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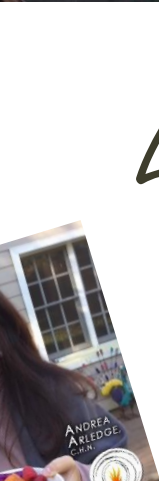
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ENERGETIC HEALTH INSTITUTE ADHD CASE STUDY



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LATRICE - FEMALE, 8

LaTrice is a bright active 8-year-old girl. She loves playing sports, video games and swims competitively at the local aquatic center. For the first 3 years of school, **LaTrice has been an excellent student excelling in math, science, and reading comprehension.** However her parents have noticed that this school year her **attention span has gotten much shorter.** Her teacher reports that she has been somewhat **disruptive in class** and that **her grades have suffered** a little leading up to progress reports. Mom has noticed that LaTrice is getting **frustrated** very easily while doing her homework. Her focus just **seems** to be off and they can't really seem to put their finger on it. **LaTrice's cousin was diagnosed with ADHD a couple of years prior** after his grades began to suffer as well. Her teacher has mentioned that she is **fidgiting a lot in her desk and is easily distracted.** She has missed several homework assignments as well. The school counselor has recommended an **evaluation for ADHD and gave the parents some information on Ritalin** and several new drugs to help control behavior, but **both parents are concerned after seeing the effects of medicating LaTrice's cousin.** During your session you ask about LaTrice's diet and they share with you that **LaTrice has started eating in the school's daily food program this year for the first time** because mom is back at work and though the food at school would be ok. At home the family eats together most nights, but **LaTrice enjoys soda, candy, mac and cheese, and chicken nuggets. Other than that, she's just not really interested in eating much else.** LaTrice's parents are members of several **holistic parenting groups** and have heard that **nutrition has made a huge difference for many parents in the groups.** They are **very open** to doing whatever you recommend.



***Key Aspects Of This Case In Bold**

WHAT'S THE KEY 'THING'?

It's so important when taking a case to identify what's the key 'THING' you're seeing in this case. The key 'THING' isn't the major complaint by itself...***it's how the major complaint potentially prevents the client from experiencing the people they love and the passions they live for.*** So we have to know what those are to be at our best as Healers.

- The key 'THING' in this case ***ISN'T*** the "surface" symptoms LaTrice is experiencing. (ex. fidgeting or Energy Draining Reactions like frustration)
 - **Why?** Because even though these unsettling signs have prompted her parents to come and see you, we know that a year ago, maybe less, LaTrice was thriving! She'll get back there again. Trust and believe and give her and her family the support to do so too.
- The key 'THING' for LaTrice ***IS...***
 - LaTrice is potentially nutrient deficient from living an incredibly active lifestyle. Hello competitive swimming! 😊 We need to make sure that she has the necessary nutrients to focus on her work so that the activities she loves are not compromised. The goal is to get her back to being the best student she can be and get her back to doing what she loves. Guide her parents through this as simply as possible since her Mom is back to work this year and both parents seem to have less time to prepare meals.



CONSTRUCTING THE CASE

■ What is your client's main concern?

- So Key! Never Overlook This! If you fail to address this immediately or explain logically why something else has to be treated before you can get to this then you will lose your client before they leave your office.
- **In this case LaTrice's parent's main concern is that she used to be a thriving, active student with high grades but over the past year she's now plagued by ADHD symptoms and not doing well in school or able to focus.**

■ What's the key 'THING' for this case?

- Keep It Simple...Listen To Your Client So You UNDERSTAND The Problem! ☺
- **Get LaTrice off the school lunch program and on plenty of nutrient dense, organic foods! Get her off the chemical, dyes, GMOs and additives and show her parents how to do so easily. Get her back to the activities she loves and outside every day! As little as 20 minutes in the backyard can help children with ADHD by increasing concentration and aiding in impulse control. This is called Green Therapy (2).**

■ What do you have to work with?

- This is a judgment call on your part & often simply what you like about your client.
- **LaTrice's parents want to use nutrition to heal her and they are skeptical of pharmaceuticals. Also, they are part of a holistic parenting group and very open to various healing modalities. Lastly, LaTrice was thriving only a year earlier and will be thriving again!**

■ What obstacles are in your way?

- Often your client will think it's their finances, or it's their reluctance to change their diet, or they lack the discipline or time to be consistent putting the recommendations into place. Never accept any of these as reasons for not getting healthy. NEVER!
- **There may be limited time for her parents to prep/cook food since LaTrice's Mom went back to work and exposure to an overabundance of sweet/salty/fatty/processed food is ruining LaTrice's palate and she consequently doesn't want to eat anything else. Get LaTrice tested for food allergies as they are a known, well studied cause of ADHD and/or may exacerbate symptoms (1). Additionally, learn about LaTrice's sleeping habits because trouble falling asleep and/or staying asleep can create ADHD like symptoms in children and/or intensify them, derailing their next day at school and increasing frustrations (1). Lastly, we are up against her genetics and can see that ADHD runs in her family.**



