

ADHD

What Is ADHD?

Attention Deficit Hyperactivity Disorder, also called ADHD, is a neurodevelopmental psychiatric disorder characterized by issues in hyperactivity, attention, and impulsivity that is not age-appropriate. Symptoms must be observed from the ages of 6 to 12 for more than six months in order to warrant a diagnosis. ADHD in children of school-age can cause poor academic performance.

What Causes ADHD?

ADHD may be caused by infection, unnatural foods, missing nutrients, and low levels of probiotics in the diet.

ADHD FAQ

Q: Could you tell me please what foods (diet plan) a child of 7 should be eating who has Attention Hyperactivity Disorder Syndrome? I have recommended no fizzy drinks or drinks containing tartrazine and to keep to water. Any recipes/ ideas would be most welcome. Thank you.

A:

- Prescript-Assist - 1 capsule broken in two and mixed with a little food, morning and afternoon.
- Essential Digestive Plus - Take 1 capsule mixed with any processed or cooked foods.
- Follow basic food and health plans in this book.

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“My son is beginning to settle in class a lot more these days and he seems a lot calmer when he comes home from school. I was at my wit’s end trying to find an answer - who knew it could be so simple as his diet and taking the right nutrients to feed the brain? Thank you, thank you for all that you do...”

- Jane, Sheffield

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Follow the Health Plan as recommended for the best results:

ADHD HEALTH PLAN

The following plan is designed to help provide relief for ADHD and its associated symptoms.

*Your 4-8 Week Plan, From My eBook, Robert Redfern
Supplements to support a healthy brain and mind - in order of priority:*

- **BrainPower** - Product currently not available. As an alternative, mix 2 capsules of [Curcuminx4000](#) with 2 teaspoons of [coconut oil](#) and half an avocado; chew slowly x 2 times per day. Coconut oil supports healthy brain cells by providing MCTs (medium-chain triglycerides), creating essential fuel for the brain. It is rich in lauric acid and has strong anti-microbial properties.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement.
- Take 2 x 2 times per day for 2 weeks and then drop to 1 per day. Supports the gut and the immune system.
(See www.Probiotic29.com/studies.)
- **Active Life Capsules** - Essential vitamins, folic acid, 77 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in your body that are naturally depleted each day. Take 3 capsules, twice daily.
- **Rosavin** - Take 1 capsule, 2-3 times daily. Provides therapeutic benefits for ADD and ADHD.
- **Lithium Balance** - Take 2 tablets, 2-3 times daily. Supports healthy mental responses and supports ADHD.