

# Case Studies

# Research & Case Studies

## CASE STUDY: Attention Deficit Disorder

### Presenting Condition:

An 8-year-old boy presented with Attention Deficit Disorder (ADD), he had poor memory, concentration and cognitive dysfunction. He had problems reading and spelling and could not engage in a conversation for a prolonged amount of time. His mother advised that he had become withdrawn, depressed and that he had light restless sleep. He had been on a common prescription medication for three years and his mother was seriously concerned with the long-term side-effects. The patient's diet included some soft drinks, cordial, processed food and was low in fish. Iridology revealed a toxic bowel, sluggish lymphatic system and an early sign of liver congestion.

### Medications:

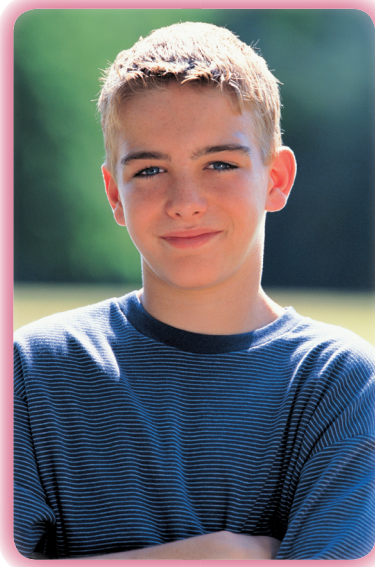
Central nervous system stimulant - 10 mg for the last three years. Low dose of over the counter omega-3 essential fatty acids and multivitamins.

### Treatment Protocol & doses:

- Omega Care for Kids 1 teaspoon twice a day
- Glutagenics 1 serve a day
- Flora Care for Kids 1 teaspoon twice a day
- Meta B Complex 1 tablet a day
- Zinc Drink 1 ml a day
- Neuro Care for Kids 1 scoop three times a day

Sleep Easy was not available, so strong chamomile tea was taken at night. The diet was also improved.

**“He had been on a common prescription medication for three years and his mother was seriously concerned with the long-term side effects.”**



### Follow Up: Two Weeks Later

The following supplements were added to the original treatment protocol:

- ADD/ADHD Phenolic 1 drop three times a day (as per protocol)
- Green Barley capsules 1 capsule at night to improve sleep and provide additional nutritional support

The Practitioner suggested that only home lunches can be provided rather than the school canteen food. Three days before the second consultation the mother took her son off prescription medication, this was done in consultation with her Medical Practitioner.

**“All of the patients’ symptoms had disappeared. He is still off his medication and is doing well at school, his parents and teachers are very pleased with his progress.”**

### Follow Up: One Month Later

All of the patients’ symptoms had disappeared. He is still off his medication and is doing well at school, his parents and teachers are very pleased with his progress. His sleep pattern has also improved. The patient’s mother was instructed to follow the treatment protocol at the present dosage, which will be revised in four weeks time.

### Comment:

When treating ADD it is important to consider the health of the gastrointestinal system. This was achieved by giving the patient Glutagenics and the Flora Care. The other supplements were chosen to provide important vitamins and minerals to support the nervous system. Vitamins and minerals such as zinc and B vitamins are necessary to provide co-factors for various neurotransmitters.

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