits”

C. “Children with attention-deficit hyperactivity disorder (ADHD) often exhibit autistic traits, which can lead to even greater problems with socialization, according to new research presented at the 26th European College of Neuropsychopharmacology (ECNP) Congress.

Previous research has shown that children with autism spectrum disorder (ASD) often also have a diagnosis of ADHD. This new study suggests that the reverse may also be true.”

4. “The CDC reports that one out of 42 boys is diagnosed with autism.”

A. Reference from CDC: Autism Spectrum Disorder
http://www.cdc.gov/ncbddd/autism/data.html

“ASD is almost 5 times more common among boys (1 in 42) than among girls (1 in 189).”

B. Reference from Reuters: “CDC Now Estimates That One in Fifty Children Has Autism Diagnosis”

5. “Just 30 years ago, one in 10,000 children had autism.”
Reference from Autism Science Foundation: “How common is Autism?”
http://www.autismsciencefoundation.org/what-is-autism/how-common-is-autism
“In the 1980’s autism prevalence was reported as 1 in 10,000. In the nineties, prevalence was 1 in 2500 and later 1 in 1000.”

6. “If your ADHD develops into Parkinson’s disease as it did for me, then the odds of experiencing some form of cognitive impairment are one out of two.”

Reference from the Parkinson Foundation’s booklet on “Mind. Mood, & Memory”

“While approximately 50% of patients with PD will experience some form of cognitive impairment, not all individuals will be diagnosed with full-blown dementia.”

Chapter Four: What Causes ADHD?

1. “Some say bad parenting causes ADHD. Others say it is the genes.”

A. Reference from Huffington Post: ‘Ritalin Gone Wrong: Is ADHD Caused by Bad Parenting?’
http://www.huffingtonpost.com/2012/02/06/ritalin-gone-wrong_n_1257386.html

“Dr. L Alan Sroufe has been fanning the flames of parental guilt lately by suggesting that one major cause of ADHD in children is... their parents.

This latest round came in the form of a New York Times Op-Ed piece titled “Ritalin Gone Wrong” in which Sroufe, who is a psychology professor emeritus at the University of Minnesota, declared that too many kids are on
drugs to treat the condition. Three million children would not be taking the medication, he wrote, if their parents hadn’t “derailed” them psychologically in the first place.”

B. Reference from Psychology Today: “Why French Kids Don’t Have ADHD”


“Is ADHD a biological-neurological disorder? Surprisingly, the answer to this question depends on whether you live in France or in the United States. In the United States, child psychiatrists consider ADHD to be a biological disorder with biological causes. The preferred treatment is also biological—psycho stimulant medications such as Ritalin and Adderall.

French child psychiatrists, on the other hand, view ADHD as a medical condition that has psycho-social and situational causes. Instead of treating children’s focusing and behavioral problems with drugs, French doctors prefer to look for the underlying issue that is causing the child distress—not in the child’s brain but in the child’s social context. They then choose to treat the underlying social context problem with psychotherapy or family counseling. This is a very different way of seeing things from the American tendency to attribute all symptoms to a biological dysfunction such as a chemical imbalance in the child’s brain.”

C. Other References:

a. What Causes ADHD: Myths vs. Facts
http://www.healthcentral.com/adhd cf/slideshows/adhd-myths-vs-facts

b. How Many People Believe ADHD is Caused by Poor Parenting:
http://parenting.blogs.nytimes.com/2012/05/04/how-many-people-believe-a-d-h-d-is-caused-by-poor-parenting/?_php=true&_type=blogs&_r=0
c. What Causes ADHD?
http://www.netdoctor.co.uk/adhd/whatcausesadhd.htm

2. “There are also those who minimize the epidemic of ADHD saying it is over-diagnosed to justify selling more drugs to children.”
   Reference from The New York Times article “The Selling of Attention-deficit Disorder”
   “The numbers make it look like an epidemic. Well, it’s not. It’s preposterous,” Dr. Conners, a psychologist and professor emeritus at Duke University, said in a subsequent interview. “This is a concoction to justify the giving out of medication at unprecedented and unjustifiable levels.”

3. “Others claim that ADHD is merely psychological and not a physical impairment of the brain.”
   Reference from http://www.medhelp.org/posts/Child-Behavior/ADHD-Physical-or-Psychological/show/275691
   “My daughter’s pediatrician said ADHD is generally a psychological problem and therefore would not even begin to address the issue with me but rather steered me in the direction of mental health care.
   Is this true? Is it an emotional/psychological condition treated as a physical disorder so there won’t be as much stigma attached to it?”

4. “Modern brain scans can now detect clear differences in the ADHD brain verses the non-ADHD brain.”
Reference from The Washington Post, “Brain Scans Link ADHD to Biological Flaw Tied to Motivation” Katherine Ellison, September 22, 2009

“The imaging showed that, in people with ADHD, the receptors and transporters are significantly less abundant in mid-brain structures composing the so-called reward pathway, which is involved in associating stimuli with pleasurable expectations.”

5. “Acetaminophen inhibits the natural production of glutathione, which is produced by your liver to protect the brain from free radical oxidation.”


“We found that glutathione reductase, the essential enzyme of the antioxidant system, was dose-dependently inhibited by the product of acetaminophen metabolism...”

6. “When used to suppress fevers, this commonly used medicine (acetaminophen) suppresses your brain’s natural ability to heal itself.

A. Reference from Rudolf Steiner Health Center: “Overheating Therapy”

http://www.steinerhealth.org/health/fever-therapy/

“ ‘Give me a chance to create fever and I will cure any disease,’ said the great physician, Parmenides, 2,000 years ago.”
“Fever is one of the body’s own defensive and healing forces, created and sustained for the deliberate purpose of restoring health. The high temperature speeds up metabolism, inhibits the growth of the invading virus or bacteria, and literally burns the enemy with heat.”


Researchers from Roswell Park Cancer Institute found that a higher body temperature can help our immune systems to work better and harder against infected cells. The finding was published in the Journal of Leukocyte Biology.

7. “Children and adults with ADHD, bipolar and autism, as well those who suffer from dementia, Parkinson’s disease and Alzheimer’s disease have low glutathione production.”

A. Reference from the Journal of Restorative Medicine 2013 by William Shaw: “Evidence that Increased Acetaminophen use in Genetically Vulnerable Children Appears to be a Major Cause of the Epidemics of Autism, Attention-deficit with Hyperactivity, and Asthma”

http://www.greatplainslaboratory.com/home/eng/articles/Evidence-that-increased-Acetaminophen-use.pdf

“It appears that the marked increase in the rate of autism, asthma, and attention-deficit with hyperactivity throughout much of the world may be largely caused by the marked increase in the use of acetaminophen in genetically and/or metabolically susceptible children, and the use of acetaminophen by pregnant women.”
“The marked increases in the incidences of autism, asthma, and attention-deficit disorder in the United States coincide with the replacement of aspirin by acetaminophen in the 1980s. The characteristic loss of Purkinje cells in the brains of people with autism is consistent with depletion of brain glutathione due to excess acetaminophen usage, which leads to premature brain Purkinje cell death.”

