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"Improving ADHD Symptoms in Children: The Role of Functional Nutrition and Gut Health"

Background:

The gut-brain axis is a fascinating and ever-changing system that plays a pivotal part in managing one's mood, behavior, and cognition. Recent research has highlighted the connection between gut health and ADHD symptoms in children, showing that imbalances in the gut microbiome, inflammation, and nutrient deficiencies may contribute to the development and severity of ADHD. Functional nutrition approaches, such as personalized diets and targeted nutrient supplementation, aim to optimize gut health and improve ADHD outcomes by addressing these underlying factors in a captivating and compelling way.

Objectives:

The objective of this article is to provide an overview of the current evidence on the link between functional nutrition, gut health, and ADHD symptoms in children. We also aim to identify some of the most promising protocols and references for clinicians and parents interested in exploring these approaches.

Method:

We conducted a systematic review of the literature on functional nutrition and gut health interventions for children with ADHD. We reviewed for relevant cases using databases included keywords such as "ADHD", "nutrition", "gut health", and "functional medicine". The studies were screened for relevance and quality, and the data were analysed and synthesized to identify key findings and protocols.

Results:

The findings of our study reveal that a functional nutrition approach could be valuable for kids with ADHD. Tailored diets that remove potential allergens and treat nutrient insufficiencies may enhance ADHD symptoms. Targeted nutrient supplementation may also have a beneficial impact on cognitive function and behaviour. Moreover, interventions that intend to rebalance the gut microbiome may reduce inflammation and enhance immune function, possibly lessening the severity of ADHD symptoms.

Conclusions:

Functional nutrition and gut health interventions provide a secure and efficient option or supplementary method to traditional treatments for children with ADHD. Although further research is necessary to gain a complete understanding of the mechanisms underlying this connection and to improve protocols, the data suggests that addressing gut health and nutrient imbalances can lead to substantial improvements in ADHD symptoms.

Keywords: "ADHD" "Guthealth" "Functional Nutrition" "Functional medicine"

Biography:

Dr. Almas, is an internationally certified health coach and a certified Functional Medicine and nutrition practitioner. She has worked as Senior Medical Officer in Medical Takaful Industry in UAE for 10 years and witnessing the lack of holistic health management wanted to support the preventive healthcare system. She progressed her career to Health Coaching, Functional Medicine and Functional nutrition wherein she combines the Medical Science, Nutrition, Gut Healing and Holistic wellness Coaching to help her clients for conditions like Thyroid imbalance, Hormonal disturbances, Weight management, Autoimmune disorders, Emotional and mental health, relationship issues and Lifestyle transformations. She and her team provide Wellness programs to Corporates, Universities, Hospitals and Insurance companies.