REVIEWING THE HEALTH HISTORY

- If the information isn't in the Health History...Just Ask Your Client.
- What's the Timeline of Symptoms (Oldest To Newest)?
 - Grades have suffered – **1 year ago**
 - Attention span is shorter/focus is off – **1 year ago**
 - Frustration – **1 year ago**
 - Fidgeting/distracted – **1 year ago**
 - Disrupts the class– **1 year ago**
- ADHD
 - Description? Location? **N/A**
 - When did it begin? **1 year ago.**
 - What makes it better? worse? **It seems that her changing to the school lunch program and eating processed, junk food at home has brought it on. Other than that we don't know.**
 - What does it feel like on Best Day? Worst Day? Typical Day? **Unknown. We will need to clarify.**
 - Have you ever had it before? **No.**
 - Have you seen a Naturopathic Doctor or Holistic Nutritionist for this symptom? What was the treatment? Did it work? **No, her parents do not actually have a diagnosis yet but these are the symptoms her teachers are seeing in school and her parents are seeing at home.**
 - What was going on in your life when the symptoms began? **Her mother went back to work this year so her parents put her on her school's lunch program for the first time.**

The screenshot shows a Microsoft Word document with a blue header bar. The document content includes a smiley face icon, the title 'CASE STUDY FOR EDUCATIONAL PURPOSES', and the subtitle 'Adult Health History'. Below the title is a paragraph: 'Please answer all applicable questions to the best of your knowledge. We look forward to working with you.' The form contains several fields for personal information: Client Name, Age, Date of Birth, Occupation, Employer, Work Hours/Week, Marital Status (with checkboxes for Single, Married, Separated, Divorced, With Partner, Widower), Do you have children? (with checkboxes for Yes, No and a field for 'If 'yes,' how many?'), Highest Level of Education (with checkboxes for High School, Some College, College Graduate, Graduate School), Insurance Company, Policy, Group #, Name of Insured, Relation to Insured, Person to call in case of Emergency, Relationship, Emergency Contact Phone Number (with a field for '()'), Regular Physician, and Phone Number (with a field for '()'). There are also checkboxes for 'How Did You Hear About Us?' (Referral, Web Search, Email, Facebook, Advertisement, Event) and an 'Other' field. At the bottom, there is a section titled 'CURRENT HEALTH PICTURE' with the question 'What are your main health concerns/reasons for your visit? (Please List in Order of Importance)'.

YOUR CLINICAL THOUGHTS?

- **What's Your Intuition (1st Thought) Telling You?**
 - Record It In Your Chart Notes. Trust Yourself!
- **What Medications & Unknowns Will You Need To Do Your Homework On?**
 - Clinical Pharmacology & Elimination Half-Life Are The Key For Medications! (www.drug.com)
 - If You Don't Know Something...Look It Up! 😊
- **What Labs Are You Thinking About To Help You Definitely Assess So You Can Give Exceptional Recommendations?**
 - Don't Guess When You Can Know!
- **What's Going On With The Cycle of Influencing Energy & 4 Considerations?**
 - Use Your Teaching Concepts To Help You Clarify Everything!



YOUR HOMEWORK

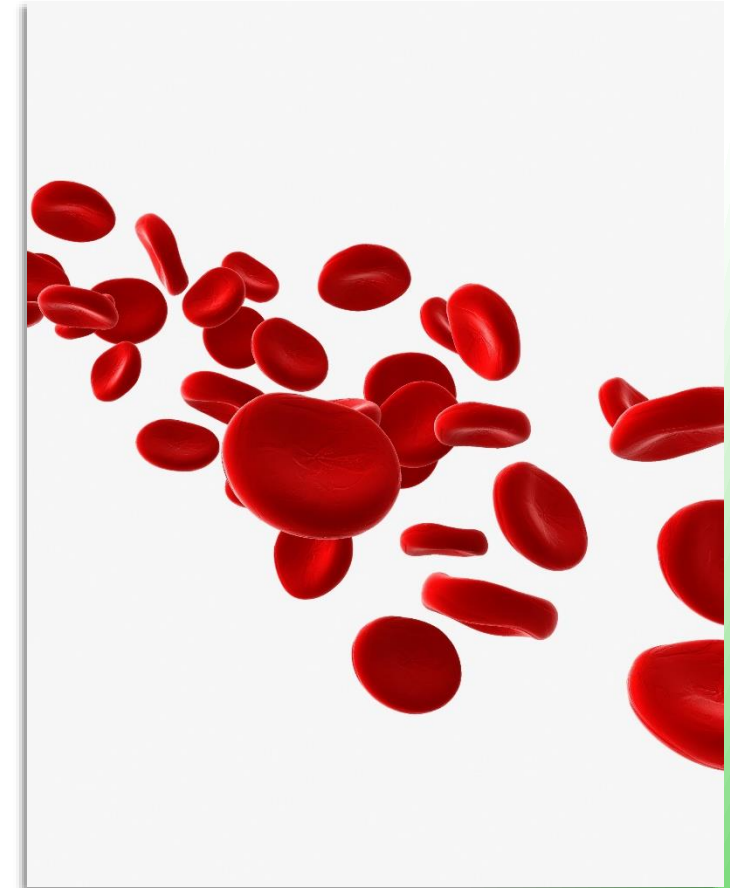
■ Overview

- **Clinical Pharmacology Mechanism of Action** – If a medication is working learn why it is and find natural alternatives that can do the same thing, but without toxic adverse events.
 - **Elimination Half-Life** – The higher the half-life the greater likelihood that this medication will bio-accumulate and cause additional adverse events. Half-lives over 8 to 10 hours are concerning.
-
- There are no pharmaceuticals being used in this case but we can still explore Ritalin.
 - Clinical
 - Half-Life



LABS – DON'T GUESS...KNOW 😊

- IgG Delayed Food Allergy Panel
 - **Why?** Great lab for all situations, especially this one
 - Asthma, eczema, migraines, cancer, allergies, immunodeficiency, all digestive issues and more...order this test
 - Delayed food allergens cause acidity in the body and affect the Autonomic Nervous System.
- IgE Food Allergy Test
 - **Why?** Food allergens may cause/enhance the symptoms of ADHD.
- Stool Test
 - **Why?** The gut is the second brain and lack of good bacteria in the microbiome may contribute to symptoms of ADHD.
- Lead Test
 - **Why?** Children exposed to higher than normal levels of lead early in life can develop ADHD.
- Iron, B6 & Zinc
 - **Why?** These important nutrients are crucial for cognitive function, memory and fatigue.





