



Accept us don't reject us

Greetings from the Attention Deficit & Hyperactivity Support Group of Southern Africa

ADHASA

Helping the community for nearly 16 years!

Keeping up with ADD

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Weekday mornings

09h00 to 13h00

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This article targets people with ADD/ADHD but the information could help non-ADD people too. Please make this newsletter available to anyone who could use it.

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FOOD ... AND DIET ?!

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Volunteers Needed to counsel and help children and adults who are battling with their ADD/ADHD.

Phone Sandy on above tel. no. if you can help.

ADDITIVES EXPLAINED!

This dietary story is impossible! I don't understand product ingredient lists, and if I avoid all the chemicals there is nothing left to eat!!! I'm not prepared to deprive my child like this!

Fair comment ... yet it's even more unfair that we should have to struggle so much to find wholesome, healthy foods for our children and ourselves. Ideally our diet should consist of fresh organic foods subjected to minimal processing but, even if this were available to all, it is not what everyone wants. People are busy and want fast convenient foods, and this usually necessitates preservatives to keep them fresh; colourants and flavourants are also used to replace those lost in processing.

Hundreds of chemicals are routinely used in our foods.

Ultimately our bodies cannot cope with the chemical overload and so it becomes important to reduce the amount. It's impossible to eliminate all chemical or unnecessary additives, however we can learn to identify those that must be avoided:

COLOURANTS

Food colourants can be either natural or synthetic. In general manufacturers prefer to use synthetic colourants because they are more stable with products retaining their colour almost indefinitely.

Natural colourants are not as stable, which means that colours deteriorate and fade, and the products don't sell as easily. The question remains: which do we avoid and which can we use?

Natural Food

Colourants are taken directly from nature and are less likely to cause any difficulties for our children. Use them at all times.

Artificial/synthetic Food

Colourants are usually listed as 'permitted' or 'approved' colourants and, as far as possible, should be avoided. They frequently have a salicylate structure which interferes with the body's ability to process and use essential fatty acids.



Only buy or use products which contain

'natural colourants' but, if permitted colourants have been added to the natural colourants, that product is to be avoided. If the label is incomplete and just lists "colourants" then avoid it.

FLAVOURANTS



Flavourants can be natural, nature identical or synthetic. Manufacturers prefer synthetic flavourants because they are more economical, however increasing consumer awareness has created a greater demand for the use of natural and nature identical flavourants.

Natural flavourants are taken directly from nature and seldom cause any difficulties. They can generally be used.

Nature identical flavourants are chemical flavourings made in a laboratory but their chemical structure is the same as the natural product. Most people seem to tolerate them and they seem to be all right for people with ADD/ADHD.

Synthetic flavourants are made up of a combination of different chemicals which together mimic the taste of a natural flavourant. They have an entirely different chemical structure which is not supportive of the body and is more likely to be a burden to it.

Use products that contain 'natural flavourants' or 'nature identical flavourants' but **avoid anything that includes synthetic flavourants** (also known as 'permitted' or 'approved'). If the product lists both natural and permitted flavourants, or if it just lists 'flavourants' then avoid it.

OILS AND ANTIOXIDANT PRESERVATIVES



Hydrogenated fats are bad for us but preferred by manufacturers. If hydrogenated fats/oils are mentioned on the ingredient list, don't buy the product even if the list of ingredients includes unhydrogenated fats or oils which are fine.

Avoid antioxidant preservatives: BHA, BHT and TBHQ are the most commonly used but seldom specifically mentioned. If Vitamin E is used as the antioxidant preservative there is no problem.



We need a certain amount of natural saturated fats in our bodies, but they should be consumed in moderation.

FLAVOUR ENHANCERS

Monosodium Glutamate (MSG) is not a flavourant in itself, but enhances the flavours already present in the meal. There is a lot of controversy surrounding MSG and whether it is problematic or not. In his book, 'Excitotoxins: The Taste That Kills', Russell L. Blaylock, M.D. states that "Monosodium glutamate, like aspartame, is an excitotoxin which can lead to the destruction of certain types of neurons in the brain. ADHASA recommends that MSG should be avoided.

IN A NUTSHELL

To sum up, these are the additives which should always be avoided:



For colourants – anything that lists artificial, approved, or permitted colourants

For flavourants – anything that lists artificial, approved or permitted flavourants

Also avoid hydrogenated oils, MSG and synthetic sweeteners or aspartame

There are other additives to be added to this list but avoiding the above is a good place to start – at this stage don't even worry about any other ingredients that you don't understand (and can't even pronounce) – we'll be dealing with them in a future email. Contact ADHASA National Office at 011-888-7655 weekday mornings and ask them about our Recommended food List – a list of brand name products, all of which are free of the additives likely to affect a sensitive or ADD child or adult. For further information about additives read "E for Additives" by Maurice Hanssen" or "Hyperactivity and ADD – caring and coping" by Heather Picton.

Heather Picton

SEMINAR NEWS

The 2005 ADHASA Seminar held in collaboration with Special Education, University of the Witwatersrand was an outstanding success! It was well attended by parents, teachers, medical professionals and others with people

travelling from around the country to join us. Some came to build on the vast knowledge base that they already had, and others came so that they could find out about the condition of ADD and whether it could be affecting their lives. For some it was a major emotional experience as they finally understood why they had struggled so much for so many years yet never made the grade! They were upset ... and very angry that this information had never been made available to them before.