B. Reference from US National Library of Medicine: A role for glutathione in the pathophysiology of bipolar disorder and schizophrenia?

The tripeptide, glutathione (gamma-glutamylcysteinylglycine) is the primary endogenous free radical scavenger in the human body. When glutathione (GSH) levels are reduced there is an increased potential for cellular oxidative stress, characterized by an increase and accruement of reactive oxygen species (ROS). Oxidative stress has been implicated in the pathology of schizophrenia and bipolar disorder. This could partly be caused by alterations in dopaminergic and glutamatergic activity that are implicated in these illnesses.

http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3482580/

“Oxidative stress and reduced brain levels of glutathione have been implicated in schizophrenia and bipolar disorder.”

“Glutathione peroxidase (GPx-1) is regarded as one of the mammalian cell’s main antioxidant enzymes inactivating hydrogen peroxide and protecting against oxidative stress. Using control, Parkinson’s disease (PD), and dementia with Lewy bodies tissue (DLB) we have shown that GPx-1 is a 21-kD protein under reducing conditions in all tissues examined but is not in high abundance in human brain.”


“This study looked at the metabolism of autistic children. Impairments in the methylation cycle, a very critical part of our body’s functioning, were found. Because of this problem in the methylation cycle, autistic children are predisposed to low glutathione, which prevents them from detoxifying normally. It was also found that certain co-enzymes, all non-pharmaceutical, support that cycle.”


“Dysregulation of glutathione homeostasis and alterations in glutathione-dependent enzyme activities are increasingly implicated in the induction and progression of neurodegenerative diseases, including Alzheimer’s, Parkinson’s and Huntington’s diseases…”

G. Addition references to glutathione and healthy brain function:


8. “Chronic exposure to known neurotoxins like MSG (monosodium glutamate) and HVP (Hydrolyzed Vegetable Protein) contributes to the oxidative stress that causes ADHD.”

   Reference from MSG Myth: “ADD, ADHD, And Autism”

   http://www.msgmyth.com/add_adhd.html

   “Neurochem Int. Aug-Sep, 200; 37 (23): 199-206). It states, “In the absence of glutamate, neurons are unaffected by acute exposure to mercury... Co-application of non-toxic concentrations of methylmercury and glutamate leads to typical appearance of neuronal lesions associated with excitotoxic stimulation (Matyja and Albrecht 1993.)”

9. “ADHD and dementia both share one common denominator: they can be triggered by heavy metal like mercury.”

   Reference from Psychology Today: “Are ADHD and Dementia Preventable Diseases?”
http://www.psychologytoday.com/blog/why-can-t-i-get-better/201312/are-adhd-and-dementia-preventable-diseases

10. "High blood sugar levels contribute to ADHD by causing free radical oxidation to brain neurons and chronic inflammation."
   “Traumatic brain injury is associated with a stress response that includes hyperglycemia”

11. “This downregulation of dopamine receptors (due to high sugar levels) has been linked to ADHD.
   A. Reference from Science Daily “Low Levels of Dopamine Markers Underlie Symptoms”
   “The results clearly showed that, relative to the healthy control subjects, the ADHD patients had lower levels of dopamine receptors and transporters in the accumbens and mid-brain — two key regions of the brain directly involved in processing motivation and reward.”
   “The findings may also help explain why ADHD patients are more likely than control subjects to develop drug abuse disorders and conditions such as obesity.”
   “Said Wang: "Other studies from our group suggest that patients who abuse drugs or overeat may be unconsciously attempting to compensate for a deficient reward system by boosting their dopamine levels.”
B. Reference from Daily Mail: “Sugar-laden junk food activates the same region of the brain affected by heroin and cocaine.”
http://www.dailymail.co.uk/health/article-2402746/Food-addiction-DOES-ex

“A study Boston University found that high sugar snacks activated an area of brain called the nucleus accumbens that is also stimulated by class A drugs.”

C. Reference from the University of Texas at Austin.
http://www.utexas.edu/research/asrec/dopamine.html

“This overstimulation (class A drugs) leads to the down regulation of dopamine receptors.”

12. “In addition, high insulin levels, which result from high blood sugar levels, inhibit glutathione production making the baby’s brain more vulnerable to oxidative stress caused by toxic metals like lead, mercury and aluminum.”

A. Reference from NBC News: “High blood sugar in pregnancy puts baby at risk”

“The newborns also were more likely to have low blood sugar levels and high insulin levels if their mothers’ blood sugar levels were higher. The problems can lead to obesity, diabetes and high blood pressure later in life.”

“High insulin levels are known to inhibit glutathione, which protects the brain from free radical oxidation as well as detoxify the body.”


“The GSH (glutathione) content was significantly lower (p < 0.001) in type 2 diabetic patients as compared to normal individuals.”

13. “Violence and criminal behavior is directly linked to lead poisoning in the brain”


http://www.forbes.com/sites/alexknapp/2013/01/03/how-lead-caused-americas-violent-crime-epidemic/

“Decades of research has shown that lead poisoning causes significant and probably irreversible damage to the brain. Not only does lead degrade cognitive abilities and lower intelligence, it also degrades a person’s ability to make decisions by damaging areas of the brain responsible for “emotional regulation, impulse control, attention, verbal reasoning, and mental flexibility.”

“Toddlers who ingested high levels of lead in the ’40s and ’50s really were more likely to become violent criminals in the ’60s, ’70s, and ’80s.”

“Starting in the 1960s, America saw a huge increase in levels of violent crime that peaked in the early 1990s, then steadily declined, and continues to decline today. All of it points to one simple idea: violent crime rose as a result of lead poisoning because of leaded gasoline. It declined because of lead abatement policies.”
“…even moderately high levels of lead exposure are associated with aggressivity, impulsivity, ADHD, and lower IQ. And right there, you’ve practically defined the profile of a violent young offender.”

14. “ADHD is linked to high mercury levels in the brain”
   A. Reference from Medical News Today: “Prenatal Mercury intake Linked to ADHD”
      http://www.medicalnewstoday.com/articles/251293.php
      “A new study shows slight mercury exposure during pregnancy could be linked to a higher risk of ADHD-related behaviors.”
      “The current study examined 400 children born in New Bedford, Massachusetts between 1993 and 1998. After the mothers gave birth, their hair samples were collected and analyzed for mercury by the researchers. A survey was also given to measure their fish consumption during pregnancy. Researchers performed a follow-up eight years later with the children, conducting standardized tests to check if they exhibited behaviors related to ADHD.”
      “Findings showed an elevated risk of childhood ADHD-related behaviors with raised maternal hair mercury levels.”
      “These findings underscore the difficulties pregnant women face when trying to balance the nutritional benefits of fish intake with the potential detriments of low-level mercury exposure.”

