



ADHD & ADD

Are healthy children being made patients?



—by Johan Jacobs

Attention Deficit Hyperactivity Disorder (ADHD) and Attention Deficit Disorder (ADD) are modern, chronic conditions affecting millions of children and often continues even into adulthood. ADHD / ADD includes a combination of symptoms such as difficulty sustaining attention, hyperactivity, and impulsive behaviour.

WHAT CAUSES ADHD AND ADD?

• Sugar and refined carbohydrates

According to information in the book, *Nutritional Healing*, researchers conducting oral glucose tolerance tests on 261 hyperactive children found that 74 percent of their graphs showed abnormal glucose tolerance

curves, suggesting a connection between hyperactive behaviour and sugar intake. I agree that “food” such as soft drinks, sweets, and snacks that are full of sugar is one of the main contributing factors causing these childhood ‘dis-eases’. The central nervous

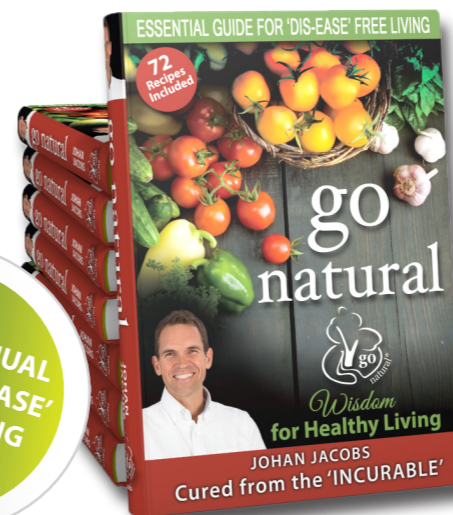
Preservatives and colourants can disrupt the chemical balance of the brain.

system (CNS) was not designed to function with abnormally elevated blood sugar levels. The brain responds differently and irregularly if it is continually exposed to these modern

high blood sugar levels. However, these ‘dis-eases’ are not only caused by sugar. White flour products (refined carbohydrates) such as bread, pizza, pasta, etc. are also contributing factors and lead to a massive blood sugar rush. It also causes many other health problems such as obesity, diabetes, tooth decay, osteoporosis, inflammation, acidosis, and many more.

• Nutritional injury

The CNS is very complex, so how can one expect a malnourished child’s brain to develop normally on modern foods that lack essential nutrients? Research shows that children perform a lot better when they eat good and natural foods.



• Toxicology – harmful chemicals

According to *Nutritional Healing*, many people with ADHD or ADD react to certain chemical preservatives and colourants that disrupt the biochemical balance of the brain, which often leads to undesirable behaviour. It is well known that modern foods (already full of white sugar and refined carbohydrates) also contain preservatives and dyes. We have helped many children to reverse ADHD or ADD through “Go Natural” nutrition, which resulted in improved performance at school.

• The solution

The body is designed to overcome ‘dis-ease’ and heal itself with the help of the correct nutrients and a good, healthy environment. One can say the body has an “internal doctor” that knows how to cure and heal itself. Your responsibility is to make sure that your body and its “internal doctor” are empowered by providing them with the correct nutrients and environment. Follow the natural route and avoid modern ‘dis-ease’ and unnecessary medication.

How do I achieve this?

1. Change your diet

Allow fresh foods to be your medicine. Our book, *GO NATURAL*, offers a 10 point nutritional plan to easily feed your family optimally. I invite you to read our book and empower yourself with the necessary information.

2. Food supplements

There are many food supplements available, but ensure that you use a well-known brand that produces good results. Remember, supplements are a short-term solution until you are taking in all the necessary nutrients through your daily GO NATURAL diet and

you have achieved the desired results.

3. Exclude toxins

Make sure that you and your family are not exposed to harmful toxins:

- Fluoride in toothpaste is a nerve toxin.
- MSG (monosodium glutamate) is a preservative and also an artificial flavour or taste enhancer that is found in most processed foods. It is poisonous to the nervous system.
- Mercury and other harmful neurotoxic preservatives are present in some vaccines.

Follow the natural route: Empower your ‘internal doctor’ and heal yourself.

Remember, toxin X plus toxin Y does not necessarily equal XY. The combined effect of two toxins is often more dangerous and unpredictable than the two toxins on their own. Much more is exposed in our book, *GO NATURAL*, which will help you to make wise food choices and to avoid hidden “health landmines”.

Side effects of the medication

ADHD or ADD is usually treated with medication like Ritalin, Concerta, and Strattera. Some of the harmful side effects are: impotence, sleep disorders, restlessness, headaches, liver damage, cardiovascular injury, heart attack, stroke, sudden death, personality changes, suicide, depression and / or hallucinations, and increased cancer risk. Read the full article, “Healthy Kids Made Patients”, with supporting research, at www.gonatural.co.za.

Read the complete article (including supporting research details) at www.gonatural.co.za in the August 2017 newsletter. There is also a powerful testimony of a child who completely recovered after there was no hope medically that he would develop normally and ever be able to attend university. He recovered without medication and with the help of right nutrition.

The child has no say

My heart goes out to innocent children who have no say about what they eat and their medical treatment. Children do not decide to eat the processed and addictive quick fix ‘foods’ that cause all the modern ‘dis-eases’ which their ill-informed parents buy and present to them as food.

Disadvantages for the child

- The biggest disadvantage when children follow the modern “diet” of foods that cause continually elevated blood sugar levels, is altered brain function.
- These quick-fix, nutrient-poor ‘foods’ prevent children from developing to their full potential physically and / or cognitively.
- When medication is used as a quick-fix to treat symptoms, the root cause remains untouched, that can cause more ‘dis-ease’ in the long run.

Let’s stand together and share the truth. The truth set me free from the shackles of unnecessary and harmful medicine when I contracted multiple sclerosis. Long-term vitality and abundant health is the result if you GO NATURAL. ■

JOHAN JACOBS is the founder and author of *Go Natural*. Visit www.gonatural.co.za to order his book.

- Have you placed your child on ADHD / ADD medication?

- Was the medication beneficial or detrimental?

Have Your Say
email us!
info@joymag.co.za