



melmed center

Complementary Approaches

The causes of behavioral and developmental disorders are likely both genetic and environmental. We can address environmental factors such as general health, sleep, stress, nutrition and toxins. These approaches can be combined with evidenced based approaches including behavioral interventions and medication management. Discuss these approaches with your doctor. Treatment programs should be individualized to best suit the needs of you and your family.

Nutrition

- Three meals a day with one snack in between is probably the best nutritional intervention!
- 3-4 oz of protein at breakfast and frequent complex carbohydrates in the late afternoon
- Encourage non-processed foods. Avoid excess sugar, color and MSG
- Avoid pesticides – eat organic fruits and vegetables
- Avoid dehydration - Drink water!
- Ask your doctor about possible food sensitivities or allergies

Multivitamins

Vitamin B complex and A, C, D, and E

Minerals

Magnesium 30-200 mg, Calcium 500 mg, and Zinc 15-25 mg daily (dosages depend on age)

Trace minerals

Phosphotidyl-choline, phosphatidyl-serine or lecithin

Essential Fatty Acids

Omega-3 fatty acids may improve mood, irritability, and impulsivity. They are found in nuts, leafy green vegetables, flax seed, canola oils, and of course fish oil. Omega-3 fatty acids include DHA and EPA. Combined dosage of these is between 250-1,000 mg a day. These include *Support for Life's Omega-3*, *Coromega*, and *Nordic Naturals Pro EPA*. All must be mercury free!

Stress management

- Do you have stress management tools for you and your child?
- Ask about books, groups, and other fun techniques you can use to "chill out!"

Sleep interventions

- Sleep deprivation affects us all negatively!
- Practice good sleep hygiene from very early on
- Low lights, warm baths, lullabies, bedtime stories, massage and no TV!
- Chamomile or lemon balm tea can be helpful
- Ask your doctor about the use of melatonin if problems persist

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