



AD/HD: Holistic Assessment and Intervention

Andrew was an 11-year-old white male referred by his pediatrician for evaluation and possible treatment of AD/HD (Attention Deficit/Hyperactivity Disorder). His mother, who was interested in a non-pharmacological intervention, accompanied him. Andrew had been exhibiting oppositional behaviors (primarily in school), truancy, inconsistent grades, irritability, inattentiveness, restlessness, insomnia, fidgetiness, and aggressive behaviors towards his classmates. According to his mother, these behaviors had been present from an early age but had escalated to the point that his teachers, guidance counselor, and school principal had requested that Andrew "get put on Ritalin."

In addition, his mother noted a history of chronic, mild GI complaints, dry skin and hair, excessive thirst, and mild asthma symptomatically managed with a bronchodilator inhaler. All previous medical (pediatrician and gastroenterologist) investigations into the cause(s) of these complaints had been unsuccessful.

Andrew exhibited mild hyperactivity behaviors on the initial visit. He met the DSM-IV criteria for Attention Deficit/Hyperactivity Disorder, Combined Type (314.01). This diagnosis was supported by a positive Conner's Parent Questionnaire. Andrew was also given IVA-CPT psychological testing, a computer-generated test that allows clinicians to obtain assessments of AD/HD free of examiner bias.

A COMPREHENSIVE TREATMENT PLAN FOR ANDREW

EFA deficiency - Neuromins™ (400 mg DHA)

Dysbiosis - Tanalbit™, uva ursi, and Nizoral™, as well as reinnoculation and phospholipid

Food allergy - based on the degree of IgG reactivity

Amino Acids - nutrient minerals, and detoxification Methionine, Seromel™, Optizinc™, Ultrapreventative (without copper and iron), MSM™ (methyl sulfonyl methane), lipoic acid, and glutathione

Diet - high fiber, high protein, low processed carbohydrate, moderate fat, and moderately low complex carbohydrate; lead- and copper-free water

Asthma precaution - Epipen™ "bee-sting" kit

Laboratory testing (blood, hair, stool) were ordered on the initial visit and reviewed with Andrew and his mother two weeks later. Elemental Analysis (hair) testing revealed abnormalities in lead, copper, sulfur, and zinc that were confirmed by Elemental Analysis (packed erythrocytes). Amino Acids Analysis (plasma) showed all amino acids to be generally at low normal ranges except for tryptophan, methionine, and cysteine. Comprehensive Digestive Stool Analysis revealed elevated *Candida albicans* culture and very high *Proteus mirabilis*. Food Allergy Profile (blood) indicated high levels of IgG antibodies to dairy foods and eggs, as well as mild to moderate IgG levels to a variety of other foods. Essential and Metabolic Fatty Acids Analysis (RBC) indicated elevated arachidonic acid and low docosahexaenoic acid (DHA) levels. All of the standard test results were within normal limits. A comprehensive treatment plan was designed based on Andrew's functional evaluation.

Andrew was evaluated after two months of treatment and found to be free of all symptoms noted above including asthma. Grades had improved dramatically, and he was no longer a disciplinary problem. All gastrointestinal symptoms had subsided. IVA - CPT test scores demonstrated highly significant improvement. Herbal treatments were discontinued. Complex carbohydrates were increased and occasional sugar treats were reintroduced into his diet. He was placed on a maintenance regimen of nutrients consisting of approximately 50% of the nutritional supplements noted above, except for methionine, MSM, and lipoic acid, which were maintained at the originally prescribed level. Ten month follow-up Elemental Analysis (Hair) and Elemental Analysis (Packed Erythrocytes) demonstrated undetectable levels of lead and normalization of copper, zinc, and sulfur.

Charles E. Gant, M.D., Ph.D., has pioneered complementary medicine treatments for various psychological disorders for over twenty years. Many of the protocols he has used successfully over the past decade to treat AD/HD were discovered while he was the medical director of a 56-bed drug and alcohol treatment hospital.

For more information call Charles Gant Consulting toll-free at 888-847-4233.

