



## Nutrition Site

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### Alternative Treatments for ADHD that Work

A recent study in England reported that children with behavioral, social and learning difficulties who took high quality omega-3 fish oil supplements for only six months tested more than a year higher in reading skills and six months higher in spelling. The children also had significant improvements in their behavior with none of the negative side effects associated with commonly prescribed stimulants and anti-depressants.

Elliot, a nine year old participating in the omega 3 study, was falling behind in his schoolwork, had little interest in studying and would crash on the sofa in front of the TV when he came home from school. He now heads for the library after school. His mother, Sheila, says, “Elliot’s reading jumped 18 months. He’s just a lot more interested in everything. He’s even developed an interest in classical music.”

Fish oil has always been traditionally considered brain food. But, scientists now know for a fact that nearly 70 percent of a baby’s brain and more than 60 percent of the adult brain is made up of specific fatty acids – especially EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). And wild salmon is nature’s richest and purest source of these health promoting omega 3 fatty acids.

But you don’t want to give your child just any old fish oil supplement. It could be sourced from some impure waste product leftovers of the fertilizer industry or from whatever comes up in the net. And you don’t want to use [flaxseed oil](#). Although flaxseed contains omega 3 oil, it has none of the necessary EPA or DHA that research has found produces the results.

If you’re looking for positive ADHD results, and your family is among the millions of those who don’t eat fish at least 2 or 3 times a week, then it’s important to supplement your family’s diet. Actually, good quality fish oil supplements are a great idea even if your family does eat plenty of fish. My personal recommendation is [Salmon Oil Plus with UHPO3](#).

This omega 3 salmon oil supports brain development in children and optimum brain functioning in adults. It also has a long safe history of helping millions of people around the world to find natural relief for migraines, arthritis, psoriasis, depression, heart disease, asthma, prostatitis and all forms of inflammation as well as other painful conditions.

Salmon Oil Plus with UHPO3 is the purest (zero toxicity), most complete and balanced fish oil supplement on the market. It has all 8 omega 3 family members important to human

nutrition – DHA, DPA, HPA, EPA, ETA, ETA (3), SDA AND ALA. And they're all in the same perfect natural balance found in fresh salmon.

For more detailed information on how Salmon Oil Plus with UHPO3 can help your family, friends and you to look and feel your absolute best, go to [www.omega-3.us](http://www.omega-3.us).

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