

What Has Dr. Shook Been Reading?

The A.D.D. Nutrition Solution

By Marcia Zimmerman, C.N.

Henry Holt and Company New York (1999)

Marcia Zimmerman has drawn upon her clinical experience and a mountain of clinical research and put together a nutritional plan designed to reduce or eliminate the mental dysfunction associated with Attention Deficit Disorders (A.D.D.). *A.D.D. Nutrition Solution* presents a 30-day nutritional plan that addresses the underlying nutritional needs of the brain. Food allergies, food additives, heavy metals, pesticides and water pollutants and the effects they have on brain function are discussed at length (references for the supporting clinical studies are provided). Among her recommendations are limiting sugars, balancing complex carbohydrates with protein, eating plenty of fruits and vegetables. Also recommended is consuming the right amount of the right kind of fats and avoiding damaged or hydrogenated fats.

In addition to the dietary changes, Marcia Zimmerman makes recommendations for specific nutritional supplement to ease A.D.D. symptoms.

Along with this excellent dietary advice Ms. Zimmerman discusses meal planning, food substitutions and adapting favorite recipes to nutritional guidelines.

The dietary advice is sound and pretty much eliminates fast and processed foods from the diet.

Preceding the dietary portion of this book is a history of this condition going back to 1902 when aggressive, defiant and excessively emotional boys were described as “Fidgety Phils”. The use of stimulant medication as treatment began in the 1930’s (therapy that continues today). In the 1970’s Dr. Benjamin Feingold was using nutrition and diet to treat hyperactive children. By the end of the 20th century 17 millions Americans (babies, children and adults) were battling this condition on a daily basis.

Marcia Zimmerman does a good job of presenting a complicated disorder. And be assured, there is nothing simple or strait forward about Attention Deficit Disorder, or Attention Deficit/Hyperactive Disorder or any of the sub categories or combination of learning disabilities that can accompany A.D.D. Boys manifest this differently than girls. The transition to adolescence can be strongly influenced by the therapy the child received. Adults with A.D.D. have a variety of coping skills and may not recognize their own disorder until their child is diagnosed. And a good diagnosis may not be easy to obtain. Marcia Zimmerman has advice for that too.

This book contains huge amounts of useful information. I would recommend this book for anyone who finds their life affected by any of the Attention Deficit Disorders or anyone with an interest in how nutrition can affect brain function.

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