



# Natural Health Research Institute

Your One-Stop Website for Research on Natural Health and Wellness

SEPTEMBER 2019

[WWW.NATURALHEALTHRESEARCH.ORG](http://WWW.NATURALHEALTHRESEARCH.ORG)

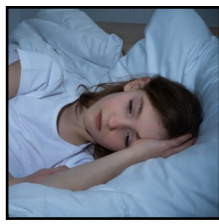
## Attention Deficit Hyperactivity Disorder (ADHD)

Attention Deficit Hyperactivity Disorder (ADHD) is a common neurodevelopmental disorder that is usually first diagnosed in early childhood and often lasts into adulthood. Symptoms of ADHD include: inability to concentrate on tasks, impulsive behaviors, disorganization, excessive activity or restlessness, poor planning and low frustration tolerance.



The exact cause of ADHD is not known, however genetics seem to play an important role. Studies looking at the rates of occurrence within families, twin studies and studies on adopted children all support this theory. Other possible contributors are environmental toxins such as lead and pesticides, prenatal exposure to drugs, alcohol and nicotine, significant head injuries and premature birth.

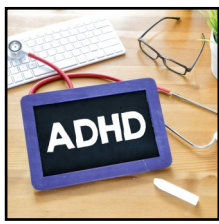
ADHD is managed and treated in several ways. Medications may be helpful for some, but many find they come with problematic side effects such as, irritability, loss of appetite, and insomnia. Others are concerned about the side effects these powerful drugs may have on a child's developing brain. There are a number of natural treatments for ADHD that are safe and effective. Positive results have been shown when making diet and lifestyle changes, implementing behavior therapy, supplementing with vitamins, minerals and herbs and the use of aromatherapy.



[Behavior Modification Improves Sleep and Symptoms in ADHD Children](#)



[Omega-3 Fatty Acids and Emotions in ADHD Adolescents](#)



[Neurofeedback Training for Schoolchildren with ADHD](#)



[Study Shows Magnesium and Vitamin B6 Help ADHD Symptoms](#)

## Upcoming Events



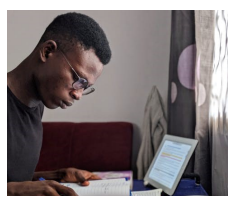
**American College of Nutrition's Annual Conference**  
**Personalized Nutrition 2019—Regenerate Health in Our Toxic Environment**  
**November 13-15, 2019 in San Diego, CA**

The NHRI will be an exhibitor and a sponsor at this landmark 60th annual conference.

The conference will showcase the latest science and solutions from the world's leading nutrition researchers and clinicians and environmental experts.

[View Details and Registration Information](#)

## Recent Posts



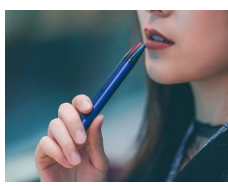
**Lutein and Zeaxanthin Improve Cognitive Function in Healthy Young Adults**  
*Written by Angeline A. De Leon, Staff Writer.* One year of nutritional supplementation with 10 mg of lutein and 2 mg of zeaxanthin significantly increased their levels in the central nervous systems of healthy well-nourished college students and improved their cognitive functioning. [Read more »](#)



**Exposure to Ambient Pesticides and Autism Spectrum Disorder Risk**  
*Written by Joyce Smith, Staff Writer.* Prenatal or infant exposure to eleven pesticides, including glyphosate, chlorpyrifos, diazinon, and permethrin, were associated with increased odds of developing autism spectrum disorders in children. [Read more »](#)



**Watermelon Increases Satiety and Reduces Body Weight in Obese Individuals**  
*Written by Chrystal Moulton, Staff Writer.* Watermelon consumption significantly improved satiety and significantly reduced body weight, BMI, waist/hip circumference, and systolic blood pressure in obese and overweight individuals. [Read more »](#)



**Active, Passive and Electronic Cigarette Smoking Associated with Asthma in Teens**  
*Written by Jessica Patella, ND.* This study found that both active and passive smoking, and E-cigarette smoking were positively associated with asthma in the past 12 months in Korean adolescents. [Read more »](#)

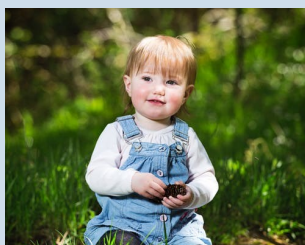


**Are Some Sources of Fiber Better Than Others?**  
*Written by Dr. Patrick Massey, MD, PhD.* A study showed that dietary fiber from beans, fruits and vegetables was superior compared to fiber derived from grains or nuts when it came to reducing the risk of cardiovascular disease. [Read more »](#)

### SUPPLEMENT FACT

A 2018 meta-analysis of randomized controlled trials concludes that zinc supplementation during infancy and early childhood may improve multiple measurements of growth among young children.

From The Council for Responsible Nutrition



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