

Accept us don't reject us

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

ADHASA

Helping the community for 16 years!

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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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.

Keeping up with ADD

January 2006

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Office hours:

Weekday mornings

09h00 to 13h00

ADHASA National Office

Delta Park School, Blairgowrie

Phone: (011) 888-7655

Essential Fatty Acids without Diet?

I've been told to give Essential Fatty Acids to my child but that diet is a waste of time. Is this true?

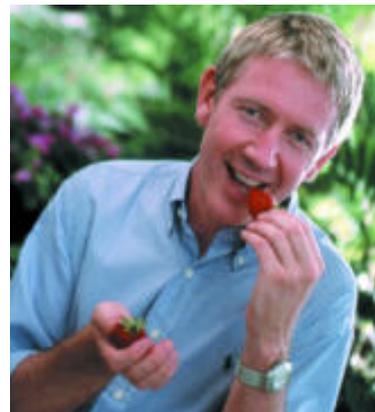
Disastrous Diets

There has been a strong emphasis on weight loss and diet over the past forty years which has been a disaster for many, and done little more than upset the balance of the system. Dieters have often been left in a worse situation than ever before and it's no wonder that 'diet' has become an unpleasant four letter word!

A misnomer

The so-called ADHD diet is actually a misnomer. The healthier eating lifestyle encouraged by support groups such as the Feingold Association in the USA, HACSG in England and ADHASA in South Africa is to a large extent facilitating the

metabolism of Essential Fatty Acids (EFAs) in the body. Patrick Holford, the internationally recognised nutritionist, stated that 80% of people in the Western Hemisphere have a deficiency of EFAs.



EFAs in South Africa

Professor CF van der Merwe, Chairman of the Board of ADHASA and recently retired Dean of the Medical University of South Africa (MEDUNSA), has been lecturing on and emphasizing the importance of EFAs for nearly 25 years!

ADHASA has recommended them almost since its inception in 1989. Finally the rest of the medical world is starting to catch up with us and is acknowledging the role of EFAs.

Can the body use them?

What many haven't yet looked at is that the body's metabolism of the omega 6 EFAs as well as certain omega 3 EFAs is strongly impaired in the presence of synthetic colourants, synthetic flavourants, transfatty acids, hydrogenated fatty acids and antioxidant preservatives. This means that the child's body doesn't get the full value (if any) from these EFAs if he is eating a diet full of junk – it's just so obvious.

Omega 3 Fatty Acids derived from fatty fish oil are not really affected but most people need *both* the omega 3 and 6 EFAs.

For more precise details of the additives that interfere with the metabolism of EFAs, have a look at the list in my book, *Hyperactivity and ADD –caring and coping* (Wits Univ Press). The third edition contains further information about the omega 3 omega 6 debate.

Healthier Lifestyles

Support groups are advocating healthier eating lifestyles ... meals and snacks that are free of these unnecessary additives. This does not suit the manufacturers as they need the colourants, flavourants and antioxidant preservatives to enhance the flavour of their products and attract the interest of children. A dull, tasteless highly processed product would have zero pester power and manufacturers have to do something to make their products move off the shelves!

Are cheaper additives really cheaper for the consumer?



Natural colourants, natural or nature identical flavourants, and natural antioxidant preservatives are unlikely to undermine the health and overall functioning of the consumer? The artificial additives are the cheapest and have the longest shelf life, but as a support group we believe that they are costing the parents far more than the few rand that they pay to purchase the product.

Children who really struggle

In what way can children benefit? AD/HD is characterized by inattention, impulsivity and distractibility. Children affected have long been recognised as having impossible behaviour, being aggressive, unreasonable and

invariably hard to love. Even though we live in the 21st Century, few people recognise the devastating impact that a combination of, for example, low muscle tone, sensory defensiveness, poor social skills (all of which may be linked to neural function) can have on the life of a child as he desperately tries to find solutions. Even less do they realize the damage they do as they further condemn him, angrily rejecting his best efforts to cope.

Children don't need junk

Taking the junk out of a child's food has often made all the difference between his/her coping or not. Just recently a ten year old child told me that for the first time ever he had control over his own body and what he said and did. Life had become much happier. He also told me that he was not prepared to lose this control by eating just any sweet that came his way.

He had experienced tremendous improvement on a combination of omega 3 and omega 6 EFAs. When all unnecessary additives were eliminated he was finally able to take control of what he said and did. Life is so much easier for him these days - unless he eats the offending additives.

AD/HD or not

Medical experts decry diet pointing out that very few people benefit and they claim that children who benefit might not have been hyperactive after all. This leads to a very interesting situation ... does this mean that every child on one or more medications for AD/HD who has subsequently shown significant improvement on the healthier eating lifestyle (call it diet for short)– has been misdiagnosed and should never have had medication in the first place?! Personal experience tells me it's impossible for so many children to have been misdiagnosed. Experience has also shown me that many children who, even though they may be avoiding the colourants

and flavourants will still have medication as an added support for concentration ... and, in the same way, many children who are on medication will benefit even further if they have the healthiest possible eating lifestyle, often called a 'diet'.