15. “Alzheimer’s disease and dementia are linked to high aluminum levels in the brain”
   A. Reference from PubMed: “Aluminum ingestion—is it related to dementia.”


“Elevated levels of aluminum in brain tissue have been found in demented patients with Alzheimer’s disease, with ALS-PD complex of Guam and with dialysis encephalopathy.”

B. Reference from Rense.com: “Alzheimer’s Again Linked to Aluminum”

http://www.rense.com/general37/alum.htm

“In patients having Alzheimer’s disease the brain is somewhat shrunken and, on postmortem examination, a definite loss of nervous tissue is noted. Examination of the brain tissues under a microscope reveals small bundles of material called senile plaques, scattered throughout the tissues. The more plaques that are present, the worse is the mental condition of the patient. Chemical analysis reveals the presence of the metal aluminum at the core of each plaque and within many of the cells found in the plaques. Evidence is accumulating to indicate that aluminum may be involved in the formation of the plaques, and it is therefore a prime suspect as the initial cause of the disease.”

“Five population studies now link Alzheimer’s disease to aluminum in drinking water. As early as 1885, aluminum was shown to be toxic to the nervous tissues of animals. Aluminum can also produce a degeneration of the nervous tissues in cats and rabbits that resembles in some ways that seen in the brains of human patients with Alzheimer’s disease. Patients with diseased kidneys accumulate large amounts of aluminum in their bodies from medications and from kidney-machine solutions that have been used until recently. This accumulation results in a severe mental deterioration.”
C. Reference from The Telegraph: “Is Aluminum really a silent killer?”
Feb, 6, 2014

http://www.telegraph.co.uk/health/9119528/Is-aluminium-really-a-silent-killer.html

“His research has led him to believe that accumulation of aluminum in the body is a risk factor not only for Alzheimer’s disease but may also be linked to other neurological conditions such as Parkinson’s and multiple sclerosis – and he believes that the Cross inquest will reignite debate about the potential risk of Alzheimer’s in particular.”

“Carole Cross died of a type of Alzheimer’s known as congophilic amyloid angiopathy (CAA), an aggressive form of the disease that is extremely rare and practically unheard of for someone her age,” he says. “Her case demonstrates aluminum’s potential to aggravate and possibly accelerate ongoing disease. There is little doubt in my mind that the huge amounts of aluminum in her brain contributed significantly to the early onset of the condition.”

“Aluminum, he argues, is now added to or used in almost everything we eat, drink, inject or absorb. At high levels, it is an established neurotoxin – yet no one knows whether the levels we are ingesting are safe.”

“Bread and bakery products contain relatively high levels of aluminum salts. Other products with added aluminum include fizzy drinks, children’s sweets, antiperspirants (where they inhibit the sweat glands), some processed cheeses, toothpaste, sunscreen, talcs and cosmetics, some over-the-counter medications and vaccines. It is also found as a contaminant in infant formulas. Soya formulas have been found to contain 10 times more aluminum than milk-based formulas.”
16. “Numerous research studies link sugar consumption to the symptoms of ADHD.”

Reference from Postgraduate Medicine: “Attention-deficit/Hyperactivity Disorder: “Is it Time to Reappraise the Role of Sugar Consumption?” Richard J. Johnson, MD; Mark S. Gold, MD; David R. Johnson, PhD; Takuji Ishimoto, MD; Miguel A. Lanaspa, PhD; Nancy R. Zahniser, PhD; and Nicole M. Avena, PhD DOI:
10.3810/pgm.2011.09.2458
“We review preclinical and clinical data suggesting overlaps among ADHD, sugar and drug addiction, and obesity. Further, we present the hypothesis that the chronic effects of excessive sugar intake may lead to alterations in mesolimbic dopamine signaling, which could contribute to the symptoms associated with ADHD.”

17. “A myriad of brain scans have proven that excessive dopamine stimulation due to street drugs like cocaine, crack, heroin and methamphetamines change and injure the brain.”

Reference from Amen Clinic: “Brain Pollution and the Real Reason You Shouldn’t Use Drugs”
“The most common similarity among drug and alcohol abusers is that the brain has an overall toxic look to it. In general, the SPECT Scan studies look less active, more shrunken, and overall less healthy. A “scalloping effect” is common amongst drug abusing brains. Normal brain patterns show smooth activity across the cortical surface.”
18. “Similar changes take place in the brain when taking prescribed stimulant drugs for ADD and ADHD.”

A. Reference from Learn Genetics: Ritalin and Cocaine
http://learn.genetics.utah.edu/content/addiction/ritalin/

“But because Ritalin is a stimulant like cocaine, it may cause undesirable changes in the brain over time. It also has the potential for abuse, and because it’s a legal prescription drug, many wrongly assume that it is not dangerous.”

B. Reference from Wikipedia: “Long-term Effects of ADHD drugs”
http://en.wikipedia.org/wiki/Methylphenidate

“A small study of just under 100 children that assessed long-term outcome of stimulant use found that 6% of children became psychotic after months or years of stimulant therapy.”

C. Reference from Live Science: “Ritalin, ADHD Drugs, May Spur Brain Changes: Study Suggests” by Rachael Rettner, May 15, 2013

“The study involved 18 adults with ADHD who had their brains scanned twice: once at the beginning of the study before any drug treatment, and once at the end of the study after one year of taking Ritalin.”

“Among these participants, there was a 24 percent increase in the number of dopamine transporters in some areas of the brain.

“Dopamine transporters, on the other hand, clear dopamine after the chemical has sent a signal. Thus, more dopamine transporters could mean that dopamine gets cleared more quickly, particularly during times when patients stop taking their medications.”
"This could result in more severe inattention and the need for higher doses of medication,"

“In contrast, a group of healthy participants who did not take Ritalin had no increase in dopamine transporters after one year.”


“….we present evidence that DAT function is elevated by chronic cocaine abuse.”

19. “Fifty to sixty percent of college kids take Ritalin or Adderall.”

Reference from CBS News “60 Minutes: ‘Popping Pills A Popular Way To Boost Brain Power”

“Among Upper Classes, 50-60 percent Using ADD/ADHD Drugs Ritalin, Adderall”

20. “Thirty to fifty percent of adolescents in drug rehab centers have used Ritalin.”


“…. a DEA study of Wisconsin, South Carolina, and Indiana found that about 30 to 50 percent of teens in drug treatment centers said they had used methylphenidate to get high, although not as their primary drug of abuse.”
“Ritalin is interchangeable with amphetamine and methamphetamine, and all of them produce much the same effect as cocaine.”