Cycle of Influencing Energy ...The Thought Process for Energetic Health

EMOTION

The Communication Bridge From Spirit Into Physical Reality.
Literally Energy In Motion. The Spiritual Pursuit Of Happiness.

Teaching Concepts: 7 Needs For Happiness

Being Solution Oriented

Assessments: Interview, Conversation & Emotional Charge

Release Point Therapy or Structural Myofascial
Clinical Massage, Encouragement

Yoga Asana, Tai Chi, Sauna Therapy, Cardiovascular
Exercise, Crossfit, Pilates, Dance, Martial Arts

Pranayama, Tai Chi, Qi Gong, Meditation,
Acupuncture, Homeopathy, Yamas & Niyamas

Naturopathic Medicine, Organic
Holistic Nutrition, 28-Day Cleansing,
IV Nutrients & Chelation, Essential
Therapies, Water Fasting

ANATOMY

The Physical Body...Space, Movement, Tension
& Alignment Within Earth's Gravity Field.

Teaching Concepts: Release Points & ALs

*Assessments: Alignment, Gait, Physical Exams,
Scar Tissue/Injury History*

PHYSIOLOGY

Both pH & Autonomic Balance for Energetic
Cellular Function.

Teaching Concepts: 4 Considerations for Healing,

*Alkalizing vs Acidifying Foods & Moods,
Autonomic Nervous System, The Sweet 16*

Assessments: Blood Tests & Infection Cultures

BIOCHEMISTRY

Energy Production (ATP, Chi, Prana, Vital Force) & Enzymes for
Cellular Replication, Regeneration, Detoxification & Immunity.

*Teaching Concepts: 7 Stages of Healing, Neuroplasticity,
Environmental Pollution, ORAC Values, Therapeutic Range*

*Assessments: Delayed Food Allergies, Blood Nutrients, Blood
Antioxidants, Cell Metabolites & Pollution Status, Neurotransmitters*

ENERGETICS

The Summation of Life Experiences...The
Connection Between Physical Body & Spirit.

*Teaching Concepts: 5 Element Perspective,
Lessons of the Chakras*

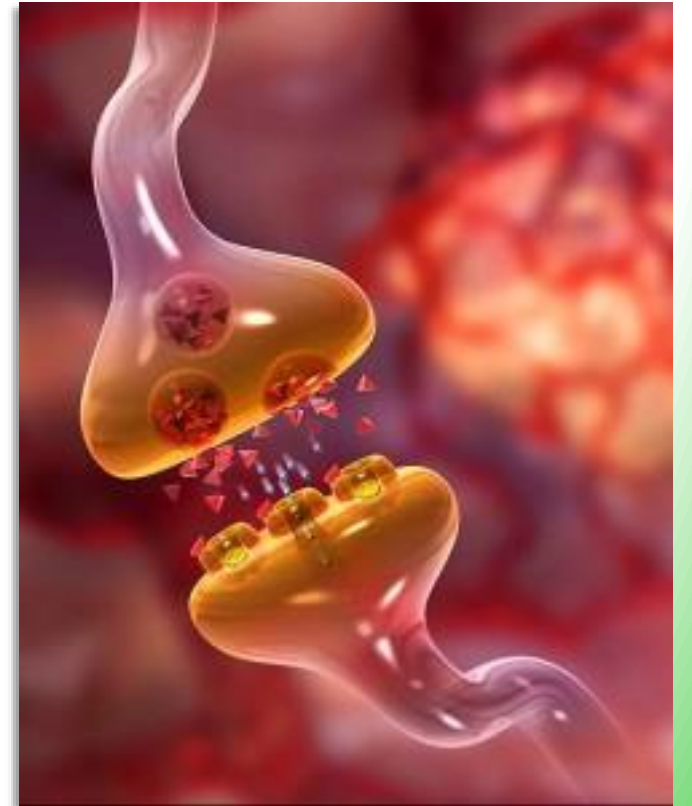
*Assessments: Iridology, TCM Tongue & Pulse,
Taoist or Vedic Constitution, Breath Capacity*

CYCLE OF INFLUENCING ENERGY

Anatomy – LaTrice’s physical body is impacted by fidgeting and tension, still this is not a major factor in this case.

Physiology – This portion of the CoIE relates to the **4 Considerations for Healing** and the **Autonomic Nervous System** as well as pH, acidity and cellular function. ADHD is a disorder of the Nervous System which the **Autonomic Nervous System** is a component of and we know that what we do for one, we do for all. Many of the pollutants and allergens responsible for ADHD result in acidity in the body and affect cellular function.

