

# The Natural Way To Treat Hyperactivity And Refocus Your Child

**NATURAL REMEDIES FOR ADHD:**  
**FOODS TO HELP ADHD**  
THEREALFOODGUIDE.COM

**B-COMPLEX VITAMINS**  
(ESPECIALLY B1, B3 & B6)  
**TO IMPROVE BEHAVIOR**

B vitamins are naturally found together in foods such as: organ meat, fish, meat, nuts, sunflower seeds, brewer's yeast, eggs, leafy greens and more. Keep in mind that B12 is a B-vitamin that is only found in animal foods however.

**CALCIUM & MAGNESIUM**  
**TO CALM ANXIETY, FIDGETING & RESTLESSNESS**

Magnesium and calcium need to balance each other out, ideally in about a 1:1 ratio. Dairy products, while high in calcium, are low in magnesium and generally, most people are more deficient in magnesium than calcium. Good sources of calcium & magnesium are nuts, seeds, sardines and salmon with bones, & leafy greens.

**ZINC TO REDUCE HYPERACTIVITY IMPULSIVITY & IRRITABILITY**

Find zinc in foods such as oysters, red meat, pumpkin seeds, sesame seeds & eggs.

**IRON TO HELP WITH IRRITABILITY & IMPROVE ATTENTIVENESS & MEMORY**

Eating vitamin C-rich foods can help improve iron absorption and you can find iron in foods such as organ meats, red meat, egg yolks, nuts, beans. Cooking with cast iron can also help increase your iron intake as some iron does get transferred to your food in the cooking process.

**OMEGA-3s TO HELP FOCUS, & IMPROVE MOOD & MEMORY**

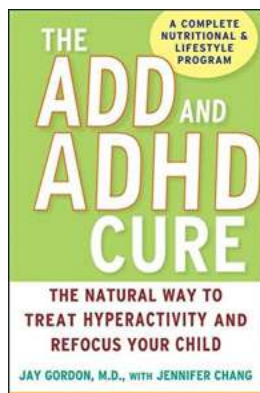
Aside from coldwater fish such as salmon and halibut, choose organically-farmed, pasture-raised meats which have more Omega-3 than their conventionally-raised counterparts.

Hyperactivity in children can be a challenging and disruptive condition to deal with. It can affect their ability to concentrate, pay attention, and overall, it affects their ability to function optimally. While there are various treatment options available, many parents are turning their attention to natural remedies that can

help manage hyperactivity and refocus their child's attention. In this article, we will explore some of the most effective natural ways to treat hyperactivity and bring balance to your child's life.

## The Power of a Balanced Diet

When it comes to managing hyperactivity, a balanced diet plays a crucial role. A diet rich in essential nutrients can help improve brain function and reduce hyperactive behavior. Incorporate foods that are high in omega-3 fatty acids, such as fish, walnuts, and flaxseed. These nutrients promote healthy brain development and can have a positive impact on your child's behavior.



## The ADD and ADHD Cure: The Natural Way to Treat Hyperactivity and Refocus Your Child

by Jay Gordon (Kindle Edition)

★★★★☆ 4.2 out of 5

Language : English

File size : 1063 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 240 pages



## The Magic of Exercise

Physical activity is not only beneficial for the overall health of your child but can also help reduce hyperactivity. Engaging in exercise allows your child to release pent-up energy and promotes the release of endorphins, which improve mood and focus. Encourage activities such as swimming, cycling, or team sports to help your child channel their energy in a productive way.

## **The Calming Effects of Herbal Remedies**

Natural herbal remedies have long been used to promote calmness and reduce hyperactivity. Herbs such as chamomile, lemon balm, and passionflower have soothing properties that can help ease restlessness and promote relaxation. You can find these remedies in the form of teas or supplements specifically designed for children.

## **The Importance of Sleep**

Adequate sleep is crucial for children with hyperactivity. Lack of sleep can exacerbate their symptoms and make it even more challenging for them to focus. Establish a consistent bedtime routine and create an environment conducive to sleep by minimizing distractions and providing a comfortable sleeping space.

## **Reducing Screen Time**

In today's digital age, excessive screen time has become a common concern for children with hyperactivity. Limiting their exposure to devices such as smartphones, tablets, and television can help reduce overstimulation and improve their ability to concentrate. Encourage alternative activities such as reading, playing outdoors, or engaging in creative hobbies.

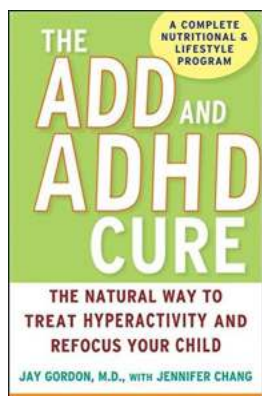
## **The Benefits of Mindfulness and Relaxation Techniques**

Teaching your child mindfulness and relaxation techniques can significantly contribute to managing hyperactivity. Techniques such as deep breathing exercises, yoga, and meditation help promote a sense of calmness and enhance their ability to refocus their attention. Practice these techniques together and make it a part of their daily routine.