My advice to them (and anyone struggling to cope with ADD/ADHD in their family) is that they become involved with ADHASA at all levels ... become a volunteer and give of your time and talent. Choose between the Adult ADD division or help out at National Office. Just recently we have had another shining example of how yet another volunteer has experienced the most amazing changes in her life simply by becoming involved at National Office. That is where you really learn to come to grips with the situation.



Channel Islam International is broadcast to over a hundred countries world-wide and ADHASA has featured on them several times. They are currently interviewing speakers from our Seminar on Sunday Mornings and will continue to do so over the next few months – if you have DSTV, find them on Audio Channel 66. Jane Jarvis was a popular speaker at our Seminar and she has just been on the program a second time. If you missed the seminar, this is a great opportunity to hear our speakers ... if you were there, you can learn even more from these programs. If we're able to get further details of who is going to be on and when, we'll put it onto our website.

The best time for us to start planning our 2006 seminar is now!!! As always we like to meet your needs. Please let us know what you would like to see or hear at the next Seminar. Is there a particular aspect of a subject that you would like us to explore? I was particularly thrilled to have Dr Dos Ramos speak about the bloods (searched for her for ages) however other people might prefer to hear about conventional homeopathy. We need to know what it is that you really want, so please let us know.

THANK YOU! THANK YOU! THANK YOU!

We would like to say a very big thank you to all those wonderful people and companies that helped make this Seminar the success that it was.

We would like to specifically thank:

Tradico, Akulu Marchon, Investchem NCP Senmin, Chlorchem, Karbochem, SAIDA (South African Inherited Disorders Association) for sponsoring delegates from previously disadvantaged areas;

Sportron for sponsoring and printing our leaflets;

Wilde Fruit Juices and Nestle for the refreshing and delicious drinks
Hermanean Laauwen for folders
Sanlam for stationery
Wits Club for the delicious meals and all their help;
Jetline Sandton
Les Hudson (Tijuana Spur), Pharmamark, House of Health, Caring Candies and ADDvance for the handouts;

Elizabeth Bosman for her help with the posters;

Jules Aupiais, Charmaine Hattingh, Caxton, Citigate, and the many volunteers and others who provided the most invaluable assistance ... from finding sponsorships, to helping with publicity, photocopying, processing information, helping with layout, printing name tags at 3am, and welcoming our delegates at the seminar;

We would like to thank our wonderful speakers, and most of all, you, our delegates, for without you there would not have been a seminar. Thank you for coming!

ADHASA DOES IT AGAIN!!!

Watch out for **WHIZZ KIDZ** – our official printed journal!!!! It's going to be bigger and better than ever before – up to 40 glossy A4 pages crammed with information.

We're approaching the final stages of putting it together. Over the last two years we've had many requests to advertise in our monthly email "Keeping up with ADD" but have basically avoided doing so - once or twice my arm was twisted but in general we didn't accept ads. Here is the ultimate opportunity for you as it is a magazine focussing on ADD/ADHD and going out to a target audience. If you would like to advertise, contact Allyson Koekhoven, our editor with over 20 years experience in the field. She can be contacted on: 082-561-0876 or 011-293-7420

WHIZZ KIDZ will only be sent to paid up members – if you're not a paid up member, please fill in the attached membership form and forward your proof of payment to ADHASA. If you're not sure about your membership status please contact Sandy at 011-793-2079. *The official newsletter of ADHASA was previously called PULSE but ADHASA has not published any printed newsletters since the resignation of the then president in 2003. We retain the rights to the name PULSE however have decided upon a new name for our newsletter to be launched next month (Sept) We also retain the rights to the name ADHASA and it is illegal for anyone else to use our name.*



For a **COMPLIMENTARY** session (1,5 hours) to learn about how coaching can and will enhance your life phone Lori now on 082-787-0262 to book an appointment!

THIS EDITION OF KEEPING UP WITH ADD PUT TOGETHER BY LORI OF MIND FOCUS.

WATCH OUT DALLAS - HERE WE COME!

CHADD, the largest support group for ADD in America has invited me to give a presentation entitled "ADD in Soweto" at their International Conference in October 2005!

Elizabeth Masike, ADHASA Director and Soweto Branch Co-ordinator and I have worked closely together on our Soweto Outreach and she is dedicated to improving the ADD situation in Soweto and beyond. She has pulled together an impressive committee who has joined her in her quest and it seems fitting that she should accompany me to Dallas. Present and future members can only benefit from the experience and information we will bring back with us.

Ever the optimist I have gone ahead and made all arrangements but we're still in the process of finding the money to do so – ADHASA doesn't have the funds to pay for it and neither do we!

Please can you help ... either with a direct donation or speaking to someone with an interest in the field who would be able to assist. You could indicate whether you would like your donation to be towards the trip or to purchase resources such as books, information and tapes for our library. Ultimately we would like to have such resources available for branches as well. Payments can be made directly to ADHASA – please put DALLAS in the reference blocks and fax details to 011-476-4114 or contact Sandy at 011-793-2079. Thank you for helping to make this possible.

Heather and Elizabeth