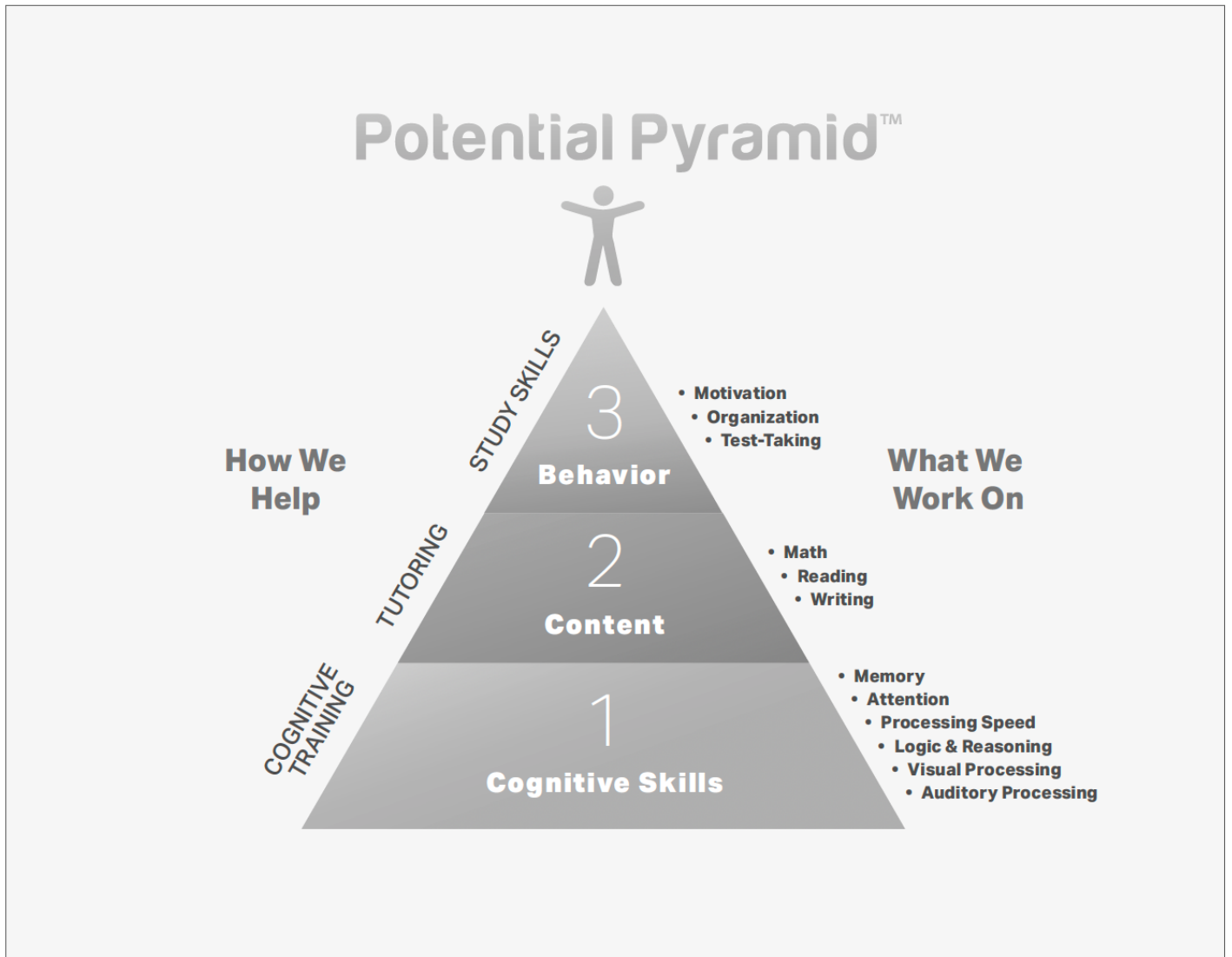


# Beyond ADHD Symptoms



In most cases, ADHD is caused by deficits in cognitive function (tier 1) that then impacts the ability to learn content (tier 2) and compromises the development of behavior and executive function skills (tier 3).

