

**BELPER NATURAL HEALTH CENTRE  
10-12 CHAPEL STREET  
BELPER  
DERBYSHIRE  
DE56 1AR**

**Email: [info@belpernaturalhealth.co.uk](mailto:info@belpernaturalhealth.co.uk)**

### **CHILDREN AND HYPERACTIVITY**

Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity disorder (ADHD) is the modern diagnosis offered for hyperactive children who cannot persevere with tasks, are disrupting, accident-prone, often avoid eye contact, fail to respond to discipline and sometimes are downright destructive.

The modern medicine solution is the drug Ritalin. (Chocolate flavoured drugs for toddlers are being researched currently!!!). In my opinion to put a child on a drug without exhausting alternatives is foolhardy.

Here is a guide to testing whether food and diet is a factor in a child's hyperactivity.

### **FOOD EXCLUSION DIET TO TEST FOR HYPERACTIVITY**

The underlying theme behind this is that children may thrive more fully on good old-fashioned food. Modern industrialised food often contains artificial colours, flavours and preservatives, too much sugar and salt, too much hydrogenated or saturated fats, not enough vitamins and it is often deficient in minerals.

Also some children just react badly to certain foods and their behaviour deteriorates.

If your child has regular diarrhoea then other factors may be involved. Please speak to Ian Rumboldt at the Belper Natural Health Centre about this.

### **FOR FIVE DAYS**

Read all labels carefully

1. Avoid all fizzy drinks. These contain sugar or/and artificial sweeteners and often caffeine.
2. Avoid all cows milk. Butter, cheese, yoghurt, milk etc. Substitute rice milk from your health shop or drink water.
3. Cut sugar intake. No sweets, cakes, biscuits. Eat fruit for sweetness. Avoid glucose and corn syrup.

4. No chocolate. Chocolate contains 'theobromine' which can over stimulate some children.
5. Eat no food with artificial colouring, no preservatives, no E numbers. Read all labels meticulously.
6. No yellow foods. No corn in any form (maize flour etc). (Bananas are ok).
7. No artificial sweeteners. No nutrasweet, aspartamine etc.
8. Fruit juice. No oranges nor orange juice in any form. Dilute other pure fruit juices with 50% water.
9. No monosodium glutamate (MSG) or 'flavour enhancer'. Only plain crisps are allowed. Check out Pringles, for example, for flavour enhancers.
10. No processed, preserved meats. Eat only freshly cooked meat.
11. Do not eat too many fried foods. Especially only eat chips from a chip shop not a fast food restaurant if feasible.

After five days observe and reflect. Has your child's behaviour, communication, eye contact, concentration and perseverance with tasks improved.

#### On Day 6

Keep your child at home. Let them eat:

Sugar

Sweets with colourings

Corn chips or sweetcorn

Milk

In fact anything on avoid list from the first five days

If your child's behaviour improves and your new little angel has turned back into a little devil go back to the first five days diet again.

#### Then From Day 7

Introduce one of these foods every other day (alternate days).

If there is no reaction keep it in diet. If there is a reaction, cut it back out of diet for a day and then introduce another food on the list in 2 days time.

To reiterate, if no reaction keep food in diet. If there is a reaction exclude it and try a new food in two days time.

For corn only. Try it one day but then go back to previous days diet and wait three days before you introduce a new food. Corn can produce a delayed reaction.

When you gave reintroduced all these foods you should have a list of good and bad foods for your child.

I would reintroduce them in this order:

1. Sugar. In form of cakes and biscuits.
2. Sugar in form of coloured sweets with E numbers.
3. Fizzy drinks with sugar (not diet).
4. Cow's milk.
5. Chocolate.
6. Oranges/orange juice.
7. Artificial sweeteners (diet coke etc).
8. M.S.G. (I think Pringles crisps have M.S.G. as flavour enhancer).
9. Preserved meats with nitrates etc.
10. Fast food chips.
11. Corn.

### What Next

The next list of foods to experiment is foods with high salicylates levels.

Salicylates are aspirin like chemicals found in common foods such as Brazil nuts, tomatoes, yeast, cola, coffee, tea, grapes etc.

If either parent is allergic to aspirin this food test for the child is important.

Ask the Belper Natural Health Centre for this sheet.

This advice is not meant to replace specific medical advice. It is intended to provide general information only.

**Ian Rumboldt – Clinical Director, Belper Natural Health Centre, 10-12 Chapel Street, Belper. DE561AR. [www.belpernaturalhealth.co.uk](http://www.belpernaturalhealth.co.uk) Tel 01773 820220**