

A Healthy Alternative for Battling ADD

Long Beach, CA – Prescription drugs have long been the main weapon for children – and increasingly adults – when battling Attention Deficit Disorder (ADD). Side effects for various medications can range from anxiety or nervousness to insomnia. “Before settling for the quick fix of pills, there are natural approaches that should be considered,” contends nutritional expert David Sandoval, author of “The Green Foods Bible.”

The causes of ADD, which is a recurrent pattern of behavior characterized by short attention spans, impulsivity and may include hyperactivity, are hot topics for debate and speculation as to whether it is environmental or genetic.

Years of research and studying, consulting with the world’s premiere authorities in holistic medicines and promoting raw food nutrition led Sandoval to create the “Plant-Based Nutrition Program,” which he believes can potentially help ADD sufferers (and/or their parents). He says there is most definitely a relationship between diet and disease, “Everything the human body needs to live a long, disease-free life has been provided by the Earth.”

Sandoval wants the public to consider three possible food-related ADD risk factors; starting with high sugar consumption, “Destructive, aggressive and restless behavior has been found to significantly correlate with the amount of sucrose consumed.” While it may prove difficult at first, his initial recommendation is to eliminate all refined sugars and food allergens from the diet. Additionally, limiting the consumption of processed foods and additives – like food colorings and artificial flavoring – needs to be considered.

“In many cases, identifying and eliminating clear causative diet factors will often bring about dramatic improvements within the first few weeks,” exposes Sandoval. He adds that improvements will be more subtle and not as great if food reactions are not the cause of ADD.

According to Sandoval, CEO of Purium, the ADD sufferers who see the faster results easily maintain the lifestyle change because they feel so much better, “Initially it’s going to take some discipline, but switching to whole, unprocessed and, preferably, organic meals will cleanse the body and help in re-harnessing the power of your own mind.”

This is crucial when taking into account that nutrient deficiency could be another risk for American children suffering from ADD, continues Sandoval, “Decreased attentiveness is commonly associated with a lack of iron.” Poor nutrition may be most harmful in the early development stages of life so he believes parents should feed their kids organic produce, “It has the maximum nutrient density and a minimal amount of pesticides and other harmful chemicals.”

The body’s storage of heavy metals - particularly the toxic metal lead - has also been linked by studies to childhood learning disabilities. Sandoval recommends screening children for heavy metal poisoning using hair mineral analysis and EDTA challenge rather than blood tests to properly assess the long term effects on the brain.

Sandoval offers insight on chelating the heavy metals from the body, “Increase consumption of foods high in sulfur such as garlic, onions and eggs; provided your child is not allergic to them.” Additionally, he prescribes Chlorella and C from Nature, which contains naturally occurring Vitamin C. Sandoval says both are also helpful in combating heavy metal poisoning.

To Sandoval, the option to take a holistic route needs to be seriously weighed before resorting to pills that offer a hefty price tag and a litany of side effects, “There is no safer approach to getting well than nature’s approach.” That’s why he offers an ADD Battle Plan – and others including Lupus, Diabetes and Weight Loss Battle Plans – on his website www.MyPurium.com

About the Author

If the living, green food diet was a revolution, then David Sandoval would be the new Che Guevara. If there was a gospel of natural healing David would surely be the Pope. However, he unquestioningly ranks among the world’s premiere experts on the living foods lifestyle. An in-demand lecturer, David is also the author of “The Green Foods Bible”, an entrepreneur, former radio talk-show host, activist, farmer and authority on whole food nutrition and disease prevention. For over 20 years he has studied with the world’s highest authorities on Traditional Chinese Medicine, Ayurvedic medicine, and western holistic medicine. The Californian is currently making waves with his latest weight loss plan “Superfoods for Supermodels”. David’s line of PHP products are synergistically combined superfoods that nourish at the cellular level, activating metabolism and boosting the immune system. David Sandoval’s website can be found at www.MyPurium.com.