

# Attention Deficit Hyperactivity Disorder

## Natural Treatment of ADHD Can Help Improve Behavior and Academic Performance



Human Nature Natural Health offers parents and children the information and tools they need to manage and effectively treat attention and behavioral issues.

**Ian D. Bier, N.D., Ph.D., L.Ac, FABNO**  
Fellow, American Board of  
Naturopathic Oncology  
Naturopathic Doctor, Licensed Acupuncturist  
& Naturopathic Oncologist

Dr. Bier is a naturopathic doctor and licensed acupuncturist. He has lectured and written extensively, and is a published nutrition researcher.

Dr. Bier is also Medical Director of the Dietary Research Foundation, a research organization dedicated to advancing the knowledge of the interaction between human nutrition, cognition, behavior, and intelligence. He has a special interest in working with children with behavioral and learning issues.

Dr. Bier began his undergraduate work in Chemistry with a specialization in Biochemistry before transferring to Bastyr University, where he earned a *Masters of Science in Acupuncture* and a *Doctorate in Naturopathic Medicine*. He completed a residency in *Family Practice* at Southwest College of Naturopathic Medicine, and earned a *Ph.D. in Human Services* with a focus on *Therapeutic Nutrition* from Capella University.



# Healthy Family



## Attention Deficit Hyperactivity Disorder

# There are natural solutions!

155 Borthwick Ave, West Suite 102  
Portsmouth, NH 03801  
603-610-7778 fax: 603-610-7787  
[www.humannaturenaturalhealth.com](http://www.humannaturenaturalhealth.com)

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**As a member of the Dietary Research Foundation Dr. Bier has spent over 15 years researching and publishing on the interaction between nutrition and cognition, behavior, and intelligence.**

His publications include:

Invited Commentary on: Influence of Supplementary Vitamins, Minerals and Essential Fatty Acids on the Antisocial Behaviour of Young Adult Prisoners.

Addiction and Criminal Behaviour in: Food Allergy and Intolerance,

The Effect Of Nutrition On Brain Function, Intelligence, Academic Performance, And Crime: A Series Of Randomized Controlled Trials,

The Effect of Vitamin-Mineral Supplementation on the Intelligence of American Schoolchildren: A Randomized, Double-Blind Placebo-Controlled Trial.

The Effect of Vitamin-Mineral Supplementation on the Juvenile Delinquency Among American Schoolchildren: A Randomized, Double-Blind Placebo-Controlled Trial.

Vitamin-Mineral Intake and Intelligence: A Macro-Level Analysis of Randomized Controlled Trials.

## Symptoms of ADHD

People with ADHD show a persistent pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning or development:

### 1. Inattention:

- Often fails to give close attention to details or makes careless mistakes in schoolwork, at work, or with other activities.
- Often has trouble holding attention on tasks or play activities.
- Often does not seem to listen when spoken to directly.
- Often does not follow through on instructions and fails to finish schoolwork, chores, or duties in the workplace (e.g., loses focus, side-tracked).
- Often has trouble organizing tasks and activities.
- Often avoids, dislikes, or is reluctant to do tasks that require mental effort over a long period of time (such as schoolwork or homework).
- Often loses things necessary for tasks and activities (e.g. school materials, pencils, books, tools, wallets, keys, paperwork, eyeglasses, mobile telephones).
- Is often easily distracted
- Is often forgetful in daily activities.

### 2. Hyperactivity and Impulsivity:

- Often fidgets with or taps hands or feet, or squirms in seat.
- Often leaves seat in situations when remaining seated is expected.
- Often runs about or climbs in situations where it is not appropriate (adolescents or adults may be limited to feeling restless).
- Often unable to play or take part in leisure activities quietly.
- Is often “on the go” acting as if “driven by a motor.”

- Often talks excessively.
- Often blurts out an answer before a question has been completed.
- Often has trouble waiting his/her turn.
- Often interrupts or intrudes on others (e.g., butts into conversations or games)

In addition, the following conditions must be met:

- Several inattentive or hyperactive-impulsive symptoms were present before age 12 years.
- Several symptoms are present in two or more setting, (e.g., at home, school or work; with friends or relatives; in other activities).
- There is clear evidence that the symptoms interfere with, or reduce the quality of, social, school, or work functioning.

Based on the types of symptoms, three types (presentations) of ADHD can occur:

**Combined Presentation:** if enough symptoms of both criteria inattention and hyperactivity-impulsivity were present for the past 6 months

**Predominantly Inattentive Presentation:** if enough symptoms of inattention, but not hyperactivity-impulsivity, were present for the past six months

**Predominantly Hyperactive-Impulsive Presentation:** if enough symptoms of hyperactivity-impulsivity but not inattention were present for the past six months.

Because symptoms can change over time, the presentation may change over time as well.

