

The 4 Secrets to reduce your child's ADHD SYMPTOMS

Here's Why Your Family Needs To Implement These 4 Secrets.

If you don't have a solid plan to help your child, you (like me) may spend years of trial and error and have no clear path to helping your child do better, feel better and achieve their personal best. You end up hoping and praying that maybe one day you can bring back that peace and calm to your house.

Without a solid plan, you may end up on a path that includes lots of frustration, money down the drain and possibly even more symptoms and overwhelm and will realize you are relying on "hope and prayer" methods to somehow reduce your child's symptoms - all of which means you and your family will suffer.

Families (including my own) that embrace these 4 secrets are able to:

- Reduce their child's ADHD symptoms without it being too hard.
- Bring back that calm to their house without the constant battle.
- Stop waking up in the morning without that feeling of dread of what mood their child will be in today.
- Help their child feel happier, healthier and do better at home and school.

In fact, my own son was diagnosed with ADHD at the age of 4 and by the time the Dr was suggesting the 4th ADHD medication to treat the symptoms of the other 3 medications, I knew that I had to find a better way. I used these 4 secrets to reduce my son's ADHD symptoms. Today my son is thriving. He hasn't been on medication for years. He is doing incredible and his teachers don't even classify him as being hyperactive, have any focus issues or behavioral problems.

But don't just take my word for it....

When Deborah came to me for help with her two sons, who had been suspended from school that year 36 times, she used these exact 4 secrets....And guess what???? 4 months later her results were UNBELIEVABLE. Not only have her boys been suspended 0 times this school year, they are now actually enjoying school, meeting or exceeding grade level in all subjects, winning awards, and just feeling more confident and happier (which is the most important thing of all). And there are many more stories just like mine and Deborah's.

So are you ready to step off the rollercoaster that has become your life???

Here are the 4 secrets you need to know to do just that.....



Hi, my name is Dana Kay.

I'm a board-certified holistic health practitioner, sought-after ADHD specialist, CEO of Our Road To Thrive and the creator of the ADHD Thrive Method 4 Kids. I enable invested parents who have children with ADHD reduce those symptoms with ALL natural solutions.

I help them eliminate the trial, error and guesswork, bring back the peace and calm to their house and help their child feel happier, healthier and do better at school.

This short guide will show you how.

Dana Kay
Your ADHD
Health Practitioner

1. *The Science is Clear..... Diet Does Matter*

Diet is the foundation of any plan.....if you don't have a solid foundation, your house will fall down!

I want to share this science with you. Now, this is only a small sample of studies because I just simply couldn't fit any more into this booklet otherwise you would be reading all night.

- **2011 (Lancet)** - "64 percent of children diagnosed with ADHD are actually experiencing a hypersensitivity to food."
- **2001 (Bellanti)** - "56% of ADHD kids tested positive for food allergy vs 6-8% of kids in general population."
- **2015 (Schwartz, Gilstad, Carroll..)** - "Risk of hyperactivity increases by 14% with each additional sugar sweetened beverage.....soda consumption was associated with higher aggression."
- **2017 (Rucklidge, Eggleston, Johnstone, Darling, Framptom)** - "Micronutrients improved overall function, reduced impairment and improved inattention, emotional regulation and aggression."

These studies show that things that actually have nothing to do with the brain can influence behavior, mood and the mind.

How we think, feel and function is connected to the overall health of the body. When we change how and what we eat we can change symptoms of behaviour, mood, learning and focus because we influence the deep inner workings of the body. So where do you start?

- Remove foods that inflame the gut - Gluten, Soy & Dairy;
- Remove foods that show reaction on a food sensitivity test;
- Avoid refined sugars - use natural honey, maple syrup, dates instead;
- Avoid artificial flavors, colors, preservatives & MSG;
- Choose organic non GMO food where possible;
- Eat whole, nutritious fresh fruits & vegetables;
- Eat grass-fed animal protein (meat, poultry, seafood, eggs);
- Eat plenty of healthy fats (avocado, coconut, olive oils);
- Drink plenty of purified water to avoid harmful chemicals;
- Limit chemical compounds in foods that can be problematic for some kids e.g. oxalates, salicylates, amines, glutamates etc;
- Find a practitioner to help to tailor a bio-individual diet.



2. *Your Pediatrician Doesn't Know Everything*

54%

OF AMERICAN CHILDREN WERE
DIAGNOSED WITH A CHRONIC ILLNESS IN
2018

Only a couple of decade ago the figure was only 15%
according to Epidemic Answers.

1 in 2

HAVE ASTHMA, HYPERACTIVITY,
DIABETES, EPILEPSY, CYSTIC FIBROSIS,
HEART PROBLEMS, ALLERGIES, LEARNING
DISABILITIES, HYPERACTIVITY AND MORE.

1 in 6 have developmental delays.
1 in 68 have autism.



2. *Your Pediatrician Doesn't Know Everything*

Millions of these children have been prescribed toxic medications like amphetamines for their symptoms without presentation of ANY other options beyond prescription medications.

Medications put a “band-aid” on symptoms and as soon as they are stopped the symptoms will reappear (if they even went away to begin with).

Medications actually also create symptoms and so soon more will be required to treat those symptoms as well.

Most Dr's. are only required to do ONE nutrition subject during their medical degree. Therefore most simply don't have the diet and nutrition training needed to guide patients into helping reduce symptoms naturally, from the root causes.

