

ADHD: Ferrari Engines & Bicycle Brakes

Presented by Dr. Jon Torrijos

What is ADHD?

Attention
Deficit
Hyperactive
Disorder



A Ferrari Engine with Bicycle Brakes

ADHD has 2 main Components

1. Sympathetic Overdrive
 - Stuck on the "Gas Pedal"
2. Poorly Communicating Nervous System
 - Functions are not coordinated well

Our Nervous System

Sympathetic

- Survival
- Fight or Flight
- Good for short periods



Gas Pedal

Parasympathetic

- Growth and Development
- Immune System
- Digestive System
- Should mostly be here



Brake Pedal



"You can't be in growth and protection at the same time."

-Dr. Bruce Lipton

ADHD

- ADHD= Excessive Sympathetic Activity
- Results
 - Hyperactivity
 - Impulsiveness
 - Behavior issues

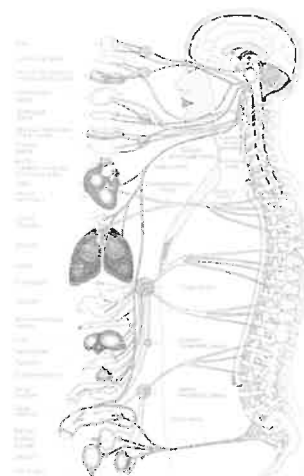
Poorly Communicating Nervous System

- Kids aren't able to slow down enough to go through normal processes of development:
 - Social
 - Academic
 - Behavioral
 - Physical
 - Speech

Why a chiropractor?

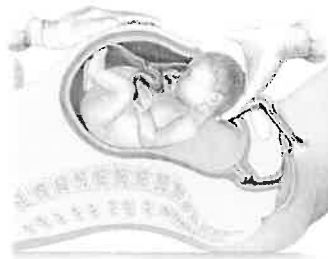


Your spine is
the protective
housing for
your nervous
system

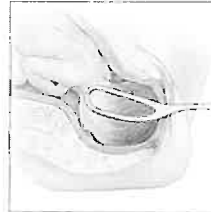


Birth Trauma

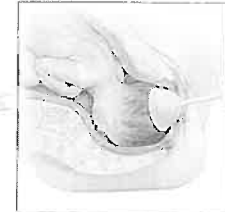
- C-section
 - Baby's head and neck used as leverage
 - 60-90 lbs. of pressure
- Other interventions
 - Pitocin
 - Forceps
 - Vacuum extraction



Forceps



Vacuum extraction



Research

- Dr. Gottfried Gutmann- Medical doctor who studies birth trauma and its effect on a child's health.
 - Of 1000 babies studied, 80% had some degree of misalignment of bones in the upper neck shortly after birth.
 - Possible results: lowered immunity, digestive issues, ADHD, SIDS.

*“Trauma from the birth process remains
an underpublicized and therefore
significantly undertreated problem.”*

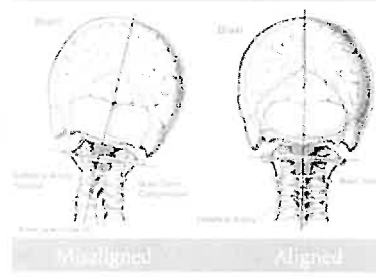
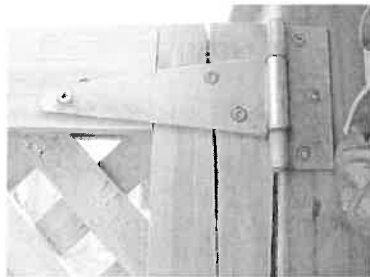
-Dr. Gottfried Gutmann MD

Subluxation

- Misalignments in the spinal bones that stress the nervous system and decrease health
- The entire basis for chiropractic, whether in an adult, infant, pregnant woman, child.
- 3 main components.....

Subluxation

1. Misalignment
2. Fixation



Subluxation

- 3. Neurological imbalance
 - Starts with misalignment and fixation
 - Results in abnormal input
- **MOVEMENT = BRAIN FOOD**
 - 60% of nerves for movement are found in spine
 - 33% in the upper neck alone!
 - Movement information to the nervous system stimulates the “brake pedal”

Subluxation

- 3. Neurological Imbalance
- No Movement = No positive brain food
- This leads to the stress response and
Gas Pedal



Chiropractic Adjustments

- Restores proper alignment and motion
- Restores positive movement input to brain
- Pushes on the “brake pedal” which balances the nervous system
- Causes normal output and organization

Adjustments are always safe and gentle

Other Common Components with ADHD

- Lack of Proper Exercise and Movement
- Poor Diet
 - Dairy
 - Grains
 - Nutritional deficiencies
- Electronics

Lack of Exercise

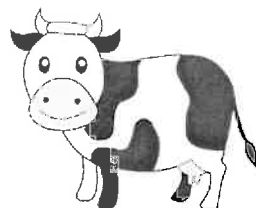
- Remember, movement feeds the brain!



- Studies show that physical exercise helps kids pay attention, calm down, perform better in school, and have better organizational skills

What's wrong with milk?

- Casein
 - Protein that can be difficult to digest, especially in some kids
- Can cause immune reaction
- Overall inflammation in the body
- Dairy elimination diet



What about grains?

- Often a child's first food
- Becomes a regular part of diet after: cereals, breads, pastas, crackers, etc.

Grains → sugar → Gas pedal

Nutritional Deficiencies

- Healthy fats-fish oil, flax oil, coconut oil
- Plants
- Water
 - Dehydration can make ADHD symptoms worse



Electronics

- Studies have shown that the lights from electronic devices(TV, cell phone, tablets, etc.) engage the sympathetic nervous system
- Also cause areas of the brain for creativity, imagination and organization to go dormant



Final Thoughts

1. Get your child's spine and nervous system checked
2. More exercise and outdoor play
3. Clean up the diet
4. Unplug
5. Don't give up!