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NJ ADD/ADHD Adult Newsletter
ADD Adult Self Help Support Group
For ADD/ADHD Adults
And Their Significant Others

MEETING: The next meeting of the ADD Adult Self Help Support Group for ADDers and their significant others will be on May 28th, Thursday, from 7:30 to 9:30 PM at Monmouth Medical Center, Long Branch, NJ. We will be meeting in the cafeteria. The meetings as usual will be on the fourth Thursday of the month except in November and December when they are on the third Thursday to avoid conflicts with the Holidays.

RESEARCH: In a research study it was found that probiotics seemed to prevent the development of ADHD and Aspergers syndrome. Here is the information: "[A possible link between early probiotic intervention and the risk of neuropsychiatric disorders later in childhood: a randomized trial](#)". See Pediatric Research online April 1, 2015. These 75 infants were given Lactobacillus rhamnosus or placebo for the first six months of life. Gut assays of probiotics were done the six months. At the age of 13 years, 17% of the placebo group developed ADHD or AS, but NONE of the children that were given the probiotics.

COMMENTS: Breast feeding seems like a good choice based on this information since that process could possibly produce similar results. The importance of protecting our guts from toxins which can kill off the good gut bacteria seems a take home point from this study. It would be interesting to see if baby formulas will contain probiotics in the future.

NEW ADHD TREATMENT; There is a fairly new product available for treating ADHD/ADD called Vayarin available by prescription only that is made up of phosphatidylserine and a combination of omega threes (EPA and DHA). The dose of phosphatidylserine was 150mg and the EPA around 23 mg and the DHA much less. However the company making the product claims that only the combination that they have developed crosses the blood brain barrier so that is can be effective. It is a non-stimulant treatment for ADHD/ADD with almost no side effects. Online there are many reports of children being helped and many being able to get off their stimulant ADHD/ADD medications. The major drawback is the cost about \$50/month at Walgreen.

PEACE !!

Bob