

ADHD - Attention Deficiency

ADHD stands for Attention-Deficit Hyperactivity Disorder and in this day and age, is very common among children. Scientists have now discovered that ADHD may well be linked with deficiency of DHA – this is a very important fatty acid we need in the body. DHA is transferred from mother to baby in the womb for proper development of brain and retina cells. DHA deficiency may be also responsible for some pre-mature births and abnormal birth weight.

The importance of DHA can be seen from the fact that mother breast milk contains high concentration of this critical essential fatty acid. Recently, treatment of ADHD with fish oil and omega 3 supplements have gained acceptance and are even prescribed in the medical world. Fish oils have the richest source of long-chain fatty acids – DHA and EPA. These fats are metabolites of a short-chain fatty acid known as alpha-linolenic acid (ALA). ALA is mostly found in vegetable oils. The inadequacy or absence of both fish and fresh fruits and vegetables in the modern diet causes deficiency of essential fatty acids in the body.