

ADVANCED Psych Care

Non-Medication Alternatives to Stimulant Medications for ADD

Diet:

High Protein, Low Carbohydrate (like Suzanne Somers or Atkins diet)

Avoid fake fats (anything “hydrogenated”)

Eat healthy fats: vegetable oils (especially olive oil), salmon, nuts, soybeans, avocados, and flaxseed

Eat more iron soybeans, iron-fortified cereals, fish, barley, beef, lentils, clams, beets, tuna fish, and raisins

Care about calcium – e.g. milk and yogurt

Go natural – avoid processed foods and snacks, especially food coloring. A small percentage of people with ADD have brain sensitivities to food dyes and other food additives.

Eliminate Sugars and Simple Carbohydrates

Low Glycemic value foods:

- Fruits: Grapefruit, apples, cherries, oranges, grapes, berries. Fresh fruits are much better than juices.
- Cereals and Grains: Oatmeal and bran are the best, but anything that is whole grain is good. Avoid sugar in cereals (look at the ingredients list – there are lots of hidden sugars – cane juice, high fructose corn syrup, molasses are all sugars)
- Spaghetti (especially whole grain) and brown rice (not white)
- Vegetables and legumes such as soybeans, kidney beans, chick peas and lentils have the lowest glycemic index
- Dairy products: Milk and yogurt

Supplements:

- Tyrosine 500-1500 mg twice or thrice a day
- OPC – *oligomeric procyanidius*
- Grape seed
- Pine Bark extract (*pycnogenol*)
- Ginko Bilboa (increases blood flow to the brain)
- Zinc
- Calcium

- Iron
- Lecithin – in nuts, seafoods, soybeans, and cruciferous vegetables
- Other nutrients: Antioxidants, Carotenoids, Vitamin E, Chromium, Manganese, Vitamin B complex, Magnesium, L-glutamine, L-tyrosine, Folic acid, and Vitamin C

Best Breakfasts:

- Veggie Omelets, bran muffin, and fruit-flavored yogurt
- Bacon and eggs, whole wheat toast and juice
- Granola cereal, yogurt and a sliced apple
- Whole grain pancakes or whole grain waffles topped with berries and/or yogurt (avoid syrup – sugar in it will give you an insulin rebound)
- Whole wheat zucchini pancakes topped with fruit, orange juice and milk
- School-Ade Smoothie (see below)

Lunch:

- 600-800 calories with a balance of complex carbohydrates, proteins, and a minimum of fats are best
- Tuna or Turkey sandwich on whole wheat bread with lettuce, tomato, mustard, and low-fat mayonnaise made with canola oil, a side salad, a piece of fruit, and a glass of milk. Save dessert for after dinner.

Dinner:

Lean meat with veggies, some whole grain carbohydrates

School-Ade Smoothie

(adapted from Dr. William Sears in The ADD Book)

Drink one Smoothie in the morning or any time you need to be at your best

4-8 oz plain yogurt

6 large frozen unsweetened strawberries

1 sliced frozen banana

½ cup frozen unsweetened blueberries

1 tsp flaxseed oil

Sweeten with Splenda

Lecithin

Milk, juice, soy or rice beverage

Any additional supplement: ginkgo bilboa and/or tyrosine

- Mix and blend until smooth
- Add liquid for desired consistency
- Blend again
- Serve immediately after blending

Work on Organizational Skills

- *Establish structure.* Keep a schedule and stick to it. Make frequent use of lists, notes to self, color coding, rituals, reminders, and files.
- *Use pizzazz* – Make your environment as peppy as possible. Try color coding to keep things interesting and attention-getting.
- *Organize your work area.* Take the extra time to organize your work area on a regular basis. Otherwise, procrastination will take over.
- *O.H.I.O. Only Handle It Once.* When you receive a document or memo or mail, try to handle it right away, throw it away, or file it permanently.
- *Keep an appointment book with you at all times.*
- *To Do lists.* For people with ADD, “To Do” lists are often “Never Done” lists. If you keep a To Do list, refer to it and revise it on a regular basis.
- *Embrace Challenges* – people with ADD thrive on challenges and are bored with routines. As long as you acknowledge that they all might not work out and get too fussy or perfectionistic about it. Far better that you’re too busy than not busy enough.
- *Make deadlines* – Deadlines help you focus.
- *Break down large tasks into small steps*, then tackle them one at a time
- *Do unpleasant tasks first.* Otherwise, they will never get done.
- *Prioritize* rather than procrastinate – If you can’t OHIO (Only Handle It Once), then be sure to prioritize. Take a deep breath, put first things first, and then handle them one at a time. Don’t stop.
- *Use a portable cassette recorder* to help remember ideas throughout the day.
- *Acknowledge and anticipate the collapse of a number of your projects.* Anticipate failures rather than be surprised by them.
- *Know what environment you work best in* – in a noisy room, with music on headphones, or complete silence.
- *Accept the fear of things going too well.* Accept edginess when things go too easy, when there’s no conflict. Don’t gum things up just to make them more stimulating.
- *Do what you’re good at.* If it seems too easy that’s OK. It’s better than getting stuck and not getting things done at all.
- *Leave time* between engagements to gather your thoughts.
- *Keep a notepad handy* – in your car, by the bed, and in your pocketbook or jacket. You never know when a good idea will hit you.
- *Read with a pen in hand*, not only for marginal notes or underlining, but for the inevitable cascade of thoughts and ideas that will occur to you.
- *Blow out time.* Set aside some time each week for just letting go. Whatever you like to do – blasting yourself with loud music, taking a trip to the racetrack, having a feast. Pick some activity where you can let go in a safe way.
- *Recharge your batteries.* Take a nap, watch TV, meditate, or something calm, restful and at ease. You’ll feel better and you’ll get more done when you’re working again.
- *Avoid premature closure* of a project, a conflict, a deal or a conversation. Don’t cut to the chase too soon, even though you are itching to.
- *Exercise vigorously and regularly.* Schedule exercise in your life and stick to it. It helps work off aggression and excess energy in a positive way, allowing for “noise reduction” in your mind, and soothes the body. You’ll get more done, plus you’ll be happier and healthier to boot.

