

ADHD: A Demand for a Healthy Diet

Experts speak out about the importance of Good Nutrition

“New studies are confirming what parents have long observed—there is a relationship between what children eat and how they think, act, and learn...Everyone in the family benefits from good food for the brain...**Juice Plus** is a way to get all the raw fruits and vegetables you and your family need every day!” (Dr. William Sears, MD)

“Eat a Nutritious Diet. Eating a nutritionally deficient diet can lead to behavior and health problems. If your child is a picky eater continue to serve nutritious foods and avoid junk foods. This is really important! We used to think that if we didn’t eat nutritious foods, we could just add a multi-vitamin and mineral tablet. Now we know there are other extremely important chemicals called phytochemicals that are found in whole grains, fruits and vegetables...So teach your children to eat a diet full of whole grains, vegetables and fruits, unprocessed nuts and seeds, lean meats and poultry, coldwater oily fish, beans, dairy products, and a good source of omega-3 fatty acids such as canola oil. Teaching him/her to eat right will be a gift for life!...If your child does not average 5 or more servings of fruits and 5 or more servings of vegetables each day, you may want to add a supplement of concentrated fruits and vegetables...**Juice Plus** Capsules or Gummies.” (Laura J. Stevens, MS, 12 Effective Ways to Help Your ADD/ADHD Child)

“Getting a variety of fruits and vegetables is important because they each contain thousand of different phytochemicals, or plant chemicals that work together as antioxidants, minerals, enzymes, and essential fatty acids to help improve our health. There are no vitamin or mineral supplements in any store that contains all the nutrients found in fruits and vegetables. So how do we get them in our diet? Now thanks to modern production techniques we are able to encapsulate fruits and vegetables without losing their nutritional quality... This is why I recommend **Juice Plus** to my clients as the best choice of a whole food based product.” (Jane Oelke, ND, PhD, Natural Choices for Attention Deficit Disorder, pg 96-97)

“Start with a whole-foods diet, with lots of fresh fruits and vegetables. Whole grains, and fresh fish, meat and dairy products.” (Elizabeth Burch, ND, Alternatives to Ritalin for Hyperactive ADHD Kids)

“I’ve determined that diet is one of the most significant factors behind ADHD symptoms...it’s what people eat or don’t eat that creates the degree of the disorder...Carbohydrate intake should always be in the form of complex carbohydrates such as whole grains, fruits, and vegetables.” (Mary Ann Block, DO, ADHD: A Demand for Healthy Diet)

“I frequently see a fairly simple dietary intervention, such as cutting out junk foods, sugar, and refined and processed foods and introducing whole foods without preservatives and additives begin to cause significant behavioral improvements in children.” (Ronald L. Hoffman, MD, The Natural Approach to Attention Deficit Disorder)

“Nutrition offers parents what they really want, a way to beat ADD and ADHD. Sometimes medication provides a quick solution by masking the symptoms, but it doesn’t really offer long term hope. Only nutrition combined with behavioral therapy can do that.” Marcia Zimmerman, CN, Drug- Free Treatment for Attention Deficit Disorders)

“The truth is that often these conditions can be corrected by simply eating a healthy diet, fruits, vegetables, beans, and whole grains...Diet plays a crucial role in the development and treatment of ADD.” (Skye Wintraub, ND, Natural Treatments for ADD and Hyperactivity, 1997)

“Consider **Juice Plus** for poor eaters.” (Lori Knowles, “Treating Autism with Biological Interventions: A Mother’s Story”, Autism One Conference, May 27-30, 2004, www.autismone.org)

Make a Nutritional Impact: Ask about the Juice Plus+ Children’s Research