

Very Exciting ADHD Study

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Do you know anybody stressed out? I say that tongue in cheek because most of the people I come in contact with are pushed to their limits.

I want to share a study about ADHD but the bottom line is this: Not only did the subject's cognitive ability improve but pre and post adrenaline levels decreased by 26%. As most of you know ADHD is a huge problem in today's youth and often involves the use of prescription drugs that have serious long term side effects. And let's be honest there are quite a few adults that have ADHD as well.

A colleague of mine just sent me a copy of a VERY exciting study done on ADHD.

According to an article in European Child & Adolescent Psychiatry, Pine bark extract (Pycnogenol) has been shown to be effective for treating attention-deficit/hyperactivity disorder (ADHD), at least in boys.

In this double-blind trial, 61 children with ADHD received either 1 mg/kg/day pine bark extract or placebo for 4 weeks.



The average age was 9.5 years. Standard questionnaires were completed by parents and teachers and were administered at the start of the trial, 1 month after starting treatment, and 1 month after completing treatment.

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. 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%, and dopamine by about 10%, while taking Pycnogenol.

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-Cyanadins.

Three Bio-Cyanidins tablets supply the amount used in the study. Bio-Cyanidins contains 15 mg Pycnogenol and 35 mg of a grape seed extract that contains 95% OPC's short for "oligomeric proanthocyanidins". Keep in mind that pycnogenol has been shown to support many different functions. Small but convincing studies have shown Pycnogenol can benefit: Vision, circulation, blood sugar regulation, tinnitus, sports enhancement, circulation, respiratory health, menopause, menstrual discomfort, skin disorders and cognitive enhancement. I mentioned that part of the formula includes 35 mg of grape seed containing 95% OPC's.

As a side benefit, scientists are finding Proanthocyanadins from grape seed reduce aromatase enzymes which in turn reduce environmental estrogens. So men may benefit from an entirely different mechanism. You can see a link to the right for further discussion of aromatase enzymes.

If you really want to radically change a child's life forever, we have to fix the basics while we use sophisticated botanicals like Bio-Cyanidins. As you know, if the basics aren't fixed, high tech supplements may not even work due to the body's over compensation mechanisms used to deal with the dietary stresses. Fixing the basics means giving healthy brain fuel. Let's start with eliminating refined commercialized processed foods. We know, the more food is processed the

greater the degree of nutrient depletion. Basic nutrients are needed for energy production.

Sometimes we forget that it takes nutrients to deal with the empty calories that these fake foods contain. The net effect is a reduction in cellular reserves. You can download this nutrient dense "Anti-inflammatory Diet" that has been very successful in my practice and thousands of clients. Also, we realize that over processed commercialized foods laden with plasticized fats have caused a negative microbiome shift.

The result is an increase of food sensitivities and a leaky gut. The connection between the gut and the brain is becoming clearer as clinical research rolls in. You can see a link to a product called Bio-Fiber Complete that can be easily added to foods to support healthy microbial diversity.

Let your patients know that you have solutions for children or adults with ADHD and pay attention to body language and comments that stress is sabotaging their health. A change in diet, a trusted source for pycnogenol like Bio-Cyanadins to reduce elevated adrenaline and supporting their microbiome diversity could change someone's life. Thanks for watching and I look forward to being with you again next Tuesday.