

Address the person, not the diagnosis!

A marked increase in diagnoses of ADHD (*Attention Deficit Hyperactivity Disorder, with or without hyperactivity*) has been significantly observed over the past 30 to 40 years (*with a marked acceleration since the 1990s and 2000s, and an even sharper surge since the COVID-19 pandemic*).

What if certain behaviors were telling us something else?

- A child is constantly moving;
- A teenager is always forgetting their things;
- A young girl often seems to have her head in the clouds;
- An adult starts ten tasks without finishing a single one...

**Is it really ADHD?
Not necessarily!**

ADHD is a complex neurodevelopmental disorder, yet its manifestations and their impact can vary enormously from person to person. A behavior, therefore, is not a diagnosis.

Before trying to correct, punish, or label, it is worth looking at the person as a whole.



Nutrition & deficiencies

The brain requires a sufficient supply of energy and nutrients to function properly. Recent research has notably found links between ADHD and lower levels of iron, magnesium, omega-3s, or zinc; however, this does not mean that a deficiency alone "causes" ADHD.

👉 A varied diet and adequate nutritional status are therefore factors to consider.

Gut-brain axis

The brain and the gut communicate constantly through various mechanisms: the nervous system, hormones, the immune system, and the microbiota.

Imbalances in gut flora can disrupt the production or utilization of these neurotransmitters, directly influencing behavior, concentration, and emotional regulation.

Furthermore, an unbalanced microbiota can increase the permeability of the intestinal lining. This can allow small inflammatory compounds to enter the bloodstream, influencing inflammation in the central nervous system.

Lifestyle habits

The brain and the gut communicate constantly through various mechanisms: the nervous system, hormones, the immune system, and the microbiota. Sleep, diet, physical activity, stress, lifestyle, environment, relationships, screen time—all these factors can influence daily functioning, attention, energy levels, and emotional regulation. Looking at the big picture can sometimes offer new insights.

ADHD doesn't have just one story...

Current research is examining a multitude of potentially interacting factors, including genetics, the physical environment, exposure to certain pollutants (*such as heavy metals*), and much more!

For instance, studies have found a link between lead exposure and an increased risk of ADHD symptoms or diagnosis. Research is also investigating other environmental substances, such as certain pesticides, phthalates, and bisphenol A.

This serves as a reminder that neurological development takes place in a real-world environment where multiple factors can come into play.

Want to know more? A new e-book will be available soon!