Biochemistry – LaTrice’s body is **bio-accumulating pollution** and not efficiently detoxifying due to an influx of **chemicals/food additives** and probable **food allergens**...both IgG and IgE perhaps. In addition, related to Biochemistry, we know certain **neurotransmitters are inhibitory**, promoting relaxation and sleep (great for ADHD) while others are **excitatory**, impacting kids with ADHD. We can try supplementing with inhibitory **GABA**.





Energetic Health - 5 Element Perspective

	Fire	Earth	Gold	Water	Wood	Accessory Fire
Yin Organs	Heart	Spleen-Pancreas	Lungs	Kidneys	Liver	Pericardium ¹
Yang Organs	Small Intestine	Stomach	Large Intestine	Urinary Bladder	Gall Bladder	Triple Heater-HPAxis ²
Gland	Thymus	Pancreas	Thyroid, Parathyroid	Adrenals, Reproductive	Liver, Reproductive	HPAxis
	Energy Draining Reactions			Acidity - Sympathetic 'Fight or Flight' Dominance		
Primary Root Cause	Love Pain					
Secondary Reactions (Coping Mechanism)	Unworthy of Joy, Love or Happiness	Excessive Concentration, Being Busy as an Escape	Grief (Extended Sadness)	Lack of Trust	Anger, Indecisiveness, Emotional Instability	Alone, Isolated, Neglected
3rd Level Reactions (Behavior Adaptation)	Resistant to Change, Acceptance of Defeat	Mental Chatter, Easily Overwhelmed	Keeping It Locked Inside, Unable to 'Let Go'	Fear of Unknown, Worry, Anxiety	Frustration, Impatience, Complaining, Timidness	Guilt, Excessive Thought
4th Level Reactions (Destructive to Self)	Blaming Others, Hypercontrolling &/or Victimized Persona					
5th Level Reactions (Destructive to Self & Others)	Negative Internal Dialogue, Irrational, Vindictive &/or Judgmental Persona					
	Energy Cultivating Responses			Alkalinity - Parasympathetic 'Rest & Digest' Balance		
Healing Decision	Courage, Belief, Taking Action for Positive Change					
Primary Healing Skills	Encouraging, Positive Internal Dialogue, Accountability, Appreciation					
Primary Healing Responses	Loving, Satisfied, Joyful, Enthusiastic, Authentic	Rational Decision Making, Clear & Calm Mind	Forgiving, Truthful, Encouraging, Positive Communication	Trusting in Life's Perfection, Faithful, Belief	Patient, Peaceful, Confident	Investing In Family, Friends, & Passions Creating Community
Primary Nutrients	Mitochondrial Energy Producing Nutrients, Chlorophyll & Organic Foods					
Supportive Nutrients	Vitamin B12, Folic Acid, Vitamin E, Co-Q-10, Magnesium, Taurine, L-Carnitine, Essential Fatty Acids, Amino Acids	Vitamin C, Vitamin K, Potassium, Calcium, Essential Fatty Acids, Digestive Enzymes, Amino Acids	Vitamin A, Vitamin D, Vitamin E, Vitamin K, Zinc, Probiotics, N-acetyl Cysteine, L-Glutamine, Glutathione	Clean Water, Vitamin C, Vitamin D, Vitamin K, Biotin, Calcium, Magnesium, Potassium, Sodium	Vitamin A, Vitamin C, Vitamin K, Alpha-Lipoic Acid, Taurine, Lecithin, Essential Fatty Acids, Glutathione, Amino Acids	Minerals, Amino Acids, Vitamin D
Botanical Medicines	Hawthorn Berry, Rosemary, Ginkgo Biloba	Peppermint, Spearmint, Ginger, Gentian, Rose Hips	Cordyceps, Licorice Root, Maitake, Astragalus Root, Lauracidin	Siberian Ginseng, Ashwagandha, Schisandra Berry, Nettles	Green Tea, Milk Thistle, Burdock Root, Turmeric, Reishi	Skull Cap, Passion Flower, Kava Kava, Gotu Kola
Associated Facial Features	Tongue	Lips	Nose	Ears	Eyes (Sclera)	Eyes (Iris)
Additional Associations	Voice	Smooth Muscle	Immune System	Reproductive Organs*	Uterus	Body Temperature
Associated Fluids	Sweat	Saliva	Lymph	Urine & Semen	Tears	Cerebral Spinal Fluid
Tissues	Blood Vessels	Skeletal Muscle	Skin, Sinuses, Lymphatics	Bones	Fascia & Sinews**	Dura Mater - Endocrine
Most Active Seasons	Summer	Late Summer	Autumn	Winter	Spring	Early Summer
Most Active Times	H 11a-1p, SI 1p-3p	Sp-P 9a-11a, St 7a-9a	L 3a-5a, LI 5a-7a	K 5p-7p, UB 3p-5p	L 1a-3a, GB 11p-1a	P 7p-9p, TH 9p-11p
Imbalance Climates	Heat	Dampness	Dryness	Cold	Wind	
Energy Directions	South	Center	West	North	East	
Energy Colors	Red	Yellow	White or Blue	Black	Green	
Energy Tastes	Bitter	Sweet	Hot & Spicy	Salty	Sour	

Note A: Nerve Tissue, Brain & Spinal Cord are indicated by each of the 5 elements and additionally in the Conception (Ren) & Governing (Du) Vessels. These tissues most closely mimic the direction and flow of energy through meridians, uniting the whole body.

