

ADD Type	Diet	Natural Supplements	Medications
<i>Type 1: Classic ADD</i>	Higher protein, lower carb or the ZONE diet	Rhodiola, green tea, ginseng, L-tyrosine 500 mg BID, zinc, grape seed or pine bark (abbreviated stimulating supplements)	Stimulants such as Adderall, Vyvanse, Ritalin, Concerta, or Provigil, or Nuvigil
<i>Type 2: Inattentive ADD</i>	Higher protein, lower carb	Stimulating supplements	Stimulants or Provigil, Nuvigil
<i>Type 3: Overfocused ADD</i>	Lower protein, higher smart carb	5-HTP St. John's Wort plus stimulating supplements TS- Mg, Zn, Taurine	Serotonin and norepinephrine enhancing meds such as Effexor or Cymbalta; or a SSRI such as Zoloft, Paxil, Prozac, Celexa, Lexapro PLUS a stimulant. Tourette's Syndrome 60% have ADD, 50% have OCD.
<i>Type 4: Temporal Lobe ADD</i>	Higher protein, lower carb, maybe "ketogenic diet"	GABA range from 100-500 mg a day for adults, half that for kids Magnesium citrate/taurate 200-400 mg The rest are for memory: Gingko, vinpocetine, hyperzine A, ALC, PS, NAC, and ALA PLUS stimulating supplements	If mood instability, consider anticonvulsants such as Neurontin, Lamictal, Trileptal or Depakote, PLUS a stimulant. Memory issues also helped by Namenda, Aricept.
<i>Type 5: Limbic ADD</i>	Higher protein, lower carb	DL-phenylalanine* 100-200 mg but as high as 2500 mg/day for chronic pain SAME PLUS stimulating supplements	Wellbutrin works better than other antidepressants typically Stimulants such as Adderall, Vyvanse, Ritalin or Concerta
<i>Type 6: Ring of Fire ADD</i>	Higher protein, lower carb	GABA range from 100-500 mg a day for adults, half that for kids 5-HTP L-tyrosine PLUS stimulating supplements	Anticonvulsants together with a SSRI and then if needed a stimulant. Guanfacine or clonidine can also be used especially helpful in those with tics. Also may need anti-psychotic Risperidal, Abilify, Seroquel low dose.
<i>Type 7: Anxious ADD</i>	Higher protein, lower carb	L-theanine, Relora, Magnesium, Holy Basil PLUS stimulating supplements	Strattera, desipramine, imipramine

Labs for AD/HD at Amen Clinic

Vitamin D, Zinc, and Ferritin because iron, zinc and Vitamin D required for tyrosine hydroxylase to function well. Amen clinic target is Vitamin D of 80, zinc of 100, and ferritin of 100. Vitamin B6 also may help.

CBC, CMP, Thyroid panel and profile, Adrenal, CRP, Free and Total Serum Testosterone. Amen considered FBS normal between 70 and 90. I agree with that. Claims per Kaiser-Permanente study every point about 85 increased risk an additional 6% of DM in next 10 years.

86 = 6%

87=12%

88=18%

89=24%

Above 90 he claims vascular damage already happening?

Low testosterone associate with poor focus, low energy...

Part of Brain Affected:

PFC-pre-frontal cortex-filter, impulse control

Cerebellum-coordination

Anterior Cingulate Gyrus- shift attention- if can't shift attention needs Serotonin!!!! Lexapro hello! Or St. John's Wort or better yet 5-HTP

Temporal Lobe-stabilizes mood, memory, learning- deficient activity mood instability, irritability, dyslexia, and memory problems. L temporal lobe problems frequently associated with external directed discomfort (anger, irritability, aggressiveness) and R temporal lobe with internal directed discomfort (anxiety and fearfulness, negative self-talk).

Limbic system- experiences and expresses emotion- when less active patient more positive, overactive then negativity takes over. It colors our view of the world.

* [Antipsychotic medications](#): Do not use phenylalanine.

* [Levodopa](#): Like other amino acids, phenylalanine might interfere with its action.

Ring of fire refers to whole brain involvement- especially cerebral cortex, cingulate gyrus, parietal lobes, temporal lobes and prefrontal cortex. Explains why alcohol makes me violent. Alcohol calms most of it down but leaves increased cingulate activity, abnormal left temporal lobe activity and decreased PFC which = violence. The brain pattern is very similar to Bipolar Disorder but unlike BPD it doesn't cycle but is present over a prolonged period of time. They can have both and have ADD all the time and the mood symptoms cycle. Start Risperdal or anticonvulsant first then add stimulant. Ring of fire don't have manic episodes unless they are also BPD.

Parietal lobe- processes touch, the sensory cortex, when overactive the person is hypersensitive to their environment, sensory processing disorder.

Basal ganglia-usually low activity in ADD but overactive in anxious ADD. Classic ADD are conflict-seeking but this group is conflict avoiding. I happen to be both. Yeah me! I start fights I want to run away from.

Traumatic Brain Injuries-Hyperbaric Oxygen Therapy