

NUTRITION AND SUPPLEMENTS: BACK TO THE BASICS

-EVEN MILD NUTRIENT DEFICIENCIES CAN AFFECT BRAIN FUNCTION
-COMMON DEFICIENCIES INCLUDE VITAMIN D, ZINC, B VITAMINS, AND MAGNESIUM
-RECENT STUDIES SHOW AN IMPROVEMENT IN ADHD SYMPTOMS BY REMOVING PROCESSED FOODS AND ARTIFICIAL DYES
-SOME CHILDREN CAN MANAGE ADHD SYMPTOMS BY SUPPORTING NUTRITIONAL DEFICIENCIES AND FINE TUNING DIET

WE RECOMMEND OUR PATIENTS START WITH THE FOLLOWING:

-MULTIVITAMIN WITH METHYLATED B VITAMINS, VIT D, IRON, AND ZINC
EX: ELLA OLA, JUNIOR NUTRIENTS
-MAGNESIUM GLYCINATE
EX: ELLA OLA MAGNESIUM, MAYO RELAX AND CALM
-BROAD SPECTRUM PROBIOTIC
EX: CULTURELLE, SFI THERBIOTIC FOR KIDS

-WE ENCOURAGE A WHOLE FOOD DIET. REMOVING FOODS THAT ARE PACKAGED, BAGGED, OR BOXED (THE MIDDLE OF THE GROCERY STORE) AND INCORPORATING FOODS FROM THE PERIMETER OF THE GROCERY STORE.
-GLUTEN, DAIRY, AND SOY ARE COMMON CULPRITS THAT INFLAME THE GUT MICROBIOME WHICH CAN AFFECT OUR BRAIN FUNCTION.

-SOME BENEFIT FROM COMPLETE REMOVAL OF THESE PRODUCTS, WHILE OTHERS CAN LIMIT AND SEE BENEFITS.
-IF REMOVING, PICK ONE AT A TIME AND INCORPORATE ALTERNATIVES SLOWLY. WE DON'T EXPECT YOU TO HAVE A GLUTEN, DAIRY, OR SOY FREE HOME OVERNIGHT.

FEEL FREE TO ASK ABOUT HOW WE CAN HELP SUPPORT YOUR CHILD'S NUTRITION, GUT, AND BRAIN!

DEVELOPMENTAL BEHAVIORAL PEDIATRICS OF CENTRAL FLORIDA
HELPING CHILDREN REACH THEIR FULL POTENTIAL

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