Note B: Blood is also indicated by each of the 5 elements. 'Where Qi Flows, Blood Goes,' is a foundational philosophy of TCM. Looking at the body's anatomy, nerve fibers run so are they accompanied by blood vessels. This fact underscores the direct relationship between qi and blood.

1: The Pericardium is most closely associated with Dural Tissue. Dural Tissue, like the Pericardial Sac, have similar protective functions providing a fluid-filled enclosure for important organs. Where as Dural Tissue protects the Brain and Spinal Cord, the Pericardium protects the Heart.

ENERGETICS & EMOTION

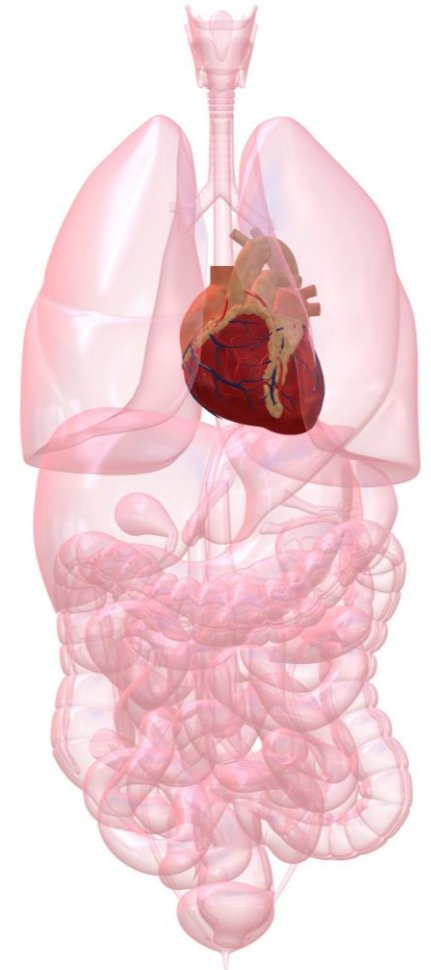
Energetics – Fire Element (Heart/Small Intestine)

- **Why?** There is a disconnect between the physical body and the spirit. The physical body of the individual fidgets, squirms and cannot connect with the needs of the spirit, brain or mind. Since the nerve tissue, brain and spinal column are connected with all of the **5 Elements Perspective**, we look to the gut or the second brain. An imbalance of the **Fire Element** is key. **The Yin Organ of the Heart** and the **Yang Organ of the Small Intestine** are key. After all, the SI is utilized for absorbing important nutrients for ADHD like B6 and zinc. B6 was shown to be slightly more effective than Ritalin in one study. There are also several **Supportive Nutrients** that pertain to this Element such as amino acids, EFAs and magnesium.

Emotion – 3rd Level Energy Draining Reactions (Frustration/Guilt)

- **Why?** There is a lot of **emotional charge** present here as the frustrations compound. The negative internal dialogue, feelings of guilt, shame, instability, emotional outbursts and so on affect the **individual's pursuit of happiness**.

*Remember that when healing, we are actively looking for Energy Cultivating Responses because they confirm that healing is happening.



The 4 Considerations for Healing

Sources of Stress that Lead to Sympathetic Dominance, Acidity, & Fatigue thus Creating Obstacles to Cure

1 Emotional Charge - Nervous System

Root Causes - Internalized Emotion, Negative Internal Dialogue, Repression, Physical and/or Emotional Trauma

Effects - Suppress Energy Flow, Create Holes in the Auric Fields & Bottle-Neck Energy Flow through Meridians
Disrupts Energy Production, Acidifies Blood, Creates Muscular Tension & Skeletal Misalignments

2 Acidic Cellular Environments - Blood & Tissues

Root Causes - Nutrient Deficiencies, Industrialized Foods, Dietary & Environmental Pollution, Emotional Charge

Effects - Cellular Damage, Suppressed Immunity, Scar Tissue, Chronic Infections, Pollution Bioaccumulation, &
Impaired Organ Function Increasing Potential for Injury, Self-doubt, Apathy & Inability to Empathize

3 Biomechanical Misalignments - Musculoskeletal System

Root Causes - Lack of Self-Confidence, Poor Body-Awareness, Surgeries & Injury, Scar Tissue, Weight Gain, Tension

Effects - Impedes Diaphragmatic Breathing & Spinal Mobilization Leading to Pain that Challenges Trust & Faith
Poor Decisions Ensur, Energy Wanes, Hardening of Organs Suffocates Function, & Acid is New Normal

4 Scar Tissue - Myofascial Network

Root Causes - Physical & Emotional Injuries, Any of the Aforementioned Considerations and their Causes or Effects

Effects - Compress the 4 Vital Tissues (Nerves, Arteries, Veins, Lymph) Creating a Safe Haven for Infections
Effectively Isolating the Cell from Nourishment & Relief



4 CONSIDERATIONS

Acidic Cellular Environment – This is the **primary consideration** for healing as numerous studies have shown that **environment and dietary** influence can result in ADHD while there is also a **genetic component**. **Food additives** like MSG, nitrates, dyes and food allergens like gluten and yeast plus history of **chemical exposure** like PCBs are all contributing factors. This only names a few! These factors create an obstacle to cure and lead to **acidity** in the system and **sympathetic dominance**. They create **pollution bioaccumulation** and **impair the brain**.

