

ADD- ADHD –AUTISM

1. Fish oil 3 grams / day Omega three fatty acids are brain food and anti inflammatory
2. OPC synergy 3 day- Great antioxidant that will help set the brain waves to normal concentration settings.
3. Mintran 6-15 / day depending on needs
4. Eliminate all refined foods from diet.
5. Eat a diet of whole grains, whole fruits and veggies and lean meat with reasonable dairy.
6. Greatly reduce video games and television time
7. Increase sleep and exercise.