

INTEGRATIVE  
PERSONALISED  
NUTRITION

FIVE THINGS  
*I WISH  
I KNEW*  
ABOUT  
*AUTISM  
& ADHD*



# 7.

Autism (ASD) and Attention Deficit Hyperactivity Disorder (ADHD) **are not single conditions** but spectrums.

This means that people experience them in many ways, with varying intensities of symptoms.

AUTISM  
& ADHD



# 2.

Attention deficit hyperactivity disorder (ADHD) is a **prevalent neurodevelopmental disorder** that impacts millions of children globally. It is characterised by symptoms of inattention, hyperactivity, and impulsivity. Individuals with ADHD may face challenges in focusing, completing tasks, staying still, or controlling impulsive behaviour. They may also experience frequent distractibility and forgetfulness.

AUTISM  
& ADHD



3.

**Autism is not a disease;** it is a biological and severe neurological developmental disorder that affects various areas of development, such as speech and language. Many children with Autism are picky eaters, leading to nutritional deficiencies and other metabolic issues.

AUTISM  
& ADHD



4.

Alterations in the **gut microbiota** can lead to gastrointestinal issues commonly seen in ASD, such as constipation and diarrhoea, which may **exacerbate behavioural symptoms**.

AUTISM  
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5.

It is **crucial** to provide vitamins and **supplements** to children with ASD and ADHD as studies have shown that these children often **have multiple nutritional deficiencies**. Therefore, including vitamins and supplements in their daily care routine can significantly alleviate their symptoms.

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