

ADHD and Food Rich in Zinc, Magnesium, and Copper

As a career classroom teacher, I have had vast experience working with students who are diagnosed with Attention Deficit Hyperactivity Disorder (ADHD). Although this disorder is being studied much more than in prior decades, there are still many mysteries that surround this diagnosis. ADHD is often diagnosed in childhood through evaluation of notable symptoms by a child's paediatrician or a psychiatrist along with anecdotal reports from those who spend significant time with the child such as parents, teachers, or other caregivers.

Throughout my 30 years in the classroom, the increase of this diagnosis in my students has gone up exponentially. It is reported that between 5%-16% of children aged 6-9 fall into this classification, which is putting a significant strain on dynamics and resources both in the classroom and at home. Of course, there are therapeutic and pharmacological interventions that can be used to help those who live with ADHD symptoms, but those only go so far. Diet is another major area where modifications may have a positive impact on ADHD kiddos.

THE SCIENCE OF FOOD AND ADHD

Scientific studies have shown that children with ADHD often have lower levels of zinc, magnesium, and copper when urine tested. These children also frequently struggle with sensory issues with food, including textures and temperatures, differing brain patterns than their neurotypical peers, and challenges with gross and fine motor skills. Let's take a closer look at what these mighty minerals do for the body.

- **ZINC**
 - According to Lepping and Huber and supported by 55 studies the important brain hormone dopamine transporter is regulated by zinc (Zn^{2+}).
 - Dopamine transmission and function are directly related to ADHD symptoms, and deficiency of this chemical is causally linked to ADHD. This deficiency could be linked to low levels of zinc disrupting the transmission process.
 - Supplementation of zinc in ADHD patients has shown improvement in the status of zinc-binding sites on the dopamine transporter.

- **MAGNESIUM**
 - Studies have shown that serum magnesium levels are lower in children and adolescents with ADHD than in their non-ADHD study control counterparts.

- **COPPER**
 - Children and adolescents with ADHD showed copper deficiency in both hair and serology tests.

Deficiency in all 3 of these minerals is directly linked to the core symptoms of ADHD. Studies support supplementation and eating a diet rich in these minerals to assist in treating the brain and cognitive function issues of ADHD.

NATURALLY NURTURED

Although studies demonstrate the decrease in the nutritional quality of the current produce on grocery store shelves compared to produce of decades past, this doesn't need to be a concern when you are purchasing the regenerative, nutrient-rich, seasonal produce offered by Naturally Nurtured.

Our mission extends beyond bringing you the best produce that can be offered. We are also partnering with Monash University and other researchers to embark on scientific studies that investigate the link between produce that is laden with chemicals and lacking in nutrition and concerning conditions such as ADHD.

We invite you to join our Naturally Nurtured family on this journey of inspiring wellness and systemic change, one table at a time. To find out more about our products, research, or to follow our blog, visit us at www.naturallynurtured.com.au.