

# **Attention Deficit/Hyperactivity Disorder**

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## **MOXXOR**

*The most powerful concentrate of all-natural omega-3's and antioxidants on the planet*

Attention deficit/hyperactivity disorder is a very controversial disorder. Many people like to ignore the fact that it even exists. If you review the readings of Dr. Amen, Dr. Russell Barkley, Drs. Hollowell and Ronald Kotulak and many others you clearly see that it does exist. The treatment approaches, though, can be very controversial.

There are many myths of attention deficit disorder. Some people consider it a fad diagnosis, just an excuse for bad behavior. Many people feel that it is over-diagnosed and certainly at times it can be over-diagnosed, but it certainly is under-diagnosed. Many others feel that it is disorder only for hyperactive boys. Another myth is that it is only in America and it's a problem of bad parents or bad teachers. One of the bigger myths is that if children just tried harder this diagnosis would not be present. Additional myths include children outgrow ADD and new medication alone is the best treatment.

The diagnostic criteria in DSM-IV – I will not give its complete format – but the criteria for the inattentive type tends to do with children who have the following:

1. Difficulty paying attention to details or make careless mistakes.
2. Difficulty sustaining attention.
3. Trouble listening when spoken to.
4. Do not follow through on instructions, and have trouble finishing schoolwork.
5. Often have difficulty organizing tasks and activity.
6. Are reluctant to engage in tasks that require sustained mental efforts.
7. Often lose things unnecessarily or are easily distracted by extraneous stimuli.
8. Hyperactive, impulsive component. Children often fidget with hands or feet. They would squirm in their seats. They often leave their seats when everyone remains seated. They tend to move about or climb excessively in situations which are not appropriate. They have difficulty engaging in activities, missing social cues consistently, are often on the go as if driven by a motor and talk excessively.

These criteria have been well documented.

Many facts that people don't know are that ADD is a medical disorder and affects about 6% of the population, while about 2% receive treatment. The National Institute of Health in their most recent study found that less than one in eight children who meet the criteria for ADD are taking medication. The most ignored group was the non hyperactive children, which is the inattentive ADD. Oftentimes these children are labeled willful, lazy, or unmotivated.

When we put together some of the statistics of ADD they are very serious. 35% never finish

high school, 52% of untreated teens and adults abuse drugs or alcohol, 19% smoke cigarettes. The alarming statistic is 43% of untreated children with hyperactive disorders will be arrested for felonies by the age of 18 and one study showed 50% of inmates are found to have ADD.

ADD is found in every country where it is studied. ADD always will affect the child, the family and education. In many studies, it shows the harder children with ADD try, the worse that things get for them as brain imaging shows it shuts down concentration.

One of the biggest myths is that children that use medication have a higher potential for drug abuse. A study by psychiatrist Joseph Biederman at Harvard demonstrated that children treated for ADD have a much lower risk for drug abuse than untreated children.

So, in looking at this picture, it is clear that ADD is a substantial problem. There are many types of ADD. Dr. Amen lists six specific types:

The prefrontal type – children with short attention spans, distractibility, difficulty with impulse control, poor judgment, difficulty learning from experience.

Another component is prefrontal cingulate – children have difficulty shifting attention. They lack cognitive flexibility, difficulty with adaptability. They have trouble shifting attention. They have difficulty in cooperating. They obsessively worry.

There is a component with the temporal lobe involved that affects memory and temper, language, understanding, processing, decoding, short-term memory, auditory processing, word retrieval and they react quickly to emotional stimuli tend to have a lot of emotional lability.

There are also components of the limbic system and the basal ganglia.

The treatment approaches vary. What is so exciting is a tremendous approach that works synergistically with every approach that is utilized. Ideally, children can be treated with behavioral intervention, love, nurturing, caring and understanding. Specialized programs at school are very helpful. Diet becomes critical with children with ADD. As children do require medication, that medication should be thought of as a way of leveling the playing field to facilitate intervention strategies to facilitate education, social situations, to allow therapy to be more effective, but should never be used in isolation.

One of the great benefits that people have researched and written about, I have experienced, both at a personal level as I myself have ADD and with the children I take care of. This is a combination of omega-3 and antioxidants, and there is no better omega-3 and antioxidants that works in synergy than MOXXOR.

