



# **Clinical Neurotherapy: Chapter Fourteen. Nutrition for ADHD and Autism**

*Jacques Duff*

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Many studies have highlighted the fact that our modern diet of processed foods, containing additives, colorings and preservatives, is far removed from those of our evolutionary ancestors and is a major contributing factor to modern diseases. This chapter reviews literature that indicates that most Americans and Australians are not getting the recommended daily intake of key nutrients for optimum general and mental health. The role of omega-3 essential fatty acids, zinc, magnesium, B vitamins and other enzyme cofactors is reviewed in the context of the symptomatology of ADHD. Specific mechanisms are described to illustrate that these nutrients are necessary for serotonin, dopamine and norepinephrine metabolism, and how deficits can promote ADHD. The message to practitioners is that whereas neurotherapy can help the brain to allocate resources appropriately and improve brain function, nutrient supplementation can help provide the optimum biological substrate that facilitates and enhances the changes that neurotherapy can bring about.

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