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**Growing Body of Research Blames ADHD on Diet and Nutrition Deficiencies**

*Some children diagnosed with attention deficit/hyperactivity disorder (ADHD) may not have ADHD but instead suffer from food allergies, food sensitivities, nutritional deficiencies and other diet related issues.*

/24-7PressRelease/ - CHESTERTON, IN, March 29, 2008 - Many of the 5 million children currently using attention deficit/hyperactivity disorder (ADHD) drugs may not have ADHD. Instead, these children might have food allergies, food sensitivities, nutritional deficiencies and other diet related issues.

Each year doctors prescribe potentially dangerous psycho-stimulant drugs to millions of children, based only on the symptoms of excessive fidgeting, impulsivity and concentration difficulties.

"Diet is a key factor that is often overlooked when a child is evaluated for attention and behavior problems," said Christine Abraham, who spent the past decade researching ADHD and alternatives to treating the disorder.

Abraham, like many parents of ADHD children, felt uneasy about ADHD drugs when her son was diagnosed in 1998. The pediatrician insisted that drug therapy was the only effective treatment for the disorder that affects an estimated 3 to 5 percent of children. Abraham believed otherwise.

Thus began Abraham's quest for better information. Abraham sifted through scientific studies and medical journals. She interviewed dieticians, herbalists and naturopaths.

"I found a surprising amount of scientific evidence that shows a direct and absolute correlation between diet and ADHD," Abraham said.

Armed with the information culled from this research, Abraham developed "ADHD Alternative Diets," a compilation of scientifically proven ADHD diet techniques.

"As parents, we want to give our children the best edge for success and the best defense against failure. We want to do right by our children," Abraham said. "Changing the diet by eliminating offending foods and adding brain-boosting foods is one of the kindest and most healthy ways to treat ADHD."

Artificial food dyes, flavors and preservatives can cause behavioral and neurological reactions that mimic the symptoms of ADHD in sensitive children. The ADHD alternative diet plan eliminates highly processed foods and in their place adds brain-boosting foods rich in vitamins, minerals, amino acids and Omega 3 fatty acids.

"Make this change and you will notice a significant drop in your child's behavioral problems," Abraham said.

Visit <http://www.naturalADHDcure.com> to discover powerful and proven strategies to eliminate ADHD using diet therapy.

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**About ADHD Alternatives**

ADHD Alternatives provides complementary alternatives for Attention Deficit Disorder and ADHD. Visit

<http://www.naturalADHDcure.com> to discover powerful and proven strategies to eliminate ADHD using diet therapy.