



## Resources Recommendations

### Nutritional Deficiencies (See Handout)

- Zinc-8-30mg/day depending on age
- Magnesium
  - Malate, citrate, carbonate-for stooling- To bowel tolerance
  - Glycinate or L-threonate for only focus/concentration-125mg/day to start
- Omegas-Nordic Naturals, Barleans, Mary Ruth, Dr. Mercola-2-3 grams a day
- Vitamin D3/k2-See hanout for dosing
  - Try for 5-10mcg of k2/1000 iu/d3
  - Dose is age and weight based-see handout
- Iron/B-Complex-Consider Beef Organ Meat Capsules (Ancestral Supplements, Heart and Soil)
  - 1yr-2yr-1 capsule
  - 3-5yrs -2 capsules
  - 6-10yrs-3 capsules
  - 11-13yrs-3-4 capsules
  - 15+ 5-6 capsules

### Nutraceuticals/Nootropics (Dose based on age)

- L-theanine
- Holy Basil
- Passion Flower
- Lemon Balm
- Ashwaghanda
- Rhodiola
- OPC's –like pine bark extract
- Mucuna Pruriens
  
- Ginko Biloba
- Ginseng
- Lion's Mane
- Saffron
  
- Brillia-homeopathic-for Anxiety, ADHD, and hyperactivity

## **Gluten Free Grain Sources**

### **Gluten Free Grains**

- Oat
- Quinoa
- Brown Rice
- Teff
- Tartary/traditional buckwheat
- Amaranth
- Corn
- Flax
- Millet
- Sorghum

### **Gluten Free Bulk Grains**

- Azure Standard
- Winco
- Natural Grocers
- Fred Meyer
- Costco-has some options
- Sams Club-has some options
- Cliffs Country Market

### **Gluten Free Flour Blend**

- **Gluten Free Flour Blend**
- 1.5 cup Oat flour
- 1.5 cup brown rice flour
- ½ cup quinoa trio flour
- ½ cup millet flour
- 3 tablespoons of flax/chia meal

- 2 heaping tablespoons Costco's gluten free flour mix
- **\*\*Mix all together well, and store in fridge or freezer\*\*** This is the base for your recipes for pancakes, waffles, muffins, cake, cookies and other pastries\*\* Don't use for bread as it needs some modification.

## **Raw/Organic Dairy Sources**

### **Raw Milk Sources**

- Provider Farms-Raw Cow's Milk
- Rocky Ridge Ranch. Raw Goat Milk
- Infinity Farm. Raw Cow/Goat Milk
- Sweet Cream Pastures. Raw Goat Milk
- Sunnydale Farms. Raw Cow Milk
- Food Land Market. Raw Cow Milk
- Boise Co-Op. Raw Cow/Goat Milk
- Saint John's Organic Farm. Raw Cow Milk. ...
- Quiet Man Farm. Raw Cow Milk.
- Raw Life Farms Reko-Raw Cows milk
- Steele Legacy-Raw cow's milk
- DeLuna Acres- Raw goats milk

### **Organic Milk/A2 Milk Resources**

- Coop Meridian/Boise
- Albertsons
- Walmart
- Fred Meyer
- Costco

## **Oatmeal Raisin Chocolate Chip Cookie Recipe**

- 2 cups gluten free flour mix
- 2 tablespoons chia/flax/hemp meal
- 1 tsp baking soda
- 1 tablespoon apple cider vinegar
- 3/4 cup oil (coconut, ghee, olive) I usually do half and half
- 1/2 cup apple sauce
- 1 tsp sea salt
- 2 tsp cinnamon (Can add more for flavor if wanting)

- 1/2 tsp nutmeg
- 1/2 cup Munk Fruit Sweetener
- 1/2 cup local honey
- 3/4 cup organic coconut sugar
- 2 tsp stevia
- 2 tsp vanilla extract
- 3 large eggs
- 3 cups organic rolled oats
- 1/2 cup raisins
- 1/4 cup stevia sweetened chocolate chips

Combine everything in a bowl except for the oats, raisins, and chocolate chips with a hand mixer. Hand mix in oats, raisins, and chocolate chips. Chill batter in fridge or freezer until firm. Place a rounded golf ball size scoop on baking tray and bake at 375 for 10-12 minutes or until lightly golden brown on top. Let cool and enjoy.

## **ADHD EDUCATIONAL RESOURCES**

### **Books**

- Kids In The Syndrome Mix of ADHD, LD, Autism....And More-Martin L. Kutscher MD
- Disconnected Kids-Dr. Robert Melillo
- Reconnected Kids-Dr. Robert Melillo
- The Holistic RX for Kids-Madiha Saeed, MD
- Non-Drug Treatments for ADHD-Richard P. Brown, MD
- Finally Focused. James Greenblatt, MD
- The explosive child By Ross. W. Greene
- EMF\*D-Joseph Mercola
- What the EMF-Risa Suzuki
- Nutrient Power—William Walsh
- Children and Environmental Toxins-Karen white
- Dirty Genes-Ben Lynch
- The Toxin Solution-Joseph Pizzorno
- Toxic-Neil Nathan

### **Podcasts**

- The Sensory Project

- All things sensory
- Soaring Child Thriving with ADHD
- What to do when series