



Accept us don't reject us

Greetings from the Attention Deficit & Hyperactivity Support Group of Southern Africa  
**ADHASA**  
Helping the community for 16 years!

# Keeping up with ADD

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This article targets people with AD/HD but the information could help other people too. Please make this newsletter available to anyone who could use it.

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

Phone Sandy on (011) 793-2079 when you can help.

## ADD Adults - what do they eat?

Adults with ADD are often bright, capable people but struggle to pull things together. They are stressed,



stretched, and usually "don't have time to waste in the kitchen". They often tell us that finding healthier food or that trying to eat regularly makes life even more stressful.. Many believe that the answer is ready-made, fast foods. But does this really help them in the long run?

The interesting thing is that people who eat a lot of junk food seem to lose the taste for natural foods and eventually don't want to eat them. Could this be another way in which additives affect our bodies?

Ideally adults with ADD should have the same eating lifestyle that we recommend

for our children. This means three meals a day and a small balanced snack between meals. Obviously if there are allergies or sensitivities to any particular foods, these should be avoided.

### TAKING RESPONSIBILITY

There are several key ways of achieving a healthier eating lifestyle.

#### Fruit and Vegetables

It's important to eat fruit and vegetables - they are vital for both performance and health! Vitamin and mineral supplements boost our bodies but cannot replace natural foods.

#### Additives

The next step is to avoid unnecessary additives and start by reading ingredient lists. At first it may be horribly confusing but you can get by if you take it slowly and don't try to do everything at once: Start by avoiding only products containing colourants or flavourants. Be careful to avoid anything in

the ingredient list that is 'permitted' or 'approved'. Even Tartrazine is permitted or approved! Natural colourants, natural flavourants and nature identical flavourants are OK.

Once you are comfortable with avoiding synthetic colourants and flavourants, you can start eliminating hydrogenated vegetable oils, partially hydrogenated vegetable oils and transfatty acids. Please note that products with unhydrogenated vegetable oils can be used.

If you have a tendency to runny nose, sinusitis, coughs, colds or chesty problems then sulphites, sulphates and benzoates are most likely to affect you and should be avoided. If you wish to have more detailed info, have a look at my book *Hyperactivity and ADD - caring and coping* available from the Happy Kids Shop.

#### Breakfast to stabilize blood glucose levels

Starting the day with a balanced meal stabilizes blood glucose levels and sets the tone for the day. That is why breakfast is so important and should be eaten within an hour of waking up, and before facing the stresses of the



Pic: Danny Elwes

road. It doesn't have to be a big meal - a small breakfast is better than no breakfast at all. Avoid sugary and refined cereals.



Ideas are: Low GI (Glycaemic Index) and low sugar muesli with milk; whole wheat pronutro and milk; egg on toast; any protein (egg, meat, chicken, fish, cheese) with carbohydrate (toast, potato, rye-vita, plain provita); baked beans on toast - just check the ingredients. For breakfast in a glass, dig out the blender or invest in a smoothie machine .

Concentration and coping are so much easier when blood glucose levels are stable. Keep them stable all day by eating small regular meals consisting of mainly low GI foods combined with a *little* protein and fat.

**A busy day**

We would probably all be much healthier if we were to prepare our own meals with suitable ingredients. Unfortunately for many people this is just not possible and so it's important for you to find out what's available in your area. Woolworths, for example, have brought out a range of thick delicious soups in plastic bags which seems to be free of synthetic colourants and flavourants. They also have a small range of heat-and-eat meals suitable in emergencies. Other companies are starting to do the same - make friends with your local supermarket and find out the



ingredients of the foods that they have to offer. Let them know what it is that you want - the greater the demand, the sooner the service will be provided. At all times, read the ingredients!

**Informed choices**

When eating out it is a matter of making informed choices. For example choose Nando's flame grilled chicken rather than something that has been deep fried. Nando's sauces are also OK and their rice is low GI. In restaurants opt for plain grilled rather than fried steaks, chicken or fish; and avoid sauces, batter or marinades. Try the salad bar! Get to know your local restaurant manager and ask which dishes on the menu are free of ingredients you want to avoid - Spur Hamburgers are 100% pure beef and are OK, but avoid their marinades and sauces. Everyone eats chips at some time or another, but have small portions and don't have them too often. Try baked potatoes or rice instead. Restaurants commonly use All Gold tomato Sauce and it's OK for people who can eat tomatoes.

**ESSENTIAL FATTY ACIDS**

Eighty percent of people in the Western Hemisphere have Essential Fatty Acid (EFA) deficiencies which may affect concentration, and can also be linked to many common chronic illnesses from something relatively minor, like dry skin and dry eye syndrome to the major illnesses such as rheumatoid arthritis and heart disease. That is why the healthier eating principles that we suggest apply to just about anyone whether they are affected by ADD or not! Of course we all know about the link to ADD and hyperactivity in both adults and children!

**Increase Essential Fatty Acid Intake by the following:**

Chew combinations of sunflower seeds, pumpkin seeds, walnuts and other nuts as snacks rather than eating sweets;

Use cold pressed oils, lemon juice and a little honey for salad dressings. In restaurants opt for olive oil and vinegar rather than the rich salad dressings that pile on the kilos and reduce the EFA status in your body.

