

# THE ADHD SYMPTOM REDUCTION TOOL

ADHD *thrive*  
institute



Hi, I'm Dana Kay, a board-certified holistic ADHD health practitioner, and I help invested parents who have children with ADHD learn how to reduce those symptoms with ALL natural solutions.

I do this through my ADHD Thrive Blueprint, delivered to parents enrolled in my ADHD Thrive Method 4 Kids program, so you too can reduce your child's symptoms, help your child thrive at home and in school, and finally bring back that peace and calm to your family life.

This ADHD Symptom Reduction Tool (1 part of my ADHD Thrive Method 4 Kids program) has been responsible for guiding more than 20,000 families.

Without it, you will waste your time researching for hours and hours (or years and years), going from dr to dr and then just guessing how to reduce your child's ADHD symptoms.

With it, you eliminate all the guesswork and will never again waste time or money on different methods because you'll finally be on the right path to reducing your child's ADHD symptoms once and for all.

Take this ADHD Symptom Reduction Tool, use it, implement it, and let me know about the results.

*Dana Kay*  
Your ADHD  
Health Practitioner

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# KEY ELEMENTS FOR REDUCING ADHD SYMPTOMS

## 1. REMOVE INFLAMMATORY FOODS

The first step in any healing journey is to remove foods that cause inflammation in the body, brain, and gut. These are gluten, dairy, and soy. These highly inflammatory substances can lead to an autoimmune response and in some cases increased intestinal permeability (damage to the gut or "leaky gut"). Kids with ADHD are more likely to have compromised immune systems so the effects of these substances tend to have a great effect on the whole body, especially the gut and the brain.

## 2. REMOVE ARTIFICIAL COLORING AND OTHER ADDITIVES

Studies have shown that artificial flavors and colors can aggravate ADHD symptoms. The first suggestion that artificial food colors and other food additives (AFCA) might be related to hyperactive behavior in children was made in a paper in the American Journal of Nursing in 1975. Many conclusive studies have been carried out since then. Countries such as those included in the European Union (EU) require that foods containing certain food color additives include a statement on the label that this color "may have an adverse effect on activity and attention in children." Go on a treasure hunt through your pantry to look at the package labels. You will be surprised at what you find! Remove any that have artificial colors (Blue #1, Blue #2, Red #2, Green #3, Red #3, Red #40, Yellow #5, Yellow #6), artificial flavors, and other additives.

## 3. EAT A WHOLE MICRONUTRIENT DIET

Removing the above substances from the diet doesn't mean you get to be slack with nutrition. Healthy balanced meals are important no matter what your diet looks like. You want to eat a diet rich in whole, nutritious fresh fruits & vegetables, gluten free whole grains (unless you are grain free), grass-fed animal protein such as meat, poultry, seafood, eggs and also plenty of healthy fats such as avocado, coconut, and olive oils. Where possible, avoid over processed and packaged goods, replacing them with whole and fresh produce.

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You now hold a unique tool that can get you and your child massive results when followed correctly. But, unless you understand what each of the steps mean and the subtle nuances of them, it'll only remain an underutilized tool that sits in your toolbox. Like Dr Hallowell says, it's like having a Ferrari race car but with bicycle brakes.

So, if you'd like to use this tool to at its fullest potential, I want to GIFT you an in-depth, advanced training (that normally sells for \$248) where I deep dive into exactly what each element means and specifically how I implement these so you too can get even better results in reducing your child's ADHD symptoms. I even show you live examples of families I am currently helping and steps that you can implement into your family immediately to start seeing improvements.

Click here to see how you can get this [free training](https://info.adhdthriveinstitute.com/webinar-registration19vlci85-0) → <https://info.adhdthriveinstitute.com/webinar-registration19vlci85-0>