

# CoreBrain

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Audio Program Link: *Attention Talk Radio* – <http://corepsych.com/atr>

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## Supplements Or Medicine for ADHD Treatment?

- **Definitions are vague:** Let's start by discussing just what is "alternative medicine" and hit the synonyms "integrative medicine" "Functional medicine" all of which attempt to identify ADHD treatments beyond traditional stimulant meds. Too often confused with *faith healing* and *folk medicine* and *anti-science*, the entire 'alternative' labeling system remains confusing for the public.
- **Breaking down the Labels:** alternative medicine-*different*, integrative medicine – *inclusive*, functional medicine – *process*. From my view labels will become more objective, less challenging, if we call it what it is, and not try so hard to *differentiate* the current medical evolution – rather to *directly connect all knowledge and applications*.
- A fresh solution for 2015: **Comprehensive Medicine.**
- Our Collective Biomedical Reality: **Mind and Body Complexity.**
- **Complexity** must be addressed **comprehensively:** The human mind and body are complex, and regrettably current medical disputes too often polarize the issues so that patients must make choices. Each side leans toward reductionistic solutions based upon their respective levels of opinion. *Comprehensive* for the public is more acceptable and less polarizing, with fewer negative, right/wrong implications. Polarized answers don't work for customized healthcare. Details matter.
- **For Example:** As my friend Dr Mark Hyman, Chairman of the Institute for Functional Medicine and Director of the Functional Medicine Clinic at Cleveland Clinic often comments: "I know I'm a holistic doctor because most who consult with me come with a *whole list* of problems."
- **Why** discuss these issues: This serious polarization – this false dichotomy - directly interferes with the *evolution of good patient care* – and *informed patient choices*.
- **The Problem:** Insufficient *Critical Thinking* regarding new science - [ <http://corepsych.com/critical> ]. As Dr. de Bono observed, our current state of ADHD science is: "Excellent, but not enough."
- **Most importantly:** Too many, as a consequence of this regressive label dispute, overlook the remarkable brain and body lab tools that dramatically improve predictability with everyday patient care. New tools provide more predictable measures and more predictable outcomes.

- **How We Measure Has Changed. Today We Live In a Galileo Moment:** [ <http://corepsych.com/galileo> ] This Galileo moment, the introduction of multiple new brain technologies, new, more effective brain telescopes, does change our perceptions of our medical universe. Appearances remain inadequate as treatment markers. It *looks like* the sun is rotating around the earth, but it isn't. Without data, speculation rules from either perspective.
- **This Galileo Moment Does Directly Address the many problems with Stimulant Medications for ADHD Medical Treatment.** If we use the new technologies, use the verified, peer-reviewed neuroscience, then we will quickly realize that ADHD, more often than not, presents as a complexity, a “whole list” of connected problems. It's time to share telescopes.
- **Three Important ADHD Complexity Challenges** - That beg for more comprehensive, precise measurements with solutions:
  - **Diagnosis for ADHD** remains woefully inadequate with static labels, does not address dynamic Executive Brain Function, and, in fact, significantly overlooks cognition and/or cognitive activity except in brain injury and Alzheimer's. But ADHD is a *cognitive* problem.  
[ Dynamic Video Explanations: <http://bit.ly/medtutr> ]
  - **The Body Effects The Mind** – Last time I checked body and mind are connected. Available body measurements provide more predictable medical outcomes from methylation issues to immunity and hormone imbalances – all directly modify brain function both medications and supplements. Gluten and casein sensitivities confound neurotransmitter efficiency.  
[ Video Examples: <http://bit.ly/mindgut> ]
  - **Subcellular, Molecular Biochemistry Matters** – At first these measures appear challenging, but the autism treatment community has used them for years. Nutrient supplements can help, but, just as with good stimulant medicines, can't be used as a shotgun approach, as guesswork following marginal diagnoses. Epigenetics matter.  
[ Video Playlists: <http://corepsych.com/walsh-resources> ]
- **Traditional Insights:** Medical precision absolutely matters. One can't move forward without addressing the fact that current medical practice standards provide excellent ADHD information, but require more comprehensive diagnostic standards [noted by Dr Thomas Insel, Director of NIMH]. With no agreed-upon guidelines for functional diagnosis, for medical accuracy, or medical titration strategies for ADHD medications, patients remain reasonably apprehensive. The public is rightfully upset. *New ADHD Medication Rules – Brain Science & Common Sense* provides an introduction for improved measureable moments, and evolved treatment solutions.  
[ <http://adhdmedicationrules.com> ]