Emotional Charge – Negative internal dialogue impacts the **Nervous System** creating **acidity** and disrupting her **energy flow**. Her **meridians** are bottle necked and disrupted, creating a nervous, fidgety **energy suppression**.

Biomechanical Misalignments – Not a primary consideration in this case based upon the information we have.

Scar Tissue – Not a primary consideration in this case based upon the information we have.



Ingredients: Corn, Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Maltodextrin (Made From Corn), Salt, Tomato Powder, Corn Starch, Lactose, Whey, Skim Milk, Corn Syrup Solids, Onion Powder, Sugar, Garlic Powder, **Monosodium Glutamate**, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Dextrose, Malic Acid, Buttermilk, Natural and Artificial Flavors, Sodium Acetate, Artificial Color (Including Red 40, Blue 1, Yellow 5), Sodium Caseinate, Spice, Citric Acid, Disodium Inosinate, and Disodium Guanylate.
CONTAINS MILK INGREDIENTS.

Nutrition Facts

Serving Size 1 oz (28g/About 12 chips)

Amount Per Serving

Calories 150 Calories from Fat 70

% Daily Value*

Total Fat 8g 12%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 180mg 8%

Total Carbohydrate 18g 6%

Dietary Fiber 2g 6%

Sugars less than 1g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 0%

Vitamin E 6% • Thiamin 4%

Riboflavin 2% • Vitamin B₆ 4%

Phosphorus 4% • Magnesium 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Sat Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

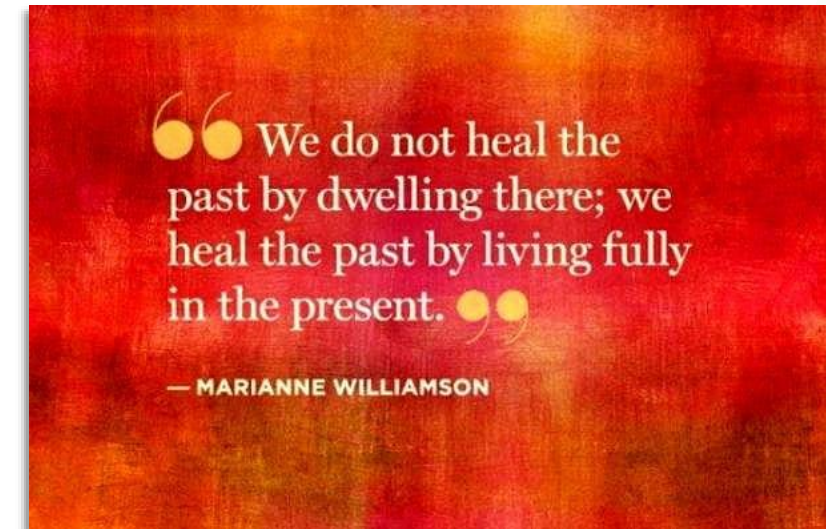
Fat 9 • Carbohydrate 4 • Protein 4

SIGNS HEALING IS HAPPENING

- When working as an exceptional Healer it's crucial that you know what you're looking for, so you know your client is healing.