Your child's body will continue to act a certain way regardless of how many medications you use, if you don't have a solid foundation of nutrition and THEN move into addressing the root causes.

SO...WHAT ARE THE ROOT CAUSES?

Just as there are causes of the symptoms of a cough...Like the flu or bronchitis or Tuberculosis...There are causes of chronic disorders or illness...I believe that symptoms are warnings from the body that something is else is wrong, and the body needs to get checked out.

The goal is to identify and remove the underlying malfunctions and blocking factors and return the body to normal function. When normal function is restored, health is abundant– and symptoms actually disappear on their own.

Instead of just treating symptoms, we employ functional lab testing to identify healing opportunities in the entire body systems. There are 5 foundation functional lab tests that I use with my clients:

- Vibrant Wellness - Food sensitivities
- GI-MAP - Gut Stool Test
- OATS Urine Tes - Energy / Neurotransmitters / Detoxification
- DHA Kryptopyrrole Urine Test
- Trace Elements - Hair Tissue Mineral Analysis

3. *Rome Wasn't Built In a Day*

Rome wasn't built in a day and transforming your family's diet won't be complete in a day either.

Now for me, I think this is one of the most important things to remember. This will continue to keep you motivated. This will help you not feel overwhelmed. And if at any point in time you do start to feel overwhelmed, then read this out to yourself - ROME WASN'T BUILT IN A DAY.

If that doesn't resonate with you, you might want to say to yourself.

- This is not a race, it is a marathon.
- It is ok to take it slowly.
- It is ok to take one step at a time.

If the pace that is doable for you and your life is one change a week or one change every two weeks, then that is perfectly ok. YOU need to give yourself permission to take things slow.

Remember that it is not a diet, it is not a phase, its a permanent lifestyle change. And when it becomes part of your lifestyle, it becomes second nature and then changes don't seem as hard or as overwhelming.

I wanted to map out what one step at a time could look like for you. This will vary from family to family.

- Week 1 - Start with the basics - Focus on understanding the WHY & WHAT
- Week 2 - Learn how to read labels and what is better to eat
- Week 3 - Focus on healthier snacks
- Week 4 - Clean Up Breakfast
- Week 5 - Clean Up Lunch
- Week 6 - 10 - Clean Up Dinner
- Week 11 - Remove artificial flavors, colors, and preservatives
- Week 12 - Kitchen clean out scavenger hunt

This particular map is different to the exact method I teach in the "ADHD Thrive Method For Kids", however, I wanted to share an example of what it could look like if you wanted to start on your own. You will want to follow a step by step approach that is mapped out to ensure the chances of success.

And remember that - only one step - keeps you moving forward.

A close-up photograph of several hands assembling wooden puzzle pieces in various colors (white, green, blue, red). The puzzle pieces are being fitted together, symbolizing teamwork and problem-solving.

4. *Support & Accountability*

This is the secret measure of success that so many programs and methods leave out! It probably matters the most when it comes to implementation implementation.

RESPONSIBILITY & EMPOWERMENT

By announcing those goals to a coach and to a group (who shares their goals as well), you'll find it a LOT harder to avoid actually accomplishing those goals. It empowers you to draw upon your own abilities and potentials, so you can achieve lasting lifestyle changes.

BRAINSTORMING & PERSONAL SOLUTIONS

We learn more when things go wrong than we do when things are all good. This expert support and guidance provides the right environment for brainstorming, coaching and correcting—all essential things that are necessary to allow you to improve.

BREAKTHROUGH OBSTACLES

Obtain help to breakthrough obstacles. Learn how to deal with all the challenges that might come up when implementing this approach like picky eating, going to birthday parties, how to deal with school lunches and a really important one - getting family buy in.

INVALUABLE EXPERTISE

You need someone on your side that has knowledge, education, experience & expertise in this area because that is invaluable to you. Someone who has walked in your shoes and worked with families going through the same things as you.

COMMUNITY

Never feel like you're going through this journey alone. You can get the support you need when things aren't going the way you planned, and receive ongoing feedback and support without fear of judgement. The community aspect helps make it enjoyable because we all know how tough parenting a child with challenges can be.

ENCOURAGEMENT

Celebrating wins, noticing when people do well and vocalizing it. It helps builds motivation, good culture, a positive feeling and puts equity in our personal tanks. This gives us the depth to be able to deal with harder issues as they arise.



Next Steps

The return on investment of giving this guide a quick read and then storing it for "later reference" is nil.

You clicked to watch my webinar for a reason. Most likely it was because you have a child that has ADHD and you are wanting to reduce their symptoms so they can do better and feel better, all while you can bring back that peace and calm to your house.

If you don't already have a solid plan (or you have one that isn't working), then this could easily be the thing you look back on in 3 months from now when you are in absolute awe of how well your child is doing, how far they have come and how happy your family is.

If you want to make that happen and see how to implement these four secrets I have shared into your life and family - the right way - with ease, the next step is to [BOOK A FREE ADHD THRIVE BREAKTHROUGH CALL™](#).

During this 45-minute call, we'll get clear on where you're at right now, what are your greatest struggles and challenges, what obstacles are in your way, and what it's going to take to help you breakthrough those obstacles to start seeing improvement.

Because at the end of the day, nothing gives you more confidence than having a simple step by step plan that allows you to reduce your child's symptoms through food and a natural approach.

So, if you're an invested parent who has a child with ADHD and want to reduce their symptoms with ALL natural solutions and you're ready to get hands on help from me and my team, then book a call now.

 *Click here*
Book a Call

