



# Holladay Physical Medicine

4211 Holladay Blvd. – Holladay, UT 84124 – (801) 272-8471

Bruce Gundersen, D.C., DIANM

[www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com)

This Information is about this condition in general. Every individual has a unique presentation. Once you understand this information, consult the doctor on any specific questions about your condition.

## What is ADHD?

**ADHD** stands for **Attention-Deficit/Hyperactivity Disorder**.

**ADHD is a real disorder.** ADHD is a psychiatric behavioral disorder that affects children, adolescents, and adults. The brain uses various chemicals to help send messages across the nervous system. An imbalance of these chemical messengers may result in the inattentive and hyperactive/impulsive symptoms of ADHD.

**ADHD shows itself as a persistent pattern of inattention and/or hyperactivity/impulsivity** that is more frequent and severe than what one sees in one's peers.

**Only a trained health care provider can accurately diagnose ADHD.**

## Understanding ADHD symptoms

Many people with ADHD have both inattentive and hyperactivity/impulsivity symptoms. But some people may display more hyperactive/impulsive symptoms, while others may display more inattentive symptoms.

People with at least 6 of the inattentive symptoms and at least 6 of the hyperactive/impulsive symptoms are considered to have **combined-type** ADHD.

## For a diagnosis to be made, ADHD symptoms:

- Must be present in at least 2 life settings, for example, at home, at school, or at work
- Must cause significant impairment in functioning at school, work, or in social settings
- Some symptoms that caused impairment were present before age 7
- Symptoms are not better accounted for by another mental disorder
- 6 or more inattentive and/or hyperactive/impulsive symptoms must have persisted for at least 6 months to an extent that is not consistent with one's peers

## For the inattentive type

At least 6 of the following symptoms must have persisted for at least 6 months to an extent that is not consistent with one's peers:

- Careless mistakes/lack of attention to details
- Lack of sustained attention
- Poor listener
- Failure to follow through on tasks
- Poor organization
- Avoiding tasks requiring sustained mental effort
- Losing things
- Easily distracted
- Forgetful in daily activities

### **For the hyperactive/impulsive type**

At least 6 of the following symptoms must have persisted for at least 6 months to an extent that is not consistent with one's peers:

- Fidgeting/squirming
- Leaving seat
- Inappropriate running/climbing
- Difficulty with quiet activities
- "On the go"
- Excessive talking
- Blurting out answers
- Can't wait turn
- Intrusive

## **ADHD is not just a childhood disorder**

ADHD can affect children, teens, and adults. In fact, ADHD is estimated to affect more than 15 million Americans. In 2007, an estimated 9.5% of school-aged children were reported by their parents to have ever been diagnosed with ADHD. The disorder is estimated to affect 4.4% of US adults based on a survey of 3,199 adults aged 18 to 44. By applying this percentage to the full US population aged 18 and over, about 10 million adults are estimated to have ADHD.

## **ADHD symptoms may impact adults differently than children or teens**

ADHD symptoms in adults may *look* different from those in children or teens — more subtle and less noticeable, although they are just as important to identify.

<b>ADHD Symptom</b>	<b>Children with ADHD</b>	<b>Teens with ADHD</b>	<b>Adults with ADHD</b>
---------------------	---------------------------	------------------------	-------------------------

Inattention	Children may be easily distracted, have difficulty following instructions or completing schoolwork, and have trouble listening.	Teens may lose things such as homework and schoolwork, make careless mistakes and fail to complete tasks.	Adults may put things off until the last minute, fail to follow through on commitments, have difficulty sustaining attention to reading or paperwork.
Hyperactivity	Children may climb or run excessively and have trouble remaining seated.	Teens may have difficulty engaging in quiet, sedentary activities, fidget with hands or feet and feel restless.	Adults may feel restless and impatient, like they're always "on the go," always need to be busy after work or on vacation.
Impulsivity	Children may find it hard to wait their turn when playing with friends, or may blurt out answers in school.	Teens may be impatient, frequently interrupt or intrude on others to the point of causing difficulties in social and academic settings.	Adults may interrupt others in class or at work, have difficulty waiting one's turn, finish others' sentences during conversations.

## **PREMISE**

In order to recover from many of today's chronic health disorders, a basic premise must be understood on which all other treatments and remedies depend. The body must be fed the proper ingredients to heal and it must not be fed or exposed to harmful or toxic elements. Go to our web page [www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com). Scroll down to the Absolute Health Clinic on the right and click on Learn More. Review each of the following completely: Things to Avoid or Eliminate, Things to Do, Detoxification, Preferred Foods, Forbidden Foods, and Cleaning Products Substitutes.

Each of these items is necessary for you to overcome this disorder. It is not likely that a cure is readily achievable and management is our initial goal. Depending on how long your body has suffered from this disorder, it may take at least half that long to gain control of the condition and manage it in such a way as to not completely interfere with your daily routine. Expectations should be largely based on your individual history with this condition.

## **USE OF PRESCRIPTION DRUGS**

We do not prescribe drugs nor recommend their use if harmful side-effects are associated with your complaints. We also do not, in any case, recommend changes in the use of prescription drugs that a licensed physician has given you. If you believe alterations in those prescriptions are in the best interest of your health, always consult with the prescribing physician before making any changes.

## **SUPPLEMENTATION:**

The ideal situation for nutrition in any injury or disease is first to eat whole foods, and to avoid processed foods, fast foods preservatives, refined carbohydrates and sugar. We have much information on our web page under Absolute Health Clinic. The physical medicine modalities we will provide you will help reduce the symptoms in the time we have projected. If you want to heal, this step is something you will need to take.

Nowadays, even if you do all of those things, you need to realize that our food supply has been gradually depleted. The pure ingredients needed to maintain body function, metabolism and immunity have been drastically reduced. We recommend only whole food supplements. Studies are clear that synthetic vitamins and mineral supplements are not only not helpful to the body in most cases, but can be toxic. Don't expect them to take the place of what we recommend here. They will not help you sufficiently to heal properly. The following list has been prioritized to help you gradually begin to supplement your improved diet and provide your body with the ingredients it needs to restore or improve your immune response and then provide the raw materials in usable form to repair the damaged or diseased tissue. The degree to which you can implement these items will largely determine how fast you recover and more importantly whether or not you have a recurrence or relapse of the symptoms again soon.

These products are all produced by Standard Process. You may obtain them on line from Amazon or other distributors if you like or we can order them for you and save you an average of \$5 per bottle plus you can avoid shipping charges.

#### **GENERAL DAILY SUPPLEMENTS**

- Catalyn
- Tuna Omega-3 oil
- Calcium Lactate
- Trace Minerals B12
- Cataplex D
- Prolamine Iodine

#### **SPECIFIC FOR THIS CONDITION**

- OPC Synergy
- Cataplex G
- Min-Tran

Specific dosages will be provided by the doctor.

We have many other specific items for a variety of health deficient conditions. Consult our web page or ask the doctor.

#### **OTHER INFORMATION:**

We offer a wide variety of health information at our web site.

[www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com) All patients are welcome to use our information to improve your life and maintain your spinal health.

This information is provided to you as a health service by Dr. Bruce Gundersen, DC, DIANM. He is board certified by the International Academy of Neuromusculoskeletal Medicine and currently serves as chairman of the examination board for the Academy. He is also the President of the Utah College of Chiropractic Orthopedists and clinical director and chief clinician at Holladay Physical Medicine. He has practiced physical and regenerative medicine for over 40 years.