One-Page Miracle

Make a list of your long-term goals, post the list where you can see it every day, and then remind yourself of them when you're not sure what to do, or don't seem to have anything to do.

**One Page Miracle
What Do I Want for My Life?**

RELATIONSHIPS

- Spouse/Lover: _____

- Parents: _____

- Children: _____

- Friends: _____

- SCHOOL _____

- College: _____

CAREER _____

MONEY

- Short-term goals: _____

- Long-term goals: _____

MYSELF

- Body: _____

- Mind: _____

- Spirit: _____

Neurofeedback

Neurofeedback is also called “EEG Biofeedback” and “Neurotherapy.” Neurotherapy is a painless, non-invasive treatment where sensors are pasted to your scalp to send brainwave information into a computer. The sensors are safe, do not prick the skin, and are painless. The computer displays the information so you can see it and learn to control your brainwaves. In numerous studies over the last 27 years, Dr. Joel Lubar of the University of Tennessee as demonstrated the usefulness of EEG Biofeedback technology to identify the presence of ADD and to treat ADD symptoms.

Why use Neurofeedback?

The brains of people with ADD/ADHD have patterns of excess slow wave activity that reflects their lack of arousal. With Neurotherapy, people with ADD/ADHD can learn to decrease slow wave activity and increase fast wave activity. Clinicians and researchers who provide Neurotherapy report that when a person changes their brain wave activity with practice, their symptoms of ADD/ADHD are usually reduced. People who receive Neurotherapy have also reported improvements in school and work performance, social relationships, verbal fluency, self-esteem, as well as decreases in irritability and oppositional behavior. Neurotherapy can have a significant effect on seizure activity of those who have seizure disorders; these effects are usually positive. While you should not experience negative side effects, you may experience additional benefits; some people report increased relaxation, reduced stress, and a heightened sense of control over their bodies, thoughts, and feelings during or immediately after treatment sessions. Neurotherapy typically increases measured IQ by 11 points overall.

How Successful is Neurotherapy?

Clinicians have reported consistent success in the treatment of ADD with Neurotherapy in numerous outcome studies over the past 25 years. Success with Neurotherapy treatment for ADD/ADHD is robust – in published research, 75-95% of appropriately selected clients are helped. Others still consider Neurotherapy to be an experimental procedure. Of course, no one can guarantee the success of any treatment, and more research on its effectiveness is still needed.

How Long will Neurotherapy Last?

During Neurotherapy, you or your family member will be learning to change and control brainwave patterns. This type of training takes time. Although some clients report initial success after ten sessions, experience shows that 40 sessions are needed, and sometimes more, in order to maintain the gains that are made. The number of sessions per week varies based on time, transportation, finances, progress and individual preferences. Initially, in order for most treatments to be effective, two to three sessions per week is recommended. As learning and progress take place, sessions are usually reduced to once per week, and finally to one or two sessions per month.

The benefits of Neurotherapy in the alleviation of symptoms of ADD/ADHD are fortunately long lasting. When the brain is trained to pay attention, neurological connections appear to be strengthened permanently. The effects of stimulants last only

as long as the chemicals are in the body. In only 20% of cases are booster Neurotherapy sessions typically necessary.

Play Attention

Play Attention is an integral part of an overall play to develop attention and metacognitive skills with children and adults. Play Attention is an interactive learning tool that uses brainwave biofeedback combined with a behavioral training program to improve attention span, reduce distractibility, increase time-on-task, increase short-term memory sequencing, and improve discriminatory processing. It is intended to assist the person in developing and understanding his/her potential in controlling attention and behavior. By using Play Attention combined with appropriate learning environment, positive reinforcement, study skills, coping skills, and other programs, the user can learn to greatly improve attention and behavior.

Play Attention consists of a fun helmet similar to ones used for roller-blading and game-like video exercises that run on a computer. The Play Attention helmet is lined with sensors that monitor the user's brain waves associated with the attentive state and cognitive processing. Like neurofeedback, the user controls the computer video exercises by mind alone. By maintaining the attentive state, the user can move and control screen characters. Using Play Attention is often the first time a person has ever seen his attentive state in real-time. Over time, the user learns how it feels to focus and develops the skills that can help him or her concentrate and become a successful learner.

Listen to Music, especially Mozart

One controlled study found that listening to Mozart was helpful for children with ADD. Rosalie Rebello Pratt studied nineteen children, ages seven to seventeen, with ADD. They played recordings of Mozart for them three times a week during brainwave biofeedback sessions. They used Piano Concerto No. 21 in C, The Marriage of Figaro, Flute Concerto No. 2 in D, Don Giovanni, and other sonatas and concertos. The group that listened to Mozart reduced their theta brain-waves (the "tuned-out" brainwaves) in exact rhythm to the underlying beat of the music, and displayed better focus and mood control, diminished impulsivity, and improved social skills. Among subject who improved, 70 percent maintained that improvement six months after the end of the study without further training.