

"Nutrition as Attention Deficit Disorder ADHD Alternative Treatment: Help is as Close as the Kitchen."

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By Jeannine Virtue

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Enter flax seed and flax oil – "food of the gods" when it comes to Omega-3 fatty acids.

Important points about flax oil: Flax oil is highly perishable and should be kept refrigerated at all time.

Heat destroys the health-giving flax oil properties. Use flax oil only with cold foods, cold proteins are

Understanding ADHD

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For more information on ADHD it's important to speak with your doctor.

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