



Time to pay attention – the role of micronutrients in shaping neuroendocrine signaling in ADHD

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Abstract: It is time to think outside the box when it comes to understanding the etiology of Attention Deficit Hyperactivity Disorder (ADHD)! This presentation unifies the concepts of diet, nutrients, and neurotransmission in relation to the core symptoms of ADHD - inattention, hyperactivity, and impulsivity. The information presented here stands to transform mental healthcare options for children with ADHD by offering a conceptual understanding of nutrient mechanisms and an evidence-based integrative health treatment. Stimulant medications are the first line of treatment for ADHD. Due to neurobiological heterogeneity of the disorder, however, some patients do not respond well to stimulant treatment, or develop undesirable side effects (e.g. sleep disturbance, appetite suppression, growth retardation) [5]. Many families seek complementary and integrative health treatment options for their children with ADHD, however few have been rigorously tested for efficacy and safety.

Biography: Dr. Placzek combines clinical observation with published research findings to create and develop innovative functional medicine test profiles used by practitioners around the globe. She is currently conducting NIH-funded research on ADHD (award reference number 1R43AT010884-01) and is passionate about educating providers through blogs, webinars and lectures at national conferences.



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4. Gallo, E.F. and J. Posner, Moving towards causality in attention-deficit hyperactivity disorder: overview of neural and genetic mechanisms. *Lancet Psychiatry*, 2016. 3(6): p. 555-67.
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