Advanced Certificate in Nutritional Strategies for ADHD

nutrient deficiencies and supplements

Acetylcholine: A neurotransmitter that plays a crucial role in memory, learning, and attention. Acetylcholine deficiency has been linked to ADHD and supplementing with choline has been shown to improve symptoms in some individuals.

Related terms: Neurotransmitters, Choline, ADHD

Adenosine: A neurotransmitter that promotes sleep and inhibits arousal. Adenosine levels build up throughout the day and decrease during sleep. Adenosine receptor antagonists, such as caffeine, can improve symptoms of ADHD by increasing arousal and alertness.

Related terms: Neurotransmitters, Arousal, Caffeine

Amino acids: The building blocks of proteins. Certain amino acids, such as tyrosine and tryptophan, are precursors to neurotransmitters and are important for brain function.

Related terms: Neurotransmitters, Precursors

ADHD (Attention Deficit Hyperactivity Disorder): A neurodevelopmental disorder characterized by symptoms of inattention, hyperactivity, and impulsivity.

Related terms: Neurodevelopmental disorder, Inattention, Hyperactivity, Impulsivity

Choline: A nutrient that is essential for the synthesis of the neurotransmitter acetylcholine. Choline can be found in eggs, meat, and fish, and supplementing with choline has been shown to improve symptoms of ADHD in some individuals.

Related terms: Acetylcholine, Neurotransmitter, Precursor

Dopamine: A neurotransmitter that plays a crucial role in motivation, reward, and attention. Dopamine deficiency has been linked to ADHD and supplementing with dopamine precursors, such as tyrosine, has been shown to improve symptoms in some individuals.

Related terms: Neurotransmitter, Precursor, Tyrosine, ADHD

Essential fatty acids: Fatty acids that cannot be synthesized by the body and must be obtained through the diet. Essential fatty acids, such as omega-3 and omega-6, are important for brain function and have been shown to improve symptoms of ADHD in some individuals.

Related terms: Brain function, Omega-3, Omega-6, ADHD

Executive functions: A set of cognitive processes that are necessary for goal-directed behavior, such as

planning, organization, and self-control. Executive function deficits have been linked to ADHD.

Related terms: Goal-directed behavior, Planning, Organization, Self-control, ADHD

GABA (Gamma-Aminobutyric Acid): A neurotransmitter that inhibits nerve impulses and promotes relaxation. GABA supplements have been shown to improve symptoms of ADHD in some individuals.

Related terms: Neurotransmitter, Relaxation, ADHD

Magnesium: A mineral that is essential for many biochemical reactions in the body, including nerve and muscle function. Magnesium deficiency has been linked to ADHD and supplementing with magnesium has been shown to improve symptoms in some individuals.

Related terms: Nerve function, Muscle function, Deficiency, ADHD

Neurodevelopmental disorder: A disorder that affects the development of the nervous system and is present from birth or early childhood. ADHD is an example of a neurodevelopmental disorder.

Related terms: Nervous system, Birth, Early childhood, ADHD

Neurotransmitters: Chemical messengers that transmit signals in the brain and nervous system. Neurotransmitters play a crucial role in mood, cognition, and behavior.

Related terms: Brain, Nervous system, Mood, Cognition, Behavior

Omega-3: A type of essential fatty acid that is important for brain function and has been shown to improve symptoms of ADHD in some individuals.

Related terms: Essential fatty acids, Brain function, ADHD

Omega-6: A type of essential fatty acid that is important for brain function and has been shown to improve symptoms of ADHD in some individuals.

Related terms: Essential fatty acids, Brain function, ADHD

Precursors: Substances that are converted into neurotransmitters in the body. For example, tyrosine is a precursor to dopamine.

Related terms: Neurotransmitters, Dopamine, Tyrosine

Pycnogenol: A supplement derived from the bark of pine trees that has been shown to improve symptoms of ADHD in some individuals.

Related terms: Supplement, ADHD

Serotonin: A neurotransmitter that plays a crucial role in mood, appetite, and sleep. Serotonin deficiency has been linked to ADHD and supplementing with serotonin precursors, such as tryptophan, has been shown to improve symptoms in some individuals.

Related terms: Neurotransmitter, Precursor, Tryptophan, ADHD

Tyrosine: An amino acid that is a precursor to the neurotransmitters dopamine and norepinephrine. Tyrosine supplements have been shown to improve symptoms of ADHD in some individuals.

Related terms: Amino acids, Precursor, Dopamine, Norepinephrine, ADHD

Vitamin B6: A vitamin that is essential for many biochemical reactions in the body, including the synthesis of neurotransmitters. Vitamin B6 deficiency has been linked to ADHD and supplementing with vitamin B6 has been shown to improve symptoms in some individuals.

Related terms: Biochemical reactions, Neurotransmitters, Deficiency, ADHD

Vitamin B12: A vitamin that is essential for many biochemical reactions in the body, including the synthesis of neurotransmitters. Vitamin B12 deficiency has been linked to ADHD and supplementing with vitamin B12 has been shown to improve symptoms in some individuals.

Related terms: Biochemical reactions, Neurotransmitters, Deficiency, ADHD

Zinc: A mineral that is essential for many biochemical reactions in the body, including nerve and immune function. Zinc deficiency has been linked to ADHD and supplementing with zinc has been shown to improve symptoms in some individuals.

Related terms: Nerve function, Immune function, Deficiency, ADHD

Note: The above glossary terms are not exhaustive and other terms may also be relevant to the course Advanced Certificate in Nutritional Strategies for ADHD. The terms provided are intended to be a starting point for understanding the key concepts related to nutrient deficiencies and supplements in the context of ADHD. It is important to note that while some supplements have been shown to improve symptoms of ADHD in some individuals, they should not be used as a substitute for medical treatment and should only be used under the guidance of a healthcare professional. Additionally, it is important to be aware of the potential interactions between supplements and medications, as well as the recommended dosages and potential side effects.