

# Natural Solutions for Children with Attention Difficulties, Behavioral & Learning Challenges

**Date: Thursday, February 15, 2014**

**Time: 7 p.m. CST, 8 p.m. EST, 6 p.m. MST, 5 p.m. PST**

This lecture is presented by Albert Mensah, M.D. and was originally hosted as a webinar. The archive is available on YouTube. Use these outline notes in this PDF file as a guide while you listen to the recorded talk.



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Are you looking for a natural way to help your child with **focus/concentration**, **learning** or **behavioral issues**? Discover how an understanding of biochemistry can help identify the root cause of a child's attention issues (including ADHD), moodiness, defiance, aggressiveness, hyperactivity, impulsivity, phobias, fears, perfectionism, and OCD. Albert Mensah, MD, discusses the critical role of methylation and how excessive nutrient overloads and vitamin deficiencies disrupt methylation pathways in the brain. Topics include common biochemical imbalances such as copper/zinc imbalance, elevated toxic metals, pyrrole disorder and methylation imbalances. Learn how advanced nutrient therapy (vitamins, minerals and amino acids) can significantly improve a child's focus, mood, behavior and academic performance.



**Dr. Albert Mensah** is an internationally recognized physician-specialist in metabolic treatment approaches for patients with developmental, behavioral, learning and mental health issues. He is the president and co-founder of Mensah Medical, a biomedical outpatient clinic of physicians and nurses who encompass the best of traditional medicine and natural medicine based on biochemical evaluation, evidence-based research and clinical experience. Dr. Mensah utilizes a non-drug, nutrient approach targeted to correct biochemical imbalances that may be associated with anxiety, fears, autism, ADHD, learning disabilities, eating disorders, bipolar disorder, depression, school phobias, mood swings, aggressive or violent behavior, childhood and adult schizophrenia, Alzheimer's disease and Parkinson's Disease. Patients can be seen at our main clinic located just outside of **Chicago**, and in select cities at U.S. Outreach Clinics located near **San Francisco** and **Los Angeles**, and in **Annapolis, Maryland**, **Scottsdale, Arizona**, and **Fort Lauderdale, Florida**.

# Prevalence in U.S. Populations

- 1 in 5 children ages 3-17 experience a mental disorder in a given year
- 1 in 10 kids or 6.4 million children ages 4-17 were diagnosed with ADHD
- 1 in 8 adolescents have an anxiety disorder (including post-traumatic stress disorder, obsessive compulsive disorder, and specific phobias.)
- 10% of children or 2.4 million kids ages 3-17 have a learning disability.
- 10-15% or 3.4 million children and adolescents have a depressive disorder.
- 8% of adolescents ages 12-17 have had a major depressive episode.
- 5% of children ages 4-17 reported by a parent to have serious difficulties with emotions, concentration, behavior, or getting along with other people.
- 4% of children ages 3-17 have behavioral or conduct problems.

# Our Clinical Experience with Patients

*(prior to the year 2008)*

Up until the year 2008 our clinical experience includes about:

- 10,000 patients with behavioral and ADHD diagnoses
- 4,600 patients with autism
- 3,500 patients with schizophrenia and bipolar disorder
- 3,200 patients with depression

# The Brain is a Biochemical Factory

- Given the proper supply of building blocks and co-factors, the brain creates biochemical processes essential for normal brain function.
- Serotonin, dopamine, norepinephrine and other neurotransmitters are synthesized in the brain.
- The raw materials for neurotransmitter synthesis are nutrients: vitamins, minerals, and amino acids.
- Based on genetics and epigenetics, individuals are **biochemically unique**.
- A genetic or epigenetic imbalance in a nutrient can alter brain levels of key neurotransmitters and result in abnormal brain chemistry.
- By understanding science-based biochemical 'biotypes', advanced nutrient therapy aims to heal the brain and correct biochemical imbalances.

