

Dr. Amen 7 types of ADD questionnaire

Name: _____ Date: _____

Scoring of AMEN CLINICS ADD TYPING

Inattentiveness: How many scores of 3's or 4's for questions 1-9: _____ (5 or more is positive)

Hyperactivity: How many scores of 3's or 4's for questions 10-17: _____ (5 or more is positive) *

Overfocused: How many scores of 3's or 4's for questions 18-30: _____ (6 or more is positive)

Temporal Lobe: How many scores of 3's or 4's for questions 31-43: _____ (6 or more is positive)

Limbic: How many scores of 3's or 4's for questions 44-52: _____ (5 or more is positive)

Ring of Fire: How many scores of 3's or 4's for questions 53-63: _____ (5 or more is positive)

Anxious: How many scores of 3's or 4's for questions 64-70: _____ (5 or more is positive)

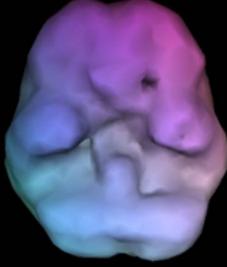
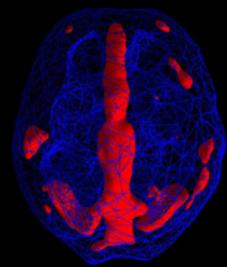
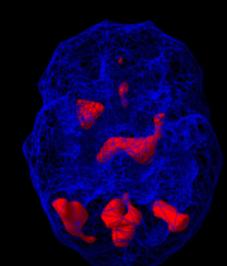
*If less than 5 considered NOT Hyperactive

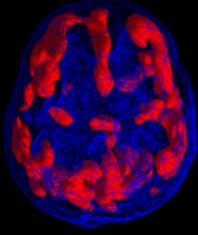
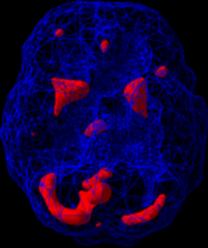
- Type 1 Classic ADD: Tested positive for inattentive and hyperactive
- Type 2 Inattentive ADD: Tested positive for inattentive but NOT for hyperactive
- Type 3 Overfocused ADD: Tested positive for inattentive and overfocused
- Type 4 Temporal Lobe ADD: Tested positive for inattentive and temporal lobe
- Type 5 Limbic ADD: Tested positive for inattentive and limbic
- Type 6 Ring of Fire ADD: Tested positive for inattentive and ring of fire
- Type 7 Anxious ADD: Tested positive for inattentive and anxious

Here is a Summary of the Major Treatments for Each Type.

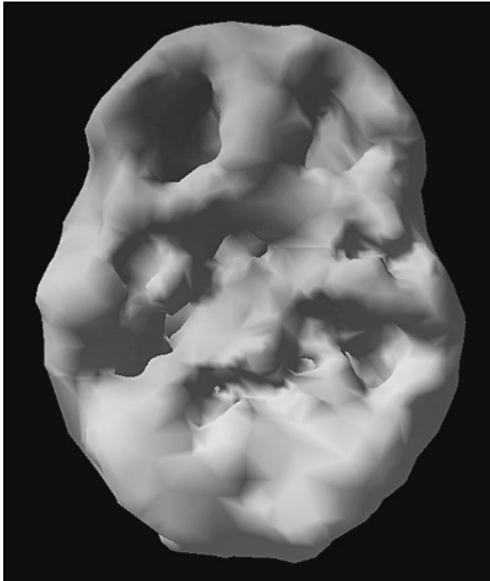
ADD Type	Diet	Natural Supplements	Medications
<i>Type 1: Classic ADD</i>	Higher protein, lower carb	Rhodiola, green tea, ginseng, L-tyrosine, zinc, grape seed or pine bark (abbreviated stimulating supplements)	Stimulants such as Adderall, Vyvanse, Ritalin, Concerta, or Provigil, or Nuvigil
<i>Type 2: 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 plus stimulating supplements	Serotonin and norepinephrine enhancing meds such as Effexor or Cymbalta; or a SSRI such as Zoloft, Paxil, Prozac, Celexa, Lexapro PLUS a stimulant
<i>Type 4: Temporal Lobe ADD</i>	Higher protein, lower carb, maybe "ketogenic diet"	GABA, ginkgo, 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.
<i>Type 5: Limbic ADD</i>	Higher protein, lower carb	SAME PLUS stimulating supplements	Stimulants such as Adderall, Vyvanse, Ritalin or Concerta
<i>Type 6: Ring of Fire ADD</i>	Higher protein, lower carb	GABA, 5-HTP PLUS stimulating supplements	Anticonvulsants together with a SSRI and then if needed a stimulant. Guanfacine or clonidine can also be used.
<i>Type 7: Anxious ADD</i>	Higher protein, lower carb	L-theanine, Relora, Magnesium, Holy Basil PLUS stimulating supplements	Strattera, desipramine, imipramine

