

How to get customized multivitamin to help reduce symptoms of ADHD

Children with symptoms of ADHD, ADD or Asperger are usually found to be lack of attention, hyperactive and impulsive. For decades, medications have been the main treatment of symptoms of ADHD/ADD: inattention, hyperactivity and impulsivity, but most of the prescribed psychiatric drugs have lifelong negative side effects and risks. Parents of some children with symptoms of ADHD are therefore looking for alternative approaches like brain games, cognitive exercises, and physical exercises to stimulate the development of the right brain of the children. The right hemisphere of the brain is said to control spatial abilities, face recognition, and visual imagery that have impacts on people's social communication activities. Research showed that the left side of the body is controlled by the right brain. More exercises taken on the left side of the body would stimulate the development of the right brain.



In addition, children with symptoms of inattention, hyperactivity, and impulsivity require some unique nutritional supplement to support the development of their right brain. OTC vitamin supplementation usually does not provide such nutritional supplement or provide less amount of those supplements. It is hard to find some ingredients like Manganese, Chromium, Molybdenum, Boron and Magnesium that are key in the development of healthy brain from OTC nutritional supplementation. Different kids may need different amount of ingredients for each element. It is necessary to go for nutritional blood test to know which element is less and needed in their body. Also allergic test is needed to check which element is not good for the kids. Here is what parents need to do to get customized multivitamin for their kids.