21. “This change makes the search for extra stimulation override other priorities.”
   Reference from Huff Post Science, February 7, “Cocaine Rewires Brain, Overrides Decision-Making After Just One Use, Says Study”
   “While similar studies have revealed such rewiring in long-term use, the new study’s results are especially alarming, showing that the brain can be altered after one dose.”

22. “A report published in 2005 by neurologist George A. Ricaurte and his team at the Johns Hopkins University School of Medicine is even more damning to ADHD meds.”
   Reference from Scientific American: “Do ADHD Drugs Take a Toll on the Brain?” by Edmund S. Higgins, July/August 2009
   https://secure.suu.edu/faculty/barney/PSY%204320/Interesting%20Articles/ADHD%20Drugs%20Affect%20the%20Brain.pdf
   “With the expanded and extended use of stimulants comes mounting concern that the drugs might take a toll on the brain over the long run. Indeed, a smattering of recent studies, most of them involving animals, hint that stimulants could alter the structure and function of the brain in ways that may depress mood, boost anxiety and, contrary to their short-term effects, lead to cognitive deficits. Human studies already indicate the medications can adversely affect areas of the brain that govern growth in
children, and some researchers worry that additional harms have yet to be unearthed.”

“Having ADHD is itself a risk factor for other mental health problems, but the possibility also exists that stimulant treatment during childhood might contribute to these high rates of accompanying diagnoses.”

23. “According to Professor William Carlezon of Harvard University ADHD medication oxidizes the nucleus accumbens in the developing brain leading to a loss of drive in adulthood.”

Reference from article by Leonard Sax author of Boys Adrift. I highly recommend this book to understand why boys today are falling behind.

http://untotheone.com/articles/epitomes/boys-adrift/

24. “This research was confirmed by research at Brown University, University of Michigan, University of Pittsburgh, South Carolina, and universities in Holland, Sweden, and Italy and the Netherlands.”

References from:
C. University of Pittsburgh: S.P. Onn and A. A. Grace,


http://www.jneurosci.org/content/19/21/9579.full.pdf
25. “A growing body of research reveals that “gaming” improves creativity, decision-making and perception, improved hand-eye coordination and improved vision for discerning gray tones.”

Reference from Wall Street Journal: “When Gamin Is Good for You”
Robert Lee Hotz, March 13, 2012
http://online.wsj.com/news/articles/SB10001424052970203458604577263273943183932

27. “Researchers at Indiana University using brain scans reported that playing violent video games alters brain function in healthy young men after just a week of play, depressing activity among regions associated with emotional control.”

Reference from Medscape Medical News: “Playing Violent Video Games Changes Brain Function” Fran Lowry November 29, 2011

“The researchers found that after 1 week of violent video game play, the study group showed less activation in the left inferior frontal lobe during the emotional task and less activation in the anterior cingulate cortex during the counting task, compared with their baseline results and results in the control group.”

"Their executive functioning abilities were decreased, and so were their cognitive functioning abilities,"

“The disturbances in brain activity that were manifested after a period of violent video gaming on fMRI are sobering, he added. "It's not just psychological, there is some underlying change that can actually be measured with imaging. These changes should not be dismissed."
28. “Other studies have found an association between compulsive gaming and being overweight, introverted and prone to depression.”


“Researchers at the CDC conducted a snapshot study of American adult video gamers, and found that on average, video game players have higher BMI scores, women gamers are more likely depressed and all gamers (on average) rely on the internet for social support at the expense of real world sociability.”

“Dr. James Weaver III of the CDC, a lead researcher in the study, reported that the results taken from an adult population, “appear consistent with earlier research on adolescents that linked video game playing to a sedentary lifestyle and overweight status and mental health concerns." He says that their study did not attempt to find the good and bad in video game playing, only to, “see better how adults play video games.”

33. “In a study of 300 children whose mothers received Pitocin at birth to induce labor, 67.1% of the children were diagnosed with ADHD.”

Reference from Natural News: “Pitocin induced labor doubles the risk of ADHD.”
http://www.naturalnews.com/033259_pitocin_ADHD.html
“The occurrence of ADHD in the pitocin group was 67.1% as opposed to 35.6% in the non-exposure group.”

34. “A study in North Carolina reported that women whose labor was induced were 16% more likely to have a child later diagnosed with autism”

Reference from USA Today: “Brain changes of autism may begin in the womb”

“Women whose labor was sped up were 16% more likely to have a child later diagnosed with autism, the study found. Those whose labor was both induced and augmented were 27% more likely to have an autistic child.”

35. “Twenty-five percent of mothers in the US receive Pitocin during labor.”

Reference from Transforming Maternity Care: “What Are Some Factors Driving Use Of Induced Labor In The United States?”
http://transform.childbirthconnection.org/reports/listeningtomothers/induction/

“Many women report experiencing pressure from a care provider to have an induction. Overall, 15% of mothers reported experiencing pressure from a care provider to have labor induced. This rose to 25% among mothers who experienced a medical induction compared with 8% among those who did not have an induction.”
36. “In some hospitals up to ninety percent of mothers receive Pitocin.”

Reference from Bellybelly.com: “The Risks Of Labour Induction”

“...some hospitals, mainly private ones, have a 90% induction rate termed 9 a.m. to 5 p.m. obstetrics, so the care-giver is not woken overnight to attend births.”

39. “Statistics reveal a greater risk of ADHD in children of divorced parents, particularly when boys are missing the regular influence of a father or mothers are unable to find happiness.”

Reference from University of North Carolina at Charlotte: Family Structure, Household Income, and Mental/Behavioral Wellness in Children with ADHD

Using Data from the 2002 National Health Survey
http://www.psych.uncc.edu/cdfernal/ADHA%20Child%20&%20Family%20K%20Kitts.htm

“More children diagnosed with ADHD are from single mother families, whereas more children without an ADHD diagnosis are from dual parent families.”

40. “The presence of a father figure increases the brain chemical dopamine while the presence of a happy mother can also generate this brain chemical.”

A. Reference from Neuroscience: “Father Absence in the Monogamous California Mouse Impairs Social Behavior and Modifies
Dopamine and Glutamate Synapses in the Medial Prefrontal Cortex” by Francis R. Bambico, Baptiste Lacoste, Patrick R. Hattan and Gabriella Gobbi

http://cercor.oxfordjournals.org/content/early/2013/11/24/cercor.bht310.abstract

“We thus demonstrate that, during critical neurodevelopmental periods, paternal deprivation leads to sex-dependent abnormalities in social and reward-related behaviors that are associated with disturbances in cortical dopamine and glutamate neurotransmission.”

B. Reference from Journal of Neuroendocrinology: Maternal Neglect: Oxytocin, Dopamine and the Neurobiology of Attachment, by Lane Strathearn, MBBS FRACP PhD

http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3319675/#!po=13.6364

“Maternal neglect, including physical and emotional neglect, is a pervasive public health challenge with serious long-term effects on child health and development.”