Supplement with omega 6 oils (evening primrose oil, cold pressed sunflower seed oil, flax seed oil, borage seed oil) and also omega 3 oils (fish oil, borage oil, flax seed oil).

Omega three is currently very popular but your body needs both omega three and six.

Your combination depends upon your symptoms - omega 6 is indicated where there is dry skin, eczema, and tiny little bumps on the skin; dry, fluffy hair, ongoing thirst, being hot and sweaty. Allergies and sensitivities, a tendency to chesty problems and concentration difficulties may also be indicators of omega 6. For best results you need a combination of both omega 3 and omega 6.

Make smoothies by liquidizing fruit, seeds, nuts, milk (rice/soya/cow) or yoghurt - freeze leftover fruit salad or iced fruit in small portions ready for the next smoothie! Freeze it as a thinnish slab rather than a block of frozen fruit, it's probably easier on the blender or smoothie machine. If you don't like swallowing your vitamins or EFAs, they can be added to the smoothie and you won't even notice that you're taking them. Please don't add medications such as Ritalin, Concerta, Strattera or any other medications to the smoothie.

**THE NASTIES**

As far as possible avoid fried foods, margarines, artificially coloured foods, artificially flavoured foods. They just increase your body's stress load and prevent it from using the valuable EFAs.

Avoid eating at any restaurant or other outlet that liberally uses MSG - some places have it in everything ... even in the salt. Find another place to eat!!!!



Avoid eating sweets on an empty stomach - rather have them with protein or after a meal. Once again try to avoid flavoured or brightly coloured boiled or jelly sweets. If you can't go without your sweets try a one month course of "GTF with chromium", or "Blood Sugar Balance" (Food State). These supplements help to reduce sugar cravings. Repeat the course when cravings resurface but do not use on an ongoing basis.

### A CHANGE OF MIND

When it comes to eating habits, changing one's mindset can initially be very difficult. Some people take a long time to move into it while others do so overnight. Whichever way you choose is fine – ultimately your body will thank you for any way that you manage to improve the supply of nutrients and energy for it.

Following just these few ideas could make a tremendous difference in your life. It is really the start of a new learning curve which becomes easier as you travel along it. For some the change to a healthier eating lifestyle makes a tremendous difference within a short time, and for others it takes longer. Whichever is the case for you, in the long term it pays dividends with better health and improved functioning in all areas of your life. This could also make it easier to cope with the challenges of ADD. It's worth it! Why not find out for yourself!



*Heather Picton*

### EMBRACING ADD ADHASA 2006 Seminar

We're steadily working towards our seminar and have an exciting array of speakers and topics for you. Find out about different learning styles, ADD in girls, lunch boxes and tuckshops, and many more.

Diarise  
Saturdays 7 and 14 October 2006  
for our annual Seminar to be held at  
The Wits Club, Wits University.  
Details soon to be on our website,  
[www.ADHASA.co.za](http://www.ADHASA.co.za)

### ADHASA National Office

We offer referrals, a lending library and loads of support and information. The Happy Kids Shop sells supplements (free advice), sweets (free of colourants and preservatives), tapes, articles and an amazing array of books on ADD/ADHD.

For counselling there is a R50 voluntary donation—please book your appointment in advance. The office is manned by volunteers and we desperately **need more people**. When you can man the phone one morning a week, please phone Sandy on 793-2079



### RESEARCH NEWS for ADD/ADHD ADULTS

Lori is currently doing this research in conjunction with Identity Compass® [www.identity-compass.com](http://www.identity-compass.com) in Germany. The research is on profiling a person's thinking preferences, and she is working with adults that have been diagnosed with AD/HD, preferably in business. The research is to ascertain whether there are any correlations between an ADD brain and thinking patterns, and is being conducted in South Africa and Canada.

If you would like to take part in this research which means you will fill out a questionnaire on your computer, you will receive a substantial report and feedback session. Please contact [Lori@MindFocus.co.za](mailto:Lori@MindFocus.co.za).

## Whizz Kidz

### Whizz Kidz issue 3 about to go into layout

From the feedback we've received on the first two issues of Whizz Kidz, it's obvious that people are eager and waiting for the third. We have some great feature articles for you and are about to go into layout.

We've had a lot of enquiries about advertising, so if you have been thinking about getting your company, products or services out to a very niche market of parents, educators, psychologists, therapists, doctors and other practitioners, **NOW is the time!**

**Take this opportunity to advertise through ADHASA**

**Contact Hayley on 082 371 6841 to receive rates or book your space. Please hurry! Time is limited.**

We've had such amazing feedback about our Whizz Kidz, and people around the country are almost demanding the next edition. It's very satisfying for me, especially when I look at how the ADHASA newsletters have developed from the first 3-page newsletter in 1990 which was typed on an ancient typewriter and photocopied. We prepared newsletters for our 36 members and at the time thought it had been a large undertaking! Our newsletter then grew into a 24-page newsletter (still photocopied); the size changed several times, growing progressively smaller. Until now!

I've always dreamed of a full-size glossy magazine and finally we have it! Elizabeth and I took copies with us to the USA last year and several people commented that it was the best ADD magazine they had ever seen. Become a member of ADHASA and get your free copies of Whizz Kidz. **Contact us now** on 082 371 6841 if you would like to advertise in it; or sell it in your therapy rooms or shop.



Mind Focus cc  
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This Edition of Keeping Up  
with ADD put together by  
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