Tuesday Minute Transcript

Exciting ADHD Study



"Children taking pine bark extract had a significant reduction in hyperactivity, improved attention and concentration."

If you were to go thru the hallways and visit the classrooms of all the elementary schools in America, you would discover, according to the latest statistics, over 2 million children diagnosed with ADHD, Attention Deficit Hyperactive Disorder. It's a huge problem (mostly with boys) and often involves the use of prescription drugs that have serious long term side effects.

Perhaps even worse than the side effects of medication are the young minds that are wasted on mundane tasks because they can't pay attention, they get bored, fidgety, and ultimately push whatever boundaries they can for excitement or recognition.

There can be many contributing factors to this type of behavior in kids: sugar overload, causing B vitamin and mineral deficiencies; heavy metals, short circuiting neurological functioning; adrenal stress and mineral imbalance; also essential fatty acid deficiencies, creating a shortage of healthy hormones, neurotransmitter



deficiencies. The list goes on and on.

A colleague of mine recently sent me a copy of a very exciting new study done on ADHD. According to an article in European Child & Adolescent Psychiatry, pine bark extract (or pycnogenol) has been shown to be effective for treating ADHD, at least in boys.

In this double-blind trial, 61 children with ADHD received either pine bark extract or placebo for 4 weeks. The average age was 9.5 years. The pine bark extract group had a significant reduction in hyperactivity and improved attention, visual-motor coordination, and concentration; whereas there were no positive effects noted in the placebo group. Treatment was not significantly effective for girls in contrast to boys, but there were only 6 girls in the pine bark extract group.

According to the study, pycnogenol works by balancing stress hormones which in turn lowers adrenaline and dopamine, thereby improving children's attention and reducing hyperactivity. Stress hormones were measured in the children before, during, and after the treatment. Adrenaline was reduced by about 26 percent while taking pycnogenol and dopamine by about 10 percent. Dropping adrenaline by 26% is pretty amazing because children with ADHD have dramatically elevated levels of stress hormones known to increase heart rate and blood pressure causing excitement, arousal, and irritability. The authors of the study were quoted to say that their findings demonstrated a significant stress hormone lowering effect for a nutritional supplement for the first time.

One of the downsides of the study is that one month after the pine bark extract treatment ceased, patients had recurrence of symptoms. This shows a need for a more holistic, long term treatment.

Pycnogenol should be just one part of a comprehensive protocol that addresses many of the possible contributing factors to ADHD. I would start with a pycnogenol product I could really trust. I know that Biotics uses the same French maritime pine bark extract used in the study in their product called Bio-Cyanidins. Because of Biotics inhouse phytochemistry lab, we can be assured the quality is consistent batch after batch.

If you want to get to the core issues, you really need to add some things to the Bio-Cyanidins. Here's how I see it. There are 3 major problems and a bunch of minor ones that may fix themselves if we fix the major ones. These 3 problems center around bad brain fuel.

Problem #1: Too many refined processed foods, especially simple sugars which deplete essential minerals and vitamins. These can cause poor energy utilization and as a side effect allow many unwanted heavy metals or minerals to accumulate.

Sugar laden diets can cause a zinc deficiency which leads to excess copper storage. Increases in copper can cause inflammation and aggressive behavior. It's critical to address diet with these kids; eating foods that are nutritionally dense; foods that will digest slowly and not cause glyc-

emic energy swings; foods higher in fiber, healthy protein, and good oils.

Give the parents a copy of the "Food For Life CD." We can also add a product by Biotics Research Corp called Bio-Glycozyme which will provide phosphoralated B vitamins, trace minerals, and neonatal glands to help balance blood sugar and stabilize energy.

Problem #2: The wrong fats; these can cause a sluggish metabolism, cell membrane sludge, and cellular energy inefficiency. It's critical to stop all hydrogenated fats. I mean really, if we think about it, do we really want to eat foods that are one molecule away from plastic.

We can change the oil in our cell membranes by using Optimal EFAs or Mixed EFAs. I like the mixed EFAs because the oils are tasteless and provide healthy cell membrane support. Mixed EFAs can be added to vegetables or fruit smoothies with little resistance from the young lads. The Optimal EFAs are higher in Omega-3s and come in capsules or liquid.

Problem #3: Cell and organ system stress. Many factors can cause the adrenal glands to compensate, and as the pattern continues the adrenal glands get extremely stressed. A nutrient dense diet, the addition of Bio-Glycozyme, Bio-Cyanidins, and the healthy oils will often fix this problem too.

In summary, use a trusted source for pycnogenol like Bio-Cyanidins to reduce elevated adrenaline and dopamine levels; make sure the patient is off all refined sugars while using Bio-Glycozyme to help balance blood sugars; and avoid all hydrogenated oils and add in some good oils. This is a nice protocol that should go a long way toward downshifting that racing engine.

Thanks for reading this week's edition. I'll see you next Tuesday.