“…A human PET study likewise showed that low self-reported maternal care was associated with an elevated dopamine response to stress.”

“…prolonged maternal separation and isolation rearing of rat pups results in reduced dopamine transporter binding in the VS, elevated baseline dopamine levels and increased dopamine release in response to acute stress in adulthood. These animals also show enhanced sensitivity to psychostimulants such as cocaine, which activate dopaminergic neurons, and this may lead to increased vulnerability to addiction.”
41. “A 2006 Dutch study found that erotica had the highest addictive potential of all internet applications.”


“The addictive potential of the different applications varies; erotica appears to have the highest potential.”

42. “A study using brain scans at Cambridge University found that pornography addiction leads to the same brain activity as alcoholism or drug abuse.”


“We found greater activity in an area of the brain called the ventral striatum, which is a reward center, involved in processing reward, motivation and pleasure.”

“When an alcoholic sees an ad for a drink, their brain will light up in a certain way and they will be stimulated in a certain way. We are seeing this same kind of activity in users of pornography.”

43. “During normal intimate sexual intercourse the body releases four times more prolactin than from masturbation.”

Reference from Biological Phycology: “The post-orgasmic prolactin increase following intercourse is greater than following masturbation and
..”the magnitude of prolactin increase following intercourse is 400% greater than that following masturbation.”

44. “As a result, internet porn can lead to a blunting of interest in sex with a real partner and an increased desire for more porn.”  
Reference from Your Brain On Porn: “What happens when you ejaculate too much.”  
http://www.yourbrainonporn.com/node/941  
“These days, however, a bevy of novel mates begs for fertilization at a click. And when our brain grows less responsive, something even more stimulating is at the next tab. Are some guys losing touch with their "true libido?"

45. “Although it is still not accepted by mainstream medicine, holistic health practitioners recognize that children with ADHD and autism almost always have different degrees of indigestion caused by an excess of candida.”  
Reference from Food Renegade: “New Research Confirms ADHD Caused by Food” Kristen Michaelis  
http://www.foodrenegade.com/new-research-confirms-adhd-caused-by-food/  
“Dr. McBride (Author of Gut and Psychology Syndrome) contends that the link between our digestion and neurological and psychological disorders is absolute. The theory is straightforward. When the balance of
“good” bacteria and yeast to “bad” bacteria and yeast in our digestive tract goes out of whack, a condition called “gut dysbiosis” occurs. The “bad” microorganisms produce toxins which weaken your immune system, tax your organs, and throw multiple body systems out of balance. The toxins can also increase the permeability of the gut lining, leading to IBS and a host of other digestive disorders.”

46. “Taking probiotics after the use of antibiotics is one way to help avoid this outcome.”


47. “Children who were not breastfed or have taken lots of antibiotics have a higher risk of bowel disease and candida infestations.”

Reference from About.com: “Can Breastfeeding An Infant Help Protect From Developing IBD?” Amber Tresca, November, 2013

http://ibdcrohns.about.com/od/dietandnutrition/f/breastfeedibd.htm

“Several studies show that people with IBD -- Crohn’s disease and ulcerative colitis -- were more likely to not have been breastfed as infants. The authors of one analysis of several studies on breastfeeding and IBD conclude that this protective effect may actually be underestimated.”
48. “Studies have already confirmed that glyphosate alters and destroys beneficial intestinal bacteria in animals.”

Reference from Gaia Health: “Glyphosate: Chronic Disease Degeneration.” By Heidi Stevenson, April 26, 2013


“Glyphosate is assumed to be safe for humans. As a result, it’s become the world’s Best-selling herbicide. However, a groundbreaking study documents that it may actually be fueling the plague of chronic & immune diseases, including cancer and autism. This study documents the underlying systemic damage produced by glyphosate, then discusses how that damage leads to specific diseases.”

“Glyphosate causes disruption of the shikimate pathway in gut bacteria, which results in a domino effect of pathology. It causes formation of excess shikimate, along with deficiencies of aromatic amino acids in plants.”

49. “GMO glyphosate is also directly linked to ADHD and dopamine function because studies reveal that it inhibits the utilization of the amino acids phenylalanine, tryptophan and tyrosine.”

Reference from Gaia Health: “Glyphosate: Chronic Disease Degeneration.” By Heidi Stevenson, April 26, 2013


“Aromatic amino acids include phenylalanine, tryptophan, and tyrosine, among others. All three can be in short supply as a result of glyphosate’s enzymatic suppression. Phenylalanine cannot be synthesized
in the body and is required for synthesis of tyrosine. Its suppression results in a cascade of adverse effects, including of course, reduction in tyrosine.”

50. **“Glyphosate impairs the transport of sulfate for the liver to make glutathione.”**

   Reference from Gaia Health: “Glyphosate: Chronic Disease Degeneration.” By Heidi Stevenson, April 26, 2013
   

   “Sulphate transport, the method by which sulphate is moved into and out of cells, is a delicate balance. When glyphosate is present, this balance becomes a tightrope walk. The problem is that both sulphate and glyphosate are kosmotropes, which can have a devastating impact on the blood.”

51. **“In addition glyphosates inhibit both the functioning of glutathione as well as the production of key hormones and vitamin D.”**

   Reference from Natural Health: “Biotech industry produced GMOs block detoxification pathways
   
   http://www.naturalhealth365.com/tag/biotech-industry

   “Foods stuffs that are produced in fields that are sprayed by glyphosate carry residue of the chemical into the marketplace where they are consumed. In North America, bioengineered foods are ubiquitous and it is quite challenging for the average consumer to avoid them.

   “It is well-established in the literature that glyphosate inhibit the CYP enzyme complex in human liver cells. Low levels of CYP enzymes complexes would result in a depletion of available glutathione and lowered
capability of the organism to detoxify from various environmental poisons such as nitrates and benzene.”

“CYP enzymes are present in most tissues and play a critical role in estrogen and testosterone production and metabolism, cholesterol synthesis and vitamin D metabolism. The inhibition of CYP enzymes increases the likelihood of adverse drug reactions (particularly to acetaminophen) and biotoxic accumulation.”

52. “In 2003 scientists discovered that the popular pesticide “Endosulfan” blocks the action of testosterone in boys which in turn disrupts and delays the process of puberty.”


This text can be read for free online at http://www.thefreelibrary.com/Pesticide+may+hinder+development+in+boys-a0111856321

“Chronic exposure to a widely used pesticide may delay sexual maturity in boys, according to a new study in India. Endosulfan is an organochlorine (herbicide) used around the world to protect squash, melons, strawberries, and other produce. A 2001 report by the U.S. Environmental Protection Agency estimated that 1.4 million pounds of the pesticide are used annually on U.S. crops.”

