

PRESENTATION SUMMARIES

[Dr Rachel Gow](#) – Smart Eating for ADHD and Brain Health

This presentation will briefly introduce some of the brain systems involved in ADHD, discussing the role of neurotransmitters, and some of the basic nutritional neuroscience involved in brain function in relation to impulse control, learning, and memory. It will overview ADHD - both the etiology and environmental risk factors - including differences in presenting symptoms between girls and boys, and adult females and males, and associated risk factors.

Attendees will learn some of the rich material in Dr Gow's new book - [Eat Smart for ADHD and Brain-Health](#) - including the role of specific "brain-selective" nutrients, and their impact at molecular and cellular levels to help modulate attention, focus, mood, and behaviour (evidenced-based) with a focus on ADHD and associative overlapping symptoms of depression and anxiety.

Dr Gow will explain why omega-3s are thought of as "fuel for the brain" and assist in mood-enhancing networks, and also discuss the crucial differences between the different types of omega-3 and 6s (e.g., plant-based versus marine-based and their functional significance). The key differences between dopamine and serotonin, both implicated in ADHD, are explained - including how levels can be boosted naturally.

Finally, attendees will learn which foods (and supplements) may help improve brain health in neuro-diverse conditions, versus those which hinder (e.g. what foods to include, and which to avoid - and why!).

In Summary:

- Nutritional neuroscience - key points explained
- ADHD explained: Common traits that often vary in girls versus boys, adult females versus males
- The role of dopamine and serotonin in ADHD, and how to influence these hormones naturally via the diet
- 'Brain-Selective Nutrients' and their purported role in brain health and neurodevelopmental conditions
- ADHD and what else? Overlapping symptoms of depression and anxiety
- Not all fats are the same! The key differences between omega-3 and omega-6 in brief.
- Which foods can help, and which hinder, optimal brain function.

Dr Alex Richardson – Nutritional management of ADHD, Dyslexia, Dyspraxia, ASD and related conditions: an evidence-based, practical approach

This presentation will focus on the role of food and diet in neuro-developmental conditions that commonly co-occur with ADHD: particularly Dyslexia, Dyspraxia (Developmental Coordination Disorder, or DCD) and Autistic Spectrum Disorders (ASD), but also others that may manifest only in adolescence or adulthood.

Diagnoses are centred on ‘core symptoms’, but attendees will learn how many other associated features, traits and symptoms – including common physical health issues, and anxiety / stress – can often give useful clues for finding effective dietary (and other) interventions.

Emphasis is given to the fundamental importance of individual differences, which can often confound research findings - with examples of how recognition of these is critical for success in managing these diverse conditions in practice.

Complementing the key themes discussed by Dr Gow, this presentation will briefly review the latest findings from research into dietary fats (especially omega-3/6 balance) and brain health, as well as other diet and nutrition-related ‘biochemical imbalances’ and sensitivities that can affect sensory processing, stress responses, emotional regulation, and sleep as well as physical health.

All of these factors are not only important for general brain health and wellbeing; they can also influence many ‘core symptoms’ of Dyslexia, Dyspraxia, ADHD, ASD and related developmental and mental health conditions. Practical guidance, strategies and tips on how to address these issues, while improving diet and nutritional status more generally, will be discussed.

In Summary

- Key features of Dyslexia, Dyspraxia, ADHD and ASD, and their overlaps
- Common associated features / traits / symptoms as clues to risk and contributory factors – including nutrition – that are modifiable
- The importance of individual differences (no ‘one size fits all’!)
- The role of dietary fats, and simple ways to ‘get the fats right’
- Managing brain energy levels, and their impact on mood, behaviour and sleep as well as attention & concentration
- Allergies, intolerances and ‘exclusion’ diets – facts, fads and fallacies
- Gut-brain-immune connections, and how to improve resilience and wellbeing by eating better