## **Seeking Professional Guidance**

While natural remedies can be highly effective in managing hyperactivity, it's essential to consult with a healthcare professional or holistic practitioner. They can offer personalized advice and guidance, taking into account your child's unique needs and circumstances. They may also recommend additional natural treatments based on their expertise and experience.

Hyperactivity doesn't have to control your child's life. By incorporating natural remedies, such as a balanced diet, physical activity, herbal remedies, prioritizing sleep, reducing screen time, practicing mindfulness, and seeking professional guidance, you can help your child refocus and achieve a sense of calmness and balance. Remember, each child is unique, and it may take some experimentation and patience to determine which natural remedies work best for them. Embrace the process, stay positive, and celebrate every small improvement along the way.



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THE ADD AND ADHD CURE

"The ADD and ADHD Cure will be welcomed by parents who reject drug protocols and/or whose children have not been successfully treated with drugs. I highly recommend this important and groundbreaking new book."

—Jenny McCarthy

"I rely on Dr. Jay for more than my children's health. No matter what I call about—concerns about a sick kid, a parenting question, or worries about nutrition—Dr. Jay has answers and presents them in the most parent-friendly way."

—Julia Roberts

"Dr. Jay's support will be a fantastic gift for parents facing ADD/ADHD. His words come from decades of experience and a wealth of real concern and compassion for your child and your family."

—Matt and Lucy Damon

"Every new parent sometimes feels in the dark. Dr. Jay has been a constantly bright light and guide. We can't say enough great things about him or adequately express our gratitude for the patient, honest, intelligent, compassionate care he has given to our children. We enthusiastically support him and his book."

—Casey Affleck and Summer Phoenix

"This empowering book will teach, inspire, and coach your entire family to break the unhealthy nutritional habits that prevent you and your children from living healthy, focused lives."

—Tobey and Jennifer Maguire

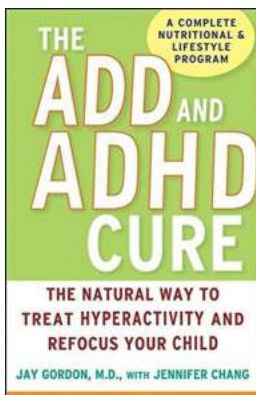
"With this guide, you can go from panic mode into proactive mode. You can take charge of your child's health—naturally."

—Tea Leoni and David Duchovny

"I have watched Dr. Jay Gordon care for children and families who needed his skill and experience as they faced ADD and other tough diagnoses. His techniques and advice will guide you from a medication-oriented treatment to sensible, scientific nutritional and behavioral care."

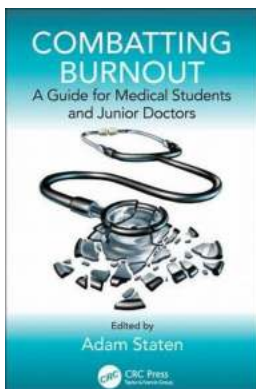
—Edison de Mello, M.D., Ph.D., Director and founder, The Akasha Center for Integrative Medicine

If you're hesitant about giving your child prescribed medication for hyperactivity, read *The ADD and ADHD Cure: The Natural Way to Treat Hyperactivity and Refocus Your Child*. Using the helpful information in this book, you can decide whether your child really does have ADD or ADHD, how you can cure the problem naturally with nutrition, and how to redirect your child's focus. Don't simply mask the symptoms with drugs; instead, follow a safe and effective non-drug protocol practiced by Dr. Jay Gordon for more than three decades.



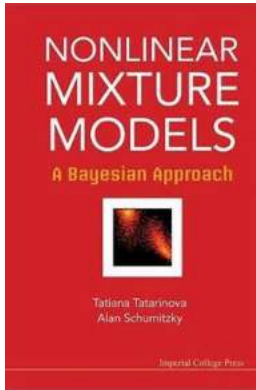
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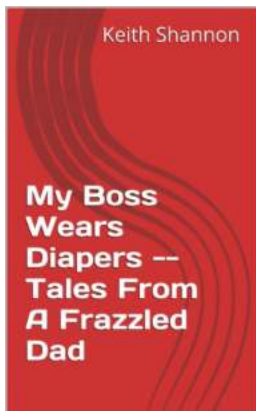
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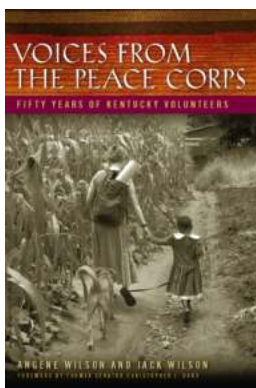
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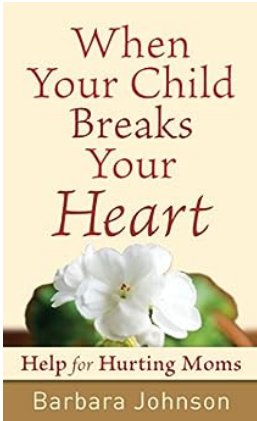
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