“Reproductive development of each boy was evaluated using a sexual maturity rating based on the size of the penis and testes and the development of pubic hair. After taking age into account, the researchers found that boys in Padre scored significantly lower on all three measurements than boys from the other village did.”
53. “Atrazine, the most common pesticide used in American is now banned in Europe. Studies from University of California, Berkley have shown that Atrazine in minute amounts in water is making male frogs grow female ovaries.”

Reference from Nature, Weekly Journal of Science: Feminization of male frogs in the wild"
“Atrazine gives frogs male and female gonads, says field study.”

54. “One of the major hormone disruptors for both boys and girls is the use of plastics. The increased levels of phthalate in the serum of young girls is directly linked to premature puberty in girls.”


55. “In 2004, neuroscientists identified a crucial link between hormone disruptors and ADHD.”


“The changes in gene expression caused by treatment with endocrine disruptors … suggest that the mechanisms underlying the induction of motor hyperactivity and/or compensatory changes in young adult rats…”


“Endocrine disruptors possibly exert effects on neuronal functions leading, in particular, to behavioral alterations.”

56. “The EPA reports, “studies in laboratory animals suggest that fetuses exposed to phthalates, chemicals used in plastics, can have multiple health issues as adults, including infertility, issues with genitalia development and sperm production problems. Also there are epidemiological studies showing developmental changes in children including early puberty in boys and girls compared to previous generations.”

Reference from United States Environmental Protection Agency: “Human Health: Early Life Exposures & Lifetime Health”

http://www.epa.gov/research/endocrinedisruption/early-life-exp.htm
“Chemicals that are being researched for such effects include organotins (used in PVC and as biocides), BPA (Bisphenol-A, present in canned food and many plastics) and PFOA (perfluorooctanoic acid, present in consumer products such as stain resistant carpet and waterproof jackets).”

57. “Scientists at Georgetown University and the University of Texas claim these new BPA-free plastics release chemicals having more estrogenic activity than the old BPA-containing products.”

Reference from KQED Science: “Are BPA-Free Plastics Any Safer?”
Mina Kim and Molly Samuel, March 5, 2014

“But lab tests by the Oakland-based advocacy group Center for Environmental Health, have found that the chemicals used to replace BPA may be just as harmful.”

“Scientists with CertiChem, Georgetown University and the University of Texas, had already published a National Institutes of Health-funded study in 2011, testing estrogen exposure from a wide range of plastics, including baby bottles and other products advertised as BPA free. “In some cases,” the researchers reported, “BPA-free products released chemicals having more EA [estrogenic activity] than did BPA-containing products.”

58. “One third of Americans are so compromised in the gut that they cannot tolerate gluten”

Reference from NPR.ORG: Gluten Goodbye: One-Third of Americans Say There’re Trying To Shun It” by Nancy Shute March 09, 2013
“Right now 29 percent of the adult population says, ‘I’d like to cut back or avoid gluten completely.”

59. “By giving up gluten products many people have reduced or eliminated ADHD symptoms.”
Reference from Mercola.com: “Child Have ADHD? Stop Feeding Them This” Dr. Mercola, November 02, 2011
“There's evidence suggesting that gluten sensitivity may be at the root of many neurological and psychiatric conditions, including attention-deficit hyperactivity disorder (ADHD).”
“Eating gluten-containing grain may wreak havoc on your gut and manifest in symptoms related to your brain, including ADHD symptoms”
“A gluten-free diet may significantly improve ADHD symptoms”

60. “A multitude of studies have shown that for many adults and children food sensitivities are a major cause of ADHD.”
A. Reference from ABC News: “ADHD From Allergy? Study Shows Benefit From Diet Changes” by Courtney Hutchison via Good Morning America
“In kids with ADHD, researchers found that putting them on a restrictive diet to eliminate possible, previously unknown food allergies or sensitivities decreased hyperactivity for 64 percent of kids.”


“Of those in the study, boys newly diagnosed with ADHD were 40 percent more likely to have asthma, 50 percent more likely to have needed a prescription for allergy medicine and 50 percent more likely to have had a bacterial skin infection than other boys.”

“They also found weaker associations between ADHD and cow’s milk intolerance, and prescriptions for oral or topical corticosteroids, antibacterial or antifungal drugs.”

C. Reference from Diagnosis - Diet: Food Sensitivities and ADHD

By Georgia Ede MD


This is a great site as Dr. Ede lists a variety of simplified diets that have helped and sometimes cured ADHD.

61. “At the end of five weeks, 64 percent of the children on the restricted diet had significant improvement in their ADHD symptoms, while none of the control group had improvements.”

Reference from ABC News: “ADHD From Allergy? Study Shows Benefit From Diet Changes” by Courtney Hutchison via Good Morning America

“In kids with ADHD, researchers found that putting them on a restrictive diet to eliminate possible, previously unknown food allergies or sensitivities decreased hyperactivity for 64 percent of kids.”

62. “The impact of this environmental stress on our body along with any of the factors above contributes to the brain injury that gives rise to ADHD”

Reference from the US EPA: “Parallels between ADHD and Disorder and Behavioral Deficits Produced by Neurotoxic Exposure in Monkeys” Deborah C. Rice of the EPA.


“There are some parallels between the features of ADHD and the behavior of monkeys exposed developmentally to lead or polychlorinated biphenyls (PCBs), as evidenced by research from our laboratory.”

63. “Children are more vulnerable to these neurotoxins because their brains are still developing.”

Reference from Environmental Health: “One Chance to Develop a Brain: Neurotoxic chemicals and children’s health” Fall 2008

http://www.environmentalhealth.ca/fall08brain.html

“A “silent pandemic” is affecting the brain development of children.”

64. “The bottom line is you only get one chance to develop a brain,” said Philippe Grandjean, M.D., lead author of the study in an
interview with WebMD. We have to protect children against chemical pollution because damage to a developing brain is irreversible."

Reference from Environmental Health: “One Chance to Develop a Brain: Neurotoxic chemicals and children’s health” Fall 2008
http://www.environmentalhealth.ca/fall08brain.html

“In the nine month period when the fetal brain develops, growth occurs within "a tightly controlled time frame, in which each developmental stage has to be reached on schedule and in the correct sequence." This creates "windows of unique susceptibility to toxic interference" that can have permanent consequences, say Grandjean and co-author Philip J. Landrigan, a professor at Mount Sinai School of Medicine.”

65. “Their research suggests that moms are passing on these toxic chemicals to their babies. These toxins match what scientists are finding in the umbilical cord of their babies once they are born.”

Reference from CNN Health: “Toxic chemicals finding their way into the womb” Stephanie Smith, July 28, 2010

“Despite her best efforts to avoid anything unhealthy while she was pregnant with her son, Molly's blood tested high for mercury, a heavy metal that can cause brain damage to a developing fetus.”

