



# Wellness Minute

Health Information You Can Use On Your Path To Wellness



## ADHD

**“Pycnogenol works by balancing stress hormones, which in turn lowers adrenaline and dopamine, thereby improving children's attention and reducing hyperactivity.”**

Do you know anybody stressed out? I say that tongue in cheek because most of the people I come in contact with are pushed to their limits. ADHD is a huge problem in young people and often involves the use of prescription drugs that have serious long-term side effects. And let's be honest, there are quite a few adults that have ADHD as well. Friends and family may notice their focus is all over the map, they can't sit still, they are impulsive, disorganized or become impatient easily.

A colleague of mine sent me a copy of a VERY exciting study done on ADHD. According to an article in *European Child & Adolescent Psychiatry*, pine bark extract (Pycnogenol) has been shown to be effective for treating

Attention Deficit / Hyperactivity Disorder (ADHD), at least in boys. In this double-blind trial, 61 children with ADHD received either 1 mg/kg/day pine bark extract or placebo for 4 weeks. The average age was 9.5 years. Standard questionnaires were completed by parents and teachers and were administered at the start of the trial, 1 month after starting treatment, and 1 month after completing treatment. The pine bark extract group had a significant reduction in hyperactivity and improved attention, visual-motor coordination, and concentration. Whereas, there were no positive effects noted in the placebo group.

According to the study, Pycnogenol works by balancing stress hormones, which in turn lowers

adrenaline and dopamine, thereby improving children's attention and reducing hyperactivity. Stress hormones were measured in the children before, during, and after the treatment. While taking Pycnogenol, adrenaline was reduced by about 26% and dopamine by about 10%. Dropping adrenaline by 26% is pretty amazing because children with ADHD have dramatically elevated levels of stress hormones known to increase heart rate and blood pressure, causing excitement, arousal and irritability.

Pycnogenol is just one part of a comprehensive treatment to address many of the possible contributing factors to ADHD. The same French maritime pine bark extract called Pycnogenol

This is a transcript from a “video magazine” we send out each week called the Wellness Minute. If you're not getting our Wellness Minute videos each week, sign up at the front desk.

used in the study is available in a supplement called Bio-Cyanadins. Bio-Cyanidins contains 15 mg Pycnogenol and is available through your wellness clinic.

Keep in mind that Pycnogenol has been shown to support many different functions. Studies have shown Pycnogenol can benefit: vision, circulation, blood sugar regulation, tinnitus, sports enhancement, circulation, respiratory health, menopause, menstrual discomfort, skin disorders, and cognitive enhancement. To radically change the life of someone with ADHD, while recommending a botanical like Bio-Cyanidins, your clinician may still need to start with some basics. If the basics aren't fixed, high tech supplements may not even work, due to the body's over compensation mechanisms used to deal with the dietary stresses. Fixing the basics means giving healthy brain fuel.

We often start with eliminating refined, commercialized processed foods. We know the more

food is processed, the greater the degree of nutrient depletion. Basic nutrients are needed for energy production. Sometimes we forget that it takes nutrients to deal with the empty calories that these fake foods contain. As one of the basics, your clinician may suggest an anti-inflammatory diet. Over-processed commercialized foods laden with plasticized fats can cause a negative microbiome shift. The result is an increase of food sensitivities and a leaky gut. The connection between the gut and the brain is becoming clearer as clinical research rolls in. Please get some advice from your clinician and begin the process of healing your gut.

There is help for children and adults with ADHD, without prescription drugs. A trusted source for Pycnogenol like Bio-Cyanadins to reduce elevated adrenaline. A change in diet and getting support for microbiome diversity could change someone's life. Contact the clinic on this page. You HAVE options.