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# NATURAL PRACTITIONER™

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### Supplements

Counseling children with ADHD, Dr. London recommends a quality fish oil, a good multivitamin with a good mix of minerals like magnesium and amino acids like suntheanine to increase alpha wave activity to create a calm clear focus during the day and more REM sleep at night. "Keep in mind none of these are a replacement for consistently providing healthy food choices, daily exercise and organizational tools; they are a complement to a healthy diet and lifestyle."

When talking about allergies, removing foods such as nuts, gluten, dairy, etc., that cause the reactions is a first step, according to Nordic Naturals' Dr. Marshall. Then one needs to tackle the inflammation, help children build up their immune systems and ensure they're getting the nutrients that might be lacking. Where anxiety, depression and other attention issues are concerned, she offered that it's important to provide nutrients essential for brain development. Omega-3s, particularly from fish oil, can be the answer on both fronts.

"Fish oil provides essential nutrients kids typically aren't getting through their diets. If kids have an allergic component, then parents should sup-

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