“Small studies by other groups are also finding common household chemicals in babies.”

“The amount of chemicals measured in the cord blood of the babies seems to matter. The higher the concentration, the more the IQ among children seems to dip. The study is also being conducted among pregnant women in Poland and China, and finding similar results.”
66. “Women who take Tylenol, which suppresses glutathione, have a much higher risk of giving birth to children with ADHD, behavior problems, poor language and motor skills and communication difficulties.”

A. Reference from Natural News: When Pregnant Women take Tylenol, their children are more likely to be born with autism.”
http://www.naturalnews.com/043087_Tylenol_autism_pregnant_women.html

“Expectant mothers who took the drug while pregnant to deal with headaches or mild fevers were found to be significantly more likely to bear children with behavioral problems, poor language and motor skills, and communication difficulties, compared to mothers who did not take the drug.”

“The study included data on 48,000 Norwegian children whose mothers participated in a survey evaluating their medication use at weeks 17 and 30 of pregnancy, as well as at six months after giving birth. The survey also included a follow-up that looked at the children's developmental progress at three years of age, which was then compared to the mothers' drug intake during the later stages of their pregnancies.”

"Long-term use of (acetaminophen) increased the risk of behavior problems by 70 percent at age three. That is considerable."  

B. Reference from CNN Health: “Acetaminophen in pregnancy linked to “ADHD-like behaviors” February 24, 2014

“The data suggests that taking acetaminophen for longer periods and later in pregnancy is associated with higher risks, Ritz says. When women..."
reported use for 20 weeks or more, their children had a 50% increased risk for receiving ADHD medication, according to the study.”

67. “When comparing the vitamin content most foods have had a drop of 75% in vitamin A and 50% in vitamin C.”

Reference from Healthy You Naturally: “Do Fruits and Veggies Have Enough Nutrients Today”
https://www.healthyyounaturally.com/edu/enough_nutrients.htm

“In the USA, UK and Canada the results were almost identical. The U.K. research was published in the British Food Journal, a peer-reviewed, scientific publication and according to the reports data on nutritional comparisons:

80% of foods tested showed a substantial drop in Calcium and Iron
75% had a large drop in Vitamin A
50% lost considerable Vitamin C and Riboflavin
33% lost thiamine and 12% lost niacin”

“In the analysis, the biggest loser was broccoli, a food that epitomizes healthy eating. All seven of its measurable nutrients showed a massive drop, notably calcium which fell 63% and iron which dropped 34%. It's often cited as a big source of calcium and iron.”

“Other examples indicate the amount of vitamin C in sweet peppers has decreased 24% and vitamin A in apples has dropped by 41% according to USDA 1961 vs. 2001 data.”

68. “One published study concluded that non-GMO corn compared to GMO corn is twenty times richer in nutrition.”
69. “Iodine deficiency is also linked to oxidative stress.”
A. Reference from World Health Organization: “Iodine deficiency disorders”
   http://www.who.int/nutrition/topics/idd/en/
   “Iodine deficiency disorders (IDD), which can start before birth, jeopardize children’s mental health and often their very survival. Serious iodine deficiency during pregnancy can result in stillbirth, spontaneous abortion, and congenital abnormalities such as …an irreversible form of mental retardation that affects people living in iodine-deficient areas of Africa and Asia. However, of far greater significance is IDD’s less visible, yet pervasive, mental impairment that reduces intellectual capacity at home, in school and at work.”

70. “According to the U.S. National Research Council “several lines of information indicate an effect of fluoride exposure on thyroid function.”
   Reference from Fluoride Alert: “Fifty Reasons To Oppose Fluoridation”
   http://fluoridealert.org/articles/50-reasons/
Chapter Six: How Stimulant Drugs Change Your Child’s Brain

1. “Recent brain scans reveal a distinction in brain activity associated with ADHD that can last a lifetime.”

   “On initial scan, patients with ADHD had significantly smaller brain volumes in all regions, even after adjustment for significant covariates.”
   “Developmental trajectories for all structures, except caudate, remain roughly parallel for patients and controls during childhood and adolescence, suggesting that genetic and/or early environmental influences on brain development in ADHD are fixed, nonprogressive, and unrelated to stimulant treatment.”

2. “One of the main differences between Ritalin and cocaine is that the doses of stimulant drugs for children are smaller than what you would take as a drug addict.”

   Reference from The Journal of Pharmacology and Experimental Therapeutics: "Blockade of striatal dopamine transporters by intravenous methylphenidate is not sufficient to induce self-reports of "high". Volkow ND and associates. Jan 1999: 14-20
“Methylphenidate, like other stimulants, increases dopamine levels in the brain, but at therapeutic doses this increase is slow, and thus euphoria only rarely occurs.”

Chapter Eight: The Long-Term Side Effects of Stimulant Drugs

1. “Three times as many boys are diagnosed with ADHD”
   Reference from Centers For Disease Control and Prevention: ADHD
   http://www.cdc.gov/nchs/fastats/adhd.htm
   “Percent of boys 3-17 years of age ever diagnosed with ADHD: 12.0%
   Percent of girls 3-17 years of age ever diagnosed with ADHD 4.7%”

2. “….over sixty percent of college graduates are girls and not boys.”
   http://management.fortune.cnn.com/2013/03/27/college-graduation-gender-salaries/
   “Not only do women enter college at higher rates than men, but they’re less likely to drop out once they get there. Female grads now account for about 60% of U.S. bachelor’s degree holders.”
Chapter Ten: Natural Supplements Outperform Prescribed Drugs

1. “The results show a significant reduction of hyperactivity and improved concentration. In the placebo group no positive effects were found.”

   Reference from European Adolescent Psychiatry: “Treatment of ADHD with French maritime pine bark extract, Pycnogenol.”


   “Results show that 1-month Pycnogenol administration caused a significant reduction of hyperactivity, improves attention and visual-motoric coordination and concentration of children with ADHD.”

2. “The short-term benefits in both groups were the same except the natural supplement group had no side effects.”

   Reference from Livestrong.com: “OPC-3 Isotonix for ADHD” by Rachel Elizabeth

   http://www.livestrong.com/article/525476-opc-3-isotonix-for-adhd/

   “A preliminary study conducted by Dr. Marion Sigurdson, a psychologist, used an OPC supplement made from pine bark and grape seed to treat 30 children and adults with ADHD. She said it worked as well as stimulant medication in treating attention and behavior symptoms.”
3. “The results were so miraculous that PBS made a documentary of the success.”
   Reference from Eat, Exercise and Excel
   http://vimeo.com/18776015

4. “In another case study researchers confirmed that a monitored program of amino acid supplementation with over the counter supplements, such as l-tyrosine, 5-htp, l-cysteine and a multivitamin could stop the progression of Parkinson’s disease without side effects and in many cases even reverse the symptoms.”
   http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3068871/

5. “A modified version of this program was found to completely reverse symptoms of ADHD.”
   Reference from Neuropsychiatric Disease and Treatment: “Treatment of attention-deficit hyperactivity disorder with monoamine amino acid precursors and organic cation transporter assay interpretation.”
   http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3035600/
   “This analysis does provide some initial evidence of the efficacy of amino acids in significantly reducing symptoms associated with ADHD. Tables 9 and 10 reveal the efficacy of this treatment protocol to be potentially superior to results seen with prescription drugs.”
6. “DHA omega three has also been shown to improve learning and memory and support cognitive health with aging”


“Twenty-four week supplementation with 900 mg/d DHA improved learning and memory function in ARCD and is a beneficial supplement that supports cognitive health with aging.”

