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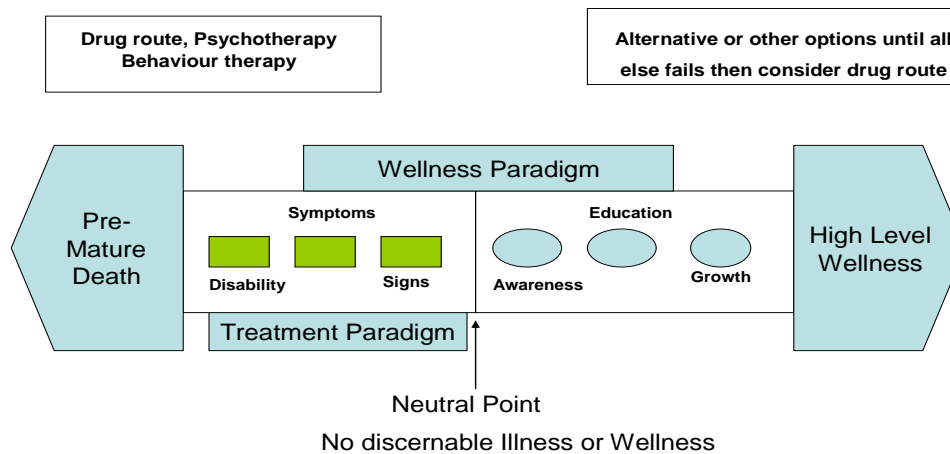
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The Illness / Wellness Continuum



Steps before considering medication

1. Hydration-Adequate healthy water intake
2. Methylation- B vit deficiency
3. Glycation- stable glucose (sugar)levels
4. Lipidation- Fats –(healthy) and Phospholipids
5. Supplementation
6. Allergies
7. Stress
8. Sleep Hygiene
9. Colon Health
10. Living with ADD / ADHD Challenges

Causes

- Kids & adults have genetic factors associated with increased brain activity in modes used in creativity, meditating, hypnosis, relaxing, day dreaming and lucid dreaming different than other children's genetic make-up
- People in the ADD /ADHD spectrum use their creativity and intuition to tackle tasks rather than being focused and analytical
- The brain state used for being awake, alert & processing information- especially when faced with tasks-are also reduced
- That's why these people battle so much in a structured world that we live in today. Especially in the school environment where the kids creativity and intuition, to tackle tasks, is different

Incidence

- 7% of children between the ages of 6-11 have been told they are ADHD
- 8-10% of all children around the world have been diagnosed as ADHD
- Approximately 1.6 million elementary school children have been diagnosed with ADD / ADHD
- 1000 children or 8 out of every 100
- Previously: Minor Cerebral Dysfunction

Step 1 Hydration

- So many children & teenagers are chronically dehydrated and may present with behavioural problems
- The pure habit of drinking enough water can have a dramatic impact on behavioural problems
- Never drink tap water
- Water is healthy when it is healthy water
- Never drink chlorinated water which is not purified-all chlorine removed
- Chlorine is a product from DDT
- Eliminate or greatly reduce the intake of sweetened carbonated cola's fruit juices, waters, coffee, Milo, Horlicks
 - Dilute sweetened fruit juices & remove cola's and or sweetened drinks (water)
- We have to learn to drink water
- Start kids with room temperature water
- Nightly dehydration-sleeps ± 8 hrs
 - Wakes up mildly dehydrated
 - Usually drinks coffee to suppress thirst reflex
 - Effect on brain is stimulating but also suppresses the thirst reflex

Step 2 Methylation

Symptoms of Vit B Deficiency

- Frequent mood swings
 - Anxiety and inner tension
 - Inability to think straight
 - Feeling “unreal”
 - Hearing your own thoughts
 - Suspicious of people
 - Having delusions and illusions
 - Weight gain-overweight
 - High pain tolerance-hidings limited effect
 - Seeing and hearing abnormal things
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- Study after study shows you can increase
 - intelligence,
 - attention span
 - concentration
 - problem solving ability
 - emotional response,
 - mood,
 - physical co-ordination
 - simply by what goes into and onto their bowls, plates and lunch boxes

Step 3 Glycation – Sugar intake

- The key to brain health is stable glucose (sugar) levels
- Glucose is the brain’s number one nutrient but in excessive dosages it is toxic to the brain
- Excessive glucose- much like oxidants, damage nerve cells and prevent them form optimal functioning
- Glucose reacts with protein in the brain and the nervous system-damaging it
- Inflammation in the brain
- Excessive amounts of sugar makes your child stupid
- For ADHD there should be total “white-out” policy at home-white flour, white sugar
- Replaced by slow absorbing sugars
- Remove all rapidly absorbed carbohydrates from your child’s diet and you will see results in days to weeks

Normalising blood sugar levels by excluding:

- Commercial cereals (chocolate coated)
- Sweetend fruit juices-especially with aspartame (E951)
- Cola’s and fizzy drinks
- Biscuits, buns & cakes
- Cakes

- Sweets
- Food chemicals
- Processed foods
- Preservatives and colourants
- Tartrazine (E102) and MSG (E621) Benzoic Acid (E210)
- Read the labels on how sweetened
- EAT FROM THE TREE AND NOT THE FACTORY

Step 4 Lipidation Fats and Phospholipids

- Our brains are 60% fat when the 80% water is removed
- It consists of good and bad fats
- Brain and nervous system is totally dependant on whole family of fats
- Saturated & Monounsaturated fat
 - Cholesterol
 - Omega 3 EPA & DHA
 - Omega 6 GLA & AA

Balance between Omega 3 6 and 9

Body cannot make essential fatty acid (EFA)

- Omega 6 and Omega 9
- Omega 3: Omega 6 Should be 1:2
- Omega 3 : Omega 9 Should be 1:3
- (mothers milk is 1:2)
- SA Omega 3: Omega 6 1: 20
- SA Black population 1: 50

How to recognize Omega 3 Deficiency

- Chronic thirst as a baby
- Frequently urinating
- Dry unmanageable hair (dandruff)
- Dry watery, itchy eyes
- Brittle soft nails
- Asthma
- Ear and sinus infections
- Poor memory and concentration difficulties
- Learning difficulties
- Poor co-ordination & vision problems

The slight Edge

Continuous Improvement steps