**NOTES:** \_\_\_\_\_  
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### **Three-Pronged Approach to Intervention:**

1. Assessment and Treatment of Cognitive Deficits: addresses the root cause.
2. Optimize Brain Function: supports optimal neurological function and mood regulation.
3. Implement Educational/Behavioral strategies: improves self-regulation & independence.

### **1. Assessment and Treatment at Nectar:**

**This is the most important step to treat the root cause.**

1. **Identify** the Root Causes through a Comprehensive Cognitive or a Psychoeducational Evaluation.
2. **Treat** the Root Causes through Cognitive Training.



## 2. Optimize Brain Function

1. Eat a diet high in **essential fatty acids**:
  - a. **Foods**: wild salmon, grass-fed meats-especially beef, bison, & lamb, omega 3 enriched eggs, walnuts, chia seeds
  - b. **Supplements**: Barleans, Nordic Naturals, or Accentrate
2. Ensure **Optimal Micronutrient Levels**: Begin with magnesium, zinc, & iron
  - a. **Foods**:
    - i. Zinc: beef (chuck roast), dark meat turkey, pork loin, cashews, sunflower seeds, chickpeas
    - ii. Magnesium: brazil nuts, cashews, almonds, spinach, swiss chard, avocado, brown rice
    - iii. Iron: spinach, lentils, beans, tuna, shellfish like oysters, clams, mussels, beef, beans
  - b. **Supplements**: Quality Multi-vitamin – Douglas Laboratories, Aspire Multi-powder, Innate Multi-powder

(See the book: ADHD without Drugs by Dr. Sanford Newmark, MD and Parenting the Whole Child by Dr. Scott Shannon, MD for more specific guidelines on individual supplements.)

*\*As always, please check with a licensed medical provider regarding any supplementation. This information is for educational purposes only and should not be considered medical advice.*

**There are so many great options for improving ADHD symptoms through optimizing brain function. For additional, customized help Nectar offers 2 levels of support:**

- 1. Integrative Health & Wellness Coaching with a Nationally Board-Certified Health & Wellness Coach for parents, children and families.**
- 2. Six Keys to Unlocking Learning Potential: How optimizing brain health can improve thinking and learning skills Digital Course!**  
**([www.thenectargroup.com/digital-courses](http://www.thenectargroup.com/digital-courses))**



## 3. Implement Educational/Behavioral Strategies

### Strategies for at Home:

- Set and stick to a routine
- Set expectations with clear guidelines & consequences. Have non-negotiables. Create a Homeschool and/or Behavior Contract.
- Organize your environment
- Prioritize time outdoors & physical exercise daily
- Limit passive & addictive technology use
- Set a focus timer. Stick to your schedule, communicate and hold to work/break times.

### Strengthen the Parasympathetic Nervous System:

- Mindfulness Training
- Biofeedback (Neurofeedback, Heart Math [www.heartmath.com](http://www.heartmath.com), Apollo Neuro [www.apolloneuro.com](http://www.apolloneuro.com))

### Parent Child Interaction Therapy:

- PCIT: <https://www.parentchildinteractiontherapy.com>
- PMT: <https://www.parentmanagementtraininginstitute.com>
- Triple P: <https://www.triplep-parenting.com/us/triple-p/>

### Study Skills and Executive Function Coaching

- Through The Nectar Group, training in time management & organization, study hacks & habits, responsibility & self-advocacy, study strategies, critical thinking skills, note-taking, and test-taking strategies.

## Next Steps:

- 1. Schedule a comprehensive cognitive assessment, psychoeducational assessment, or an outside test review with a director at Nectar. Understand the root causes and get a treatment plan!**
- 2. Dig Deeper with a digital workshop or course from Nectar.**
- 3. Complimentary Consultation with a Nectar director to discuss the best plan for your family.**