7. “A study in India demonstrated that supplementation with flax oil (rich in omega 3) and vitamin C provided significant improvement in children with ADHD.”

Reference from Science Direct: “Supplementation with flax oil and vitamin C improves the outcome of Attention-deficit Hyperactivity Disorder (ADHD) Kalpana Joshi and associates October 16, 2005


“There was significant improvement in the symptoms of ADHD reflected by reduction in total hyperactivity scores of ADHD children derived from ADHD rating scale.”

8. “An Australian study has shown that the use of omega 3 fish oils is more effective for treating ADHD than Ritalin and Concerta, the drugs most often prescribed for ADHD in Australia.”

Reference from Natural News: “Fish oils treat ADHD better than prescription drugs, study shows” June 20, 2006
According to the results of a new study from the University of South Australia, fish oil is more effective at treating children with attention-deficit hyperactivity disorder (ADHD) than stimulant drugs, such as commonly prescribed Ritalin.”

9. “To counteract this tendency, one or two grams of acetyl-l-carnitine a day can assist the body in utilizing the omega three supplements.”

Reference from ADHD Treatments: “Ten Ways Carnitine can help treat ADHD”


“For a one year study on the effects of carnitine for ADHD boys, a daily dose of 1000 mg per day was found to be safe. This study recommended 20-50 mg carnitine per kg of body weight, which is roughly one fifth to one half of the levels used in the Dutch study.” (100 pounds is about 50 kg so at 20 mgs per kg the low dose is 1000mg for a 100 pound child.)

10. “At the end of six months participants taking the supplement experienced a significant improvement in memory.”

“This exploratory study demonstrates that SB-PS may have favorable effects on cognitive function in elderly with memory complaints.”

11. “Study results revealed that participants taking the supplements had a significant improvement in mood and a reduction in ADHD behavior when compared to those given the placebo.”

Reference from European Psychiatry: “The effect of phosphatidylserine containing Omega3 fatty acids on attention-deficit hyperactivity disorder symptoms in children: A double-blind placebo-controlled trial, followed by an open-label extension” Manor and associates, July 2012


“The results of this 30-week study suggest that PS-Omega3 may reduce ADHD symptoms in children. Preliminary analysis suggests that this treatment may be especially effective in a subgroup of hyperactive-impulsive, emotionally and behaviorally-dysregulated ADHD children.”

Chapter Eleven: Homeopathy and Body Work Can Heal Concussion

1. “Studies show that children who have a history of concussion are more likely to develop ADHD and have difficulty controlling their moods.”

“Furthermore, children who have a history of concussion are more likely to develop attention-deficit hyperactivity disorder (ADHD) and have
difficulty controlling their moods, especially anger, rather than experience depression.”

Chapter Twelve: HT Therapy for ADHD and Autism

1. “For example, even today German health insurance gives heart disease patients a choice: they can receive drugs for heart disease or they can take a two-week trip to a German spa for hydrotherapy.”

   Reference from Wikipedia: Spa
   “In Germany, the tradition survives to the present day. 'Taking a cure' (http://de.wikipedia.org/wiki/Kur) at a spa is covered by both public and private health care insurance, as mandated by federal legislation. Typically, a doctor prescribes a few weeks stay at a mineral spring or other natural setting where a patient's condition will be treated with healing spring waters and natural therapies.”

2. “Recently, in 2013, one clinical study was done with 40 Autistic children.”

   Reference from Mail Online: “A hot bath ‘helps soothe the symptoms of autism and make children more sociable” Fiona Macrae, Dec 12, 2013 http://www.dailymail.co.uk/health/article-2522714/Autism-symptoms-soothed-hot-bath.html
Chapter Thirteen: Elimination Diets Reverse ADHD

1. “The FDA lists 33 double-blind clinical trials demonstrating that artificial food colors are related to ADHD and other childhood related problem behaviors.”
   Reference from FDA: “Reviews And Critiques, 33 Clinical Trials Related To Artificial Food Colors And ADHD In Childhood And Related Problem Behaviors, Thomas J. Sobotka, Ph.D., Aug 23, 2010

2. “Food allergies and indigestion trigger inflammation in the brain, which results in different degrees of ADHD.”
   A. Reference from ABC News: ADHD From Allergy? Study Shows Benefit From Diet Changes by Courtney Hutchison via Good Morning America
      “In kids with ADHD, researchers found that putting them on a restrictive diet to eliminate possible, previously unknown food allergies or sensitivities decreased hyperactivity for 64 percent of kids.”
“Of those in the study, boys newly diagnosed with ADHD were 40 percent more likely to have asthma, 50 percent more likely to have needed a prescription for allergy medicine and 50 percent more likely to have had a bacterial skin infection than other boys.”

“They also found weaker associations between ADHD and cow’s milk intolerance, and prescriptions for oral or topical corticosteroids, antibacterial or antifungal drugs.”

3. “The most well-known elimination diet proven to reverse ADHD 50% of the time is the Feingold elimination diet.”
Reference from http://www.feingold.org/Research/PDFstudies/list.html

4. “By eliminating these foods, along with processed foods containing artificial food colorings and additives, for the majority of children, the symptoms of ADHD, quickly go away.”
Reference from Diagnosis - Diet: “Food Sensitivities and ADHD”
By Georgia Ede MD
This is a great site as Dr. Ede lists a variety of simplified diets that have helped and sometimes cured ADHD.

5. “Almost 90 percent of children with ADHD have some degree of chronic colitis.”
http://www.nature.com/ajg/journal/v95/n9/abs/ajg2000579a.html

This study was very controversial and eventually redacted but below in reference B are 11 peer-reviewed studies supporting the original findings of Wakefield and colleagues at the Royal Free Hospital in the UK.

B. Reference from Homeopathy Center Of Houston: “Age of Autism”
http://www.ageofautism.com/2010/05/peer-reviewed-papers-support-findings.html

6. “Using this program Dr. Cambell-McBride cured her three-year-old son’s autism.”
Reference from http://www.gapsdiet.com
John Gray’s newest book

*Staying Focused In A Hyper World*

is available at

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