Anticipated Healing Signs

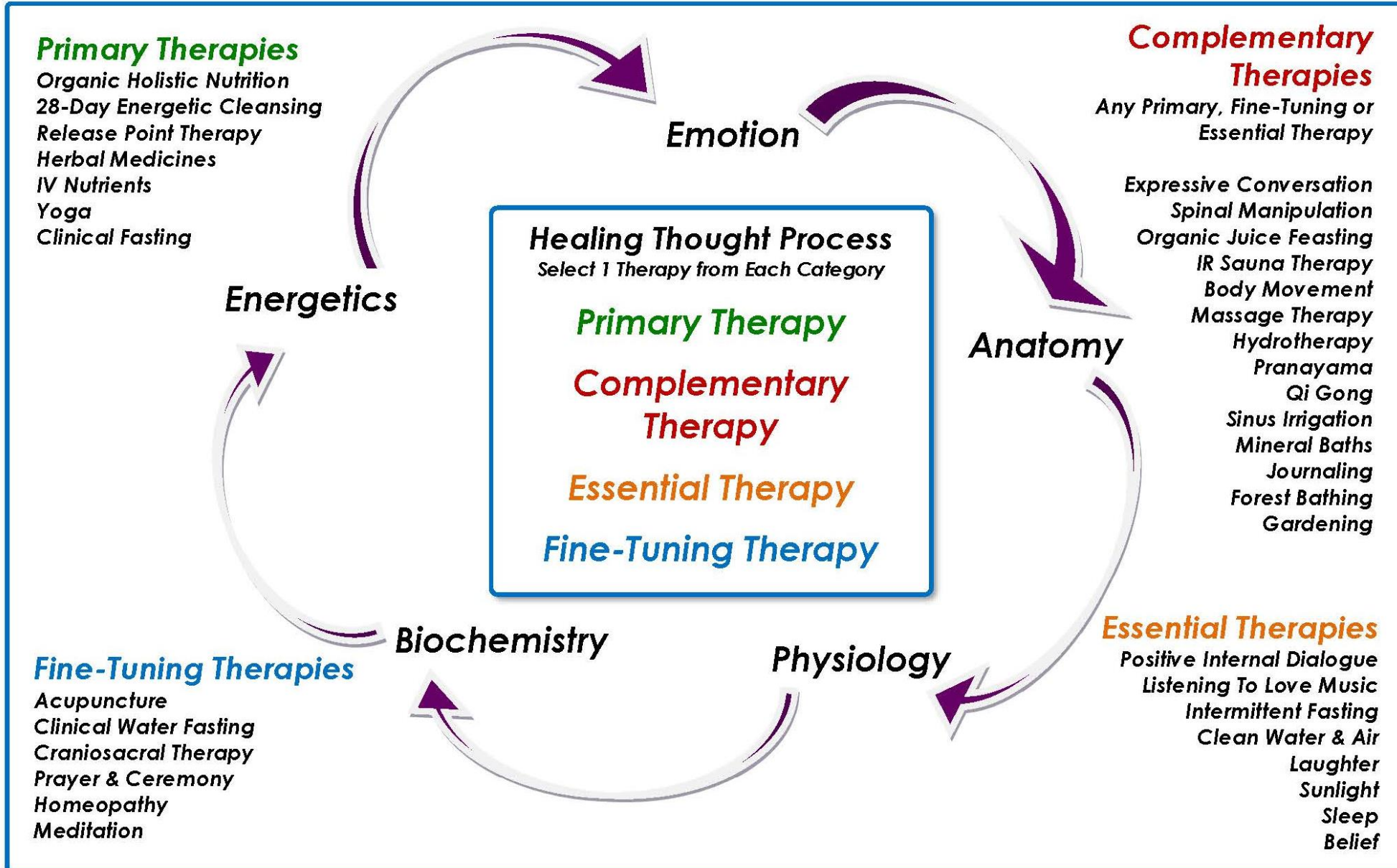
- **Short Term ADHD** – More focused, more attentive, less fidgety, less stressed, etc.
- **Long Term ADHD** – Better grades, nutrient deficiency reversed, more energy to pursue her passions
- **Labs** – Eliminate IgG and IgE food allergens, address lead levels with detoxification, if necessary, supplement any nutrients LaTrice is deficient in that cannot be met through food and rebalance the gut with the necessary probiotics based on the stool test
- **Energetics** – The **voice** is calm and normal, the **tongue** is smooth, without cracks, bumps or a coating and the color is normal, indicating **heart and small intestine are balanced**
- **Emotion** – Feelings of **Love Pain, Guilt and Frustration** are replaced by **Love, Joy, Enthusiasm and more** for LaTrice's extracurricular activities and school work, indicating **Energy Cultivating Responses of the Fire Element** from the **5 Element Perspective**.



KEY INSIGHTS & ADVICE

- Learn the child's supplement history and what their preferences are to improve compliance of your Holistic Nutrition Recommendations Plan. Talk, liquids, chewables, taste preferences, etc. Avoid sodium benzoate which can exacerbate symptoms!
- **Offer hope and support. Offer education, lead the way!**
- Get the child off the school meal program. What we take away here is just as important. Remember to give something for everything you take away and make it simple for the parents to follow with their limited time.
😊
- Find out what the child likes to do outside, physically, to enhance their **Green Therapy** time.
- Look to essential oils to aid in concentration and focus such as vetiver and cedarwood.





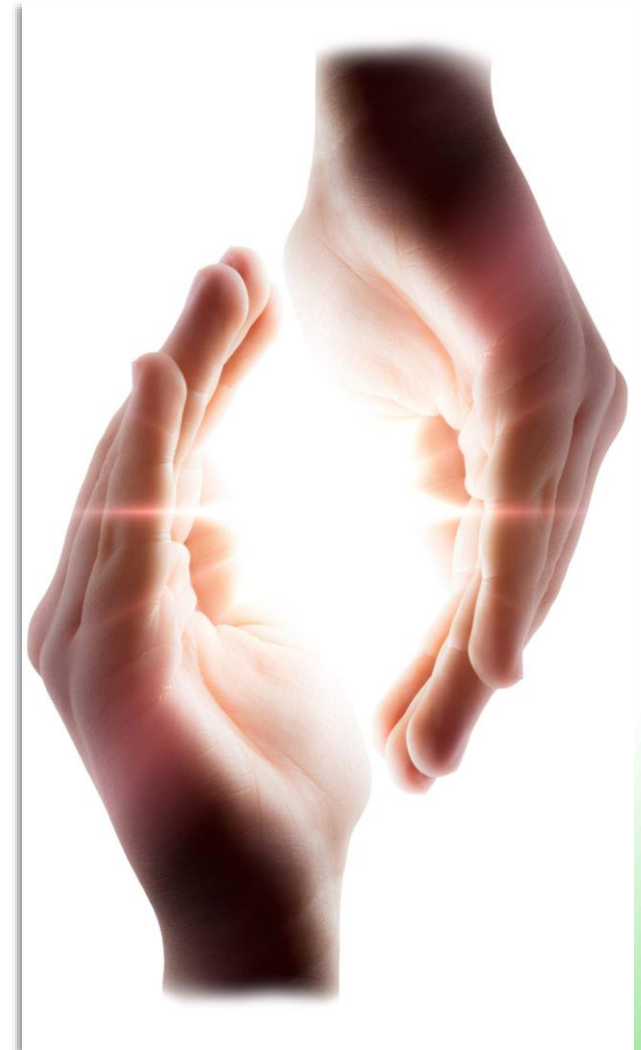
HEALING THOUGHT PROCESS

Primary Therapy – Organic, Plant-Based Holistic Nutrition

Complementary Therapy – Green Therapy

Essential Therapy – Sleep

Fine-Tuning Therapy – Breathing Practice



ORGANIC HOLISTIC NUTRITION

Holistic Nutrition Basics

- **If You Want To See Clients Heal, Then These Will Be In Your Holistic Nutrition Recommendations**
- **Powerup The Mitochondria** – Multivitamin in Therapeutic Range
- **Vitamin C** – Water-Soluble for Systemic Issues, Liposomal for Infectious & Immune Specific Issues
- **Green Super Food** – Clean & Strengthen The Blood
- **Omega 3 Fatty Acids** – Anti-inflammatory & Healthy Fats for the Brain
- **Vitamin D** – Easily Preventable Common Deficiency