Not grey tasteless food

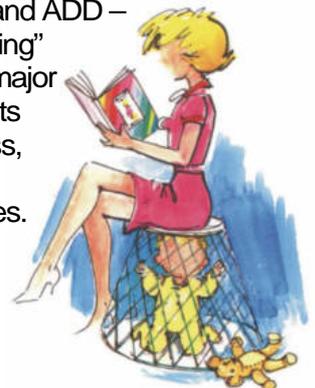
This doesn't mean grey tasteless food for all. It's up to each and every one of us to demand that our manufacturers use natural colourants and natural or nature identical flavourants etc in their products. Maybe their products would cost a bit more, but what price are we paying as we indulgently buy the next non-nutritive, artificially coloured, flavoured and sweetened treat which interferes with our child's neural function, aggravating his mood, behaviour, concentration, sensory defensiveness and self-control for the next 72 hours?

Neural Function

As far as I am concerned Essential Fatty Acids are involved in neural function and a deficiency of them can aggravate any neural dysfunction or, I believe, uncover certain neural tendencies. A healthier eating lifestyle combined with EFA and multivitamin and mineral supplementation has reversed this process and improved the lives of thousands of people in South Africa. Try it for your family and experience the benefits for all.

Heather Picton
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"Hyperactivity and ADD – caring and coping" is available at major bookstores, Wits University Press, and the ADHASA offices. Can also be borrowed from the ADHASA library.



THANK YOU! THANK YOU! THANK YOU!

We would like to thank **Chemserve** for their very generous donation which will have a significant impact upon the work we do.

Several people who are unable to spend time in the office have offered their time and talents to assist ADHASA. We would like to thank each and every one of you. If you haven't yet heard from us, we'll be in contact soon.

Support Group News and Events

Adult ADD(vantage) Group

Our Adult ADD(vantage) group continues to grow and people are reaping very real benefits. We're most grateful to Lori, Gail and Doric for all they're doing to help desperate adults come to grips with the ADD that makes life just more difficult than it should be. They are busily planning the year ahead which includes the group meeting every two weeks and they have planned some very special speakers locally and internationally for quarterly events. For further info contact Lori at 082-787-0262.

Soweto Group

The Soweto group has started the new year running. On 21 January they held a Dallas report back meeting at Zola Clinic where Elizabeth presented the fantastic educational kit she won at the CHADD Seminar. (More about this kit in a future edition) An all day workshop is to be held in Soweto towards the end of April and a Camp is planned for September. The Greater Soweto Early Learning Training and Development Centre have invited Elizabeth to lecture and teach the Pre-School and Crèche Teachers, and Child Minders, on a weekly basis starting February.

What a brilliant start to 2006!

ADHASA 2-day Seminar

The ADHASA 2-day Seminar has been planned for the second half of July. You'll be hearing a lot more about this but, in the meantime, we invite people who would like to share their expertise to join our Seminar Committee. Even if you've never done anything like this before, we'd still appreciate your assistance.

WhizzKids are SPECIAL!

WhizKidz has had a tremendous reception – watch out for the next edition which will be sent out during February 2006.

PLEASE HELP.....

We desperately need someone to help in the office from 8h00 to 13h00 one morning a week to answer phones.

Are you prepared to distribute our flyers to schools or doctors in your area? Call Sandy 011-888-7655

We are in dire need of a printer at National Office. If you have a printer you can spare, please consider donating it to ADHASA.

Contact Sandy at 011-793-2079



Mind Focus cc
Mind Focus

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.

IMPORTANT RESEARCH PROJECT: Social needs of ADD/ADHD children

Thank you for the valuable role you have played in assisting research into AD/HD in South Africa—and we're asking you to do so once again. This time it is a very special Psychology Masters Student who is a mother, and a Director of ADHASA. She is examining the social interaction of AD/HD children and pin pointing areas in which they need help.

Margie Barry has been a member of ADHASA for at least seven years and has spent many hours as a volunteer arranging guest speakers for meetings, coordinating seminars, counselling, and doing whatever is necessary to help and support you, our readers. Please give Margie a few minutes of your time **RIGHT NOW** and fill in the questionnaire included in the attachment. All you need to do is put a cross in the relevant square—the questions may seem very simple but your answers will provide a wealth of information.

The more we learn about our children, the more we can offer them – in this case the information gleaned will in particular impact upon and assist us at ADHASA to give better advice to you for your children.

We urgently need these completed questionnaires as soon as possible so please fill yours in right now and forward to margiea@mweb.co.za. Thank you very much!!!

For all the assistance you need, contact
ADHASA 011-888-7655
Wednesdays and Fridays
8am to 1pm or email
support@adhasa.co.za