

## Is There an Effective Natural ADHD Treatment

A natural ADHD treatment takes into account all aspects of a person's life such as their lifestyle (including diet and exercise), environment, personality and stressors. This alternative to prescription medications can be effective in managing the condition, and is worth looking into. One effective natural medicine for ADHD is fish oil. This isn't surprising when we consider that scientists have discovered that many of the symptoms exhibited by children with ADHD and ADD are the same as the symptoms experienced by those with a deficiency in essential fatty acids. The American Journal of Clinical Nutrition states that children "with lower compositions of total omega 3 fatty acids had significantly more behavioral problems, temper tantrums, and learning, health, and sleep problems than did those with high proportions of omega 3 fatty acids." (Vol. 71, No. 1, 327S-330S) This suggests that fish oil could be an effective natural ADHD treatment. This is born out by an article written in the Canadian Journal of Psychiatry (Vol. 48:195-203), it is claimed that "higher dosages of omega-3 fatty acids (2-4 grams daily) may ameliorate the symptoms of several psychiatric conditions." Taking fish oil capsules is the easiest way to get enough Omega-3 fatty acids into the diet.

## About the Author

Directory of links to natural resource and environmental management degree programs, jobs, agencies and short courses in Australian.

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