Case Specific Nutrients

- **Search For Foods With Therapeutic Range of These Nutrients. If Therapeutic Range of These Nutrients Can't Be Reached, Use Supplementation.**
- **High Quality B-Vitamins – Why?** Found in a good multivitamin, B-vitamins (B6 in particular) are important in producing healthy levels of serotonin, while combating stress and fatigue.
- **Probiotic – Why?** Certain strains may prevent the development of ADHD and aid in current cases. They also help the body break down and absorb nutrients.
- **Magnesium – Why?** Reduces impulsiveness and agitation in ADHD.
- **Omega 3 Fatty Acids – Why?** Lowers inflammation, improves brain function and learning.
- **GABA – Why?** Destresses and calms the body, may reduce nervous activity and impulses.
- **Lecithin/Choline – Why?** Produces acetyl-choline which is beneficial for memory, attention, learning, REM-sleep and brain development.
- **Protein Powder – Why?** To provide the necessary neurotransmitter precursors.
- **Essential Oils – Why?** Vetiver in particular as well as cedarwood to a lesser degree, were shown to alleviate ADHD symptoms and improve brain cognition.



THERAPEUTIC RANGE

MITOCHONDRIAL NUTRIENTS	150 LB ADULT THERAPEUTIC RANGE*	25 LB BABY THERAPEUTIC RANGE*	ADULT RDA*
VITAMIN B1	20-100mg	3-16mg	1.1-1.2mg
VITAMIN B2	15-75mg	2.5-12mg	1.1-1.3mg
VITAMIN B3	100-200mg	16-32mg	14-16mg
VITAMIN B5	100-400mg	16-64mg	5mg
MAGNESIUM	700-1100mg	112-176mg	310-420mg
IRON	10-35mg	1.5-6mg	8-18mg
MANGANESE	2-6mg	0.5-1mg	Not Established
COPPER	0.7-2.5mg	0.1-0.4mg	Not Established
ALPHA LIPOIC ACID	400-1200mg	64-192mg	Not Established
CO-Q-10	100-400mg	16-64mg	Not Established
CHLOROPHYLL (PORPHYRIN RINGS)	300-4000mg	48-640mg	Not Established
QUERCETIN	2000-10000mg	320-1600mg	Not Established

MITOCHONDRIAL NUTRIENTS	150 LB ADULT THERAPEUTIC RANGE*	25 LB BABY THERAPEUTIC RANGE*	ADULT RDA*
PQQ	20-100mg	3-16mg	Not Established
L-CARNITINE	500-4000mg	80-640mg	Not Established
D-RIBOSE	100-600mg	16-96mg	Not Established
L-ARGININE	500-6000mg	80-960mg	Not Established
RESVERATROL	100-2000mg	16-320mg	Not Established
GLUTATHIONE	250-10000mg	42-1600mg	Not Established

THERAPEUTIC RANGE CONT.

NEUROTRANSMITTER ACTIVITY	150 LB ADULT IN THERAPEUTIC RANGE	75 LB CHILD THERAPEUTIC RANGE	ADULT RDA
OMEGA 3 FATTY ACIDS (DHA/EPA)	2000-9000mg (700-1400mg)	320-1,440mg (112-224mg)	Not Established
GABA	250-500mg & UP	40-80mg & UP	Not Established
CHOLINE	425-550mg	150-250mg	Not Established
PROBIOTICS	150 LB ADULT IN THERAPEUTIC RANGE	25 LB BABY THERAPEUTIC RANGE	ADULT RDA
L. ACIDOPHILUS	3 Billion CFU & UP	3 Billion CFU & UP	Not Established
L.CASEI	2 Billion CFU & UP	2 Billion CFU & UP	Not Established
BIFIDOBACTERIUM	1 to 5 Billion CFU & UP	1 to 5 Billion CFU & UP	Not Established

FINAL THOUGHTS FROM DR.H 😊

Remember Healer...

- Trust Yourself & Especially Your 1st Thought
- The Body Is Designed To Heal In 28 Day Cycles
- Involve Your Clients...Your Job Is To Empower Them
- Teach Them How You Were Taught...With Aloha!



You Are Already AMAZING & You're Going To Be EXCEPTIONAL!

REFERENCES

Key Words For Searches – ADHD, Green Space Therapy, Neurotoxins, Choline, Inositol

- Holistic Nutrition Certification
- Energetic Health Teaching Concepts
 - Cycle of Influencing Energy
 - 5 Element Perspective
 - 4 Considerations
 - Healing Thought Process
 - Therapeutic Range
- The World's Healthiest Foods - Mateljan
- The Encyclopedia of Natural Medicine – Murray & Pizzorno
- Advanced Human Nutrition – Medeiros & Wildman
- Energetic Health Volume 1 – Dr. H