



Research has shown that people with ADHD have several nutrient deficiencies including: Vitamin D, Zinc, Iron, Magnesium, B Vitamins and Omega 3 fatty acids. They more commonly have food allergies and sensitivities and hormonal imbalances. A diet rich in protein, vitamins, minerals and phytonutrients along with supplementation with herbal treatments can be very helpful with symptoms and improve the efficacy of prescribed medications. We start with analyzing your current diet for nutrient deficiencies, perform lab testing specific for ADHD and then focus on food and possibly supplements to correct the deficiencies. Adding herbal treatments for symptoms as needed.