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Omega 3 and ADHD

Scientists have found that some children with ADHD are deficient in Omega 3 fatty acids which are important in brain function. While all children with ADHD are not deficient in omega-3 fatty acids, it is believed that the addition of omega-3 to the diet may be important for some ADHD children, and dietary improvements may be the key to fostering long-term health and acceptable behavior in some cases. Studies carried out in South Australia and Britain have shown that children and teenagers experienced significant improvements in inattention, impulsivity and hyperactivity while taking Omega 3 and Omega 6 fatty acids, and improvements were still being seen after the studies ended. While there has been some evidence in the past that symptoms of ADHD could be reduced by exclusion of problem foods from the diet, these recent studies have indicated that the inclusion of specific nutrients may be more beneficial. Trials have been carried out using supplements extracted from foods but it is known that whole foods are more beneficial as their unique combinations of nutrients cannot be replicated.

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