

Hyperactivity (ADHD)

Symptoms

- Constant and exaggerated need of moving
- Difficulty remaining seated or silent
- Constant wriggling

Hyperactivity is one manifestation of attention-deficit hyperactivity disorders, which affects mostly children. Hyperactivity can occur without attention deficit. In specific circumstances, we may all display hyperactivity signs without being hyperactive per se. For the diagnosis to be positive for hyperactivity, the hyperactivity must be present in all daily activities, not only in school. A medical diagnosis is necessary to confirm if a child suffers from hyperactivity, from ADHD or if he or she is simply very active.

Recommended Products



Omega Junior

Omega Junior provides a combination of essential fatty acids that has been shown effective for ADHD symptoms in clinical trials.

[learn more >](#)



Omega-3

For adults and adolescents, the Omega-3 product will provide higher levels of omega-3 fatty acids.

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Magnesium capsules or liquid

A magnesium deficiency is frequent in children with attention deficit hyperactivity disorders.

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Hyperactivity (ADHD) Health Recommendations

Diet

Some authors mention that hyperactivity could be linked with some form of dietary intoxication. Apparently, artificial color additives, artificial preservatives and artificial sweetening agents in foods could be linked with hyperactivity. The recommendation is thus to eliminate these additives from the diet as much as possible. Using a food diary, one can identify and eliminate foods that could cause allergic or intolerance reactions. The most common allergen foods are wheat, soy, nuts, eggs, dairy products and fish. Moreover, a protein-rich and complex carbohydrate-rich breakfast would help hyperactive children to better focus at school. Beginning the day with such a complete breakfast would be beneficial for cognitive functions. Reducing the intake of sugar-rich foods is also recommended, for example desserts, bakery, candies, chocolate, etc. Sugar and caffeine can also exacerbate hyperactivity symptoms.

Hyperactivity can also be worsened by dietary insufficiency. A child's diet should always be nutritionally balanced. Essential fatty acids from fish and from first cold press oils are indispensable for proper brain function. If the child is difficult and does not eat well, the addition of an omega-3 supplement is recommended.

Physical Exercise

Like adults, hyperactive children require a time during the day for physical activities. These kids should never remain sedentary for too long. A great part of the excess energy is released during physical activities. Indeed, children are often better at concentrating after physical exercises.

Other

Some children may have hearing problems or sequelae after having otitis media. Sometimes, this situation can be the cause of hyperactivity. A proper evaluation with a health care practitioner is recommended to eliminate this possibility.

Basic Advice

Of all available treatments for hyperactivity and ADHD, the best solution is to combine them. For example, add meditation to the individualized psychosocial therapy, clear and strict rules at home, a structured routine or neurofeedback therapy. In school-aged children, obtaining the teacher's collaboration can facilitate learning and integration in the classroom.



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