As I have spoken at the personal level, I have severe attention deficit and have been on medication after failing throughout years and years of school, having to go to court four times to get into graduate school. I found that stimulant medication did help me and it allowed therapeutic interventions to improve, allowed me to process and decode social interaction,

allowed me to finish two graduate programs, but I have also realized that there were great limitations in just the medication, and I watched my diet, but have seen a dramatic symptomatic improvement in utilizing MOXXOR. I have been able to decrease my dose of Ritalin XR by about 40% with the omega-3 and antioxidant and I have used others in the past, and they have not been as effective.

The children in my practice that have attention deficit, whether treated with medication or not are all on MOXXOR and we are getting outstanding results. Children are able to lower doses of the medication, come off medications much faster. There is multitudinous scientific evidence to show the reason why. In Dr. Amen's book, *Healing, Anxiety, Depression*, in talking about ADD and insufficiency of omega-3 has been linked to depression, mood instability and attention deficits. It is critical to understand that fatty acids facilitate nerve cell membrane activity. They decrease inflammation. They keep osmolarity more appropriate. They help in the sodium-potassium pump.

The studies also show that decreased consumption of omega-3 correlate with high rates of anxiety, depression and ADD. There is an excellent study done at Harvard shown in the archives of general psychiatry that supplementation of omega-3 cited a significant improvement in intestinal disorders, as well as bipolar disorder. The importance of MOXXOR is that there is no better omega-3 as well as the antioxidant approach.

The brain had a high composition fat with a third of it made up of long chain omega-3 fatty acids known as DHA and is an essential fatty acid, and your body cannot manufacture it. You have to get it from your diet. Omega-3 is found to be vital for the development of new neural pathways, increasing synaptic connections and then of membrane fluidity at the neuronal synapse. Really this just a way to say that omega-3 allows the brain to learn and transmit signals.

There is no question that omega-3 helps in the production of dopamine and serotonin, especially in its input into the frontal lobe where attention deficit has its highest rates. Studies with omega-3s show binding of dopamine to appropriate receptor sites.

The advantage of MOXXOR is that it is such a pure form in concentration and that also has its anti-inflammatory value. Anti-inflammatory is critical in the brain. It keeps the pH appropriate. It allows synaptic connections to improve. It diminishes free radicals which are unstable electrons which can have a severe affect long-term in damaging the nervous system.

MOXXOR, as stated above, is the most powerful and pure omega-3 and antioxidant with a grape seed extract in the world. This is so critical when we think of brain function and attention deficit. It makes up a large portion of the grey matter of the brain. It is important in cell memory. It is critical in glial cells of the brain. Neurons are rich in omega-3 fatty acids. One component of omega-3 DHA is found in high quantities in the retina.

There is a strong correlation that MOXXOR promotes healthier emotional balance and positive mood. A lot of this is due to the brain synapse. There are great studies that show the improvement of memory with omega-3 combined the antioxidants. Although this is specifically on attention deficit, but I have seen in the children that I take care of there is an improvement in overall emotional balance. They are calmer. If they are on medications, they can usually lower

the medication as it works synergistically with the medications.

I have definitely seen on SPECT scan reduction of the ring-of-fire which is high arousal. I have seen greater perfusion in the prefrontal area and again with the high-quality product of MOXXOR we are going to see more and more of this. It should be the foundation for every child that has an attention deficit. MOXXOR is so important because it is hard to get enough omega-3s in our diet. Fast foods prevent this, a lot of the processing of foods, fish that are raised in farms are decreased in omega-3s.

The key is to find the most efficient omega-3s and antioxidants, and MOXXOR far surpasses anything available. The antioxidant effect certainly is just as important as it is shown to facilitate cognitive development. It prevents deterioration of the brain with age.

Generally, free radicals work to rid the body of harmful toxins. When produced in toxic amounts they damage the body's cellular make-up, resulting in cell death and tissue manage. This is called oxidative stress. It is critical to have an antioxidant in children and adults that have high stress that are on medications and a lot of inflammation in the brain.

The antioxidants in MOXXOR not only are of the highest concentration but the purest form. There is a recent study that looked at the hippocampus in animals and showed that high antioxidants prevented loss of neurons in the hippocampus which is critical for memory with the temporal lobe. I cannot say enough about MOXXOR and its value with attention deficits.

Most individual clinical psychiatrists that I work with now are very aware of the effect of omega-3s and antioxidants and are realizing that MOXXOR is the most powerful of any of these available. The results I have seen in their practices are tremendous and the growing body of research is supporting this.

The synergistic effects of MOXXOR for brain growth, for development, for balance of neurotransmitters and hormones is a certainty, and having MOXXOR as the efficient omega-3s and antioxidant is the future in treating not only ADD, but many other emotional psychological disorders in children and adults.

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