7 ADD types

SPECT Image	Characteristics
	<p>Type 1: Classic ADD- sufferers are inattentive, easily distracted, disorganized, hyperactive, restless and impulsive.</p>
	<p>Type 2: Inattentive ADD- sufferers are inattentive, easily distracted, disorganized, and often described as space cadets, daydreamers or couch potatoes. Often this group isn't diagnosed until later in life, if at all. They have low energy and motivation and are internally preoccupied. These are often quiet people that are mislabeled as lazy or unmotivated.</p>
	<p>Type 3: Overfocused ADD- sufferers tend to have trouble shifting attention, which makes them look like they cannot pay attention; they frequently get stuck in loops of negative thoughts or behaviors; can be obsessive, worried, and inflexible; and are frequently oppositional, argumentative and fault finding. Opposed to most ADD types, their organization is fine or in some cases they are obsessively organized. More often seen in families with addiction problems or obsessive-compulsive tendencies.</p>
	<p>Type 4: Temporal Lobe ADD- - sufferers are inattentive, easily distracted, disorganized, and struggle with mood instability, irritability, memory problems. This type is often associated with learning problems. They have a "short fuse", also tend to suffer from headaches and abdominal pain, history of head injury, anger management problems, dark thoughts, memory problems and difficulty reading.</p>
	<p>Type 5: Limbic ADD- sufferers are inattentive, easily distracted, disorganized, and struggle with low-grade sadness, negativity (e.g. "glass half empty syndrome"), low energy, and social withdrawal. Stimulants often cause this group more depression, poor appetite and sleep patterns.</p>

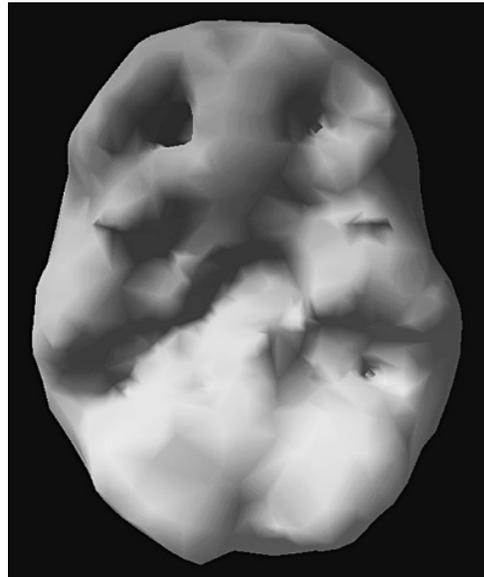
	<p>Type 6: Ring of Fire ADD- sufferers are inattentive, extremely distracted (too many thoughts), irritable, overly sensitive to environment, hyperverbal, oppositional, and experience cyclic moodiness. This type often also worsened by stimulants.</p>
	<p>Type 7: Anxious ADD- sufferers are inattentive, easily distracted, disorganized, anxious, tense, nervous, predict the worst, struggle with timed tests, social anxiety and often have physical symptoms of stress, such as headaches and gastrointestinal symptoms.</p>

Why you should not rule out medications without a trial?



Breanne's Concentration SPECT scan

Without treatment



With treatment