# Biochemical Imbalances in ADHD, Behavior Disorders & Learning Disabilities

*Distinctive biochemical imbalances are exhibited by most ADHD and behavior-disordered (OCD and ODD) children and adolescents.*

These include:

- **Copper / Zinc** imbalance
- Overmethylation (low blood histamine)
- Undermethylation (elevated blood histamine)
- Disordered Metal Metabolism
- Toxic Metal Overload
- Pyrrole Disorder (**Zinc** and **B-6** imbalance)

# Traits / Symptoms of Copper / Zinc Imbalance

- Impulsivity
- Hyperactivity
- Poor academic performance
- Temper tantrums
- Low self-esteem
- High irritability
- Aggression or violence
- Sleep disorder
- Prior diagnosis ADHD
- Short attention span
- Tend to be in constant motion
- Verbal outbursts
- Bad behavior in school
- High anxiety
- History of physical assaults
- White spots on fingernails
- Criminal behavior

# The Critical Role of Methylation

- Excessive nutrient overloads and deficiencies disrupt methylation pathways in the brain.
- The body's methyl groups turn genes off or on by affecting interactions between DNA and the cell's protein making machinery genes.
- Because the methylation cycle is essential for mental and physical health, basic nutrients necessary for normal function of this cycle are critical.
- Too much or too little important methyl groups can cause a methylation imbalance.



# Traits / Symptoms Overmethylation

- Hyperactivity
- High anxiety or panic tendency
- Nervous legs, pacing
- Food / Chemical sensitivities
- Sleep disorder
- Depression
- Self mutilation (tattoos / piercings)
- Dry eyes and mouth
- High pain threshold
- Low motivation in school
- Absence of seasonal allergies
- Artistic or musical abilities
- Paranoia
- Belief that everyone thinks ill of them
- Obsessions without compulsions

# Traits / Symptoms Undermethylation

- Obsessive / compulsive tendencies
- History of perfectionism
- Seasonal inhalant allergies
- Low tolerance for pain
- Prior diagnosis of OCD or ODD
- Ritualistic behaviors
- Very strong willed
- History of competitiveness in sports
- frequent headaches
- family history of high accomplishment
- calm demeanor, but high inner tension
- delusions (thought disorder)
- slenderness

# Traits / Symptoms Pyrrole Disorder

- High irritability and temper
- Poor stress control
- Nervousness
- Anxiety
- Mood swings
- Severe inner tension
- Episodic anger
- Depression
- Reading disability
- Reacts with short fuse
- Poor short term memory
- Frequent infections
- Inability to tan
- Poor dream recall
- History of underachievement
- Sensitivity to light and sound
- Poor wound healing

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# Diet and Gastrointestinal (GI) Issues

- Food allergies / sensitivities
- Yeast over-growth
- Casomorphins and Glucomorphines
- Dysbiosis
- Sugar
- Hypoglycemia
- Malabsorption or poor digestion

# Comprehensive Evaluation

- Hypothyroidism or Hyperthyroidism
- What is out of balance? (nutrient overloads and deficiencies)
- Metal regulation and metal dysregulation
- Environmental and epigenetic factors
- Gastrointestinal (GI) issues including food allergies / sensitivities and malabsorption
- Testing for methylation disorders
- Pyrrole disorder: zinc / B-6 imbalances
- Early bipolar disorder to be determined by testing

# Environmental and Epigenetic Influences

- **EPIGENETICS** involves the alteration of gene expression due to chemical factors in the womb and the influence of environmental factors throughout life.
- Every cell in our bodies has the potential for expressing any of the 20,000 + genes in our DNA. The production of gene proteins or 'gene expression' **can be switched on** or off (gene slicing or 'bookmarking').
- These epigenetic processes are more vulnerable to environmental factors such as radiation, temperature, dietary choices, toxic metals, viruses, stressful life events, etc...
- Overstimulation (i.e.: busy classrooms, television, toys, electronics, etc...)
- EMF / sleep disturbances
- Vitamin influences

# Overview of Treatment

- Physical examination
- Extensive patient history
- Specialized laboratory testing (blood and urine)
- Diet and Gastrointestinal (GI) issues
- **Targeted Advanced Nutrient Therapy** protocols are prescribed at the appropriate therapeutic level to target the patient's specific needs in order to correct underlying imbalances
- Nurse / Physician follow up care



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