

by Gabrielle Nathan and Emma Ford

QUICK REPORT

Is ADHD diet-related?

Diet changes could help the million people with Attention Deficit Hyperactivity Disorder



sources of omega-3, says Dr Alex Richardson, who led the Oxford research. Sardines, pilchards, salmon and mackerel have the highest concentration (you need two portions a week). Alternatively, Professor Basant K Puri, author of *Attention-Deficit Hyperactivity Disorder* (Hammersmith Press, £14.99) recommends taking a supplement high in essential fatty acids and evening primrose oil, such as VegEPA capsules, £11.95 for 60, 0845 130 0424; vegepa.com. Or give kids a fruit-flavoured syrup such as BrainWise, £6.95 from Asda (two teaspoons is equivalent to one portion of oily fish) or a Müller Vitality yoghurt. Strict veggies should eat four to five teaspoons of ground flax seeds every day or take Cerebrum, £13.95 for 120 capsulés, Healthspan.

THE HYPE?

Sixty per cent of children with Attention Deficit Hyperactivity Disorder are expected to have symptoms as adults – up to four per cent of adult Brits live with undiagnosed ADHD. But now an Oxford study has found that fish oil can help.

WHY FISH OIL?

Fifteen per cent of our brains are made of omega-3 fatty acids. Fish and seafood are by far the best



WHAT ELSE CAN I DO?

Avoid trans-fats such as margarine, biscuits, cakes and pastries, and fizzy drinks. Instead eat plenty of lean meat, whole grains and vegetables.

WHAT'S THE ALTERNATIVE?

Sinus remedies

Tired of chemical-packed nasal sprays? Try these utterly natural alternatives

Sniff

Dr Ali's sinus oil, £6, Integrated Health Products, (020) 7224 5141; integratedmed.co.uk. Apply this sweet, mustard-laced oil for three days.



Swallow

Pelargonium tablets, £8.99, MedicHerb, (01628) 488487; medicherb.co.uk. Pop one at the first sign of an attack, then take three times a day.



Roll

Jade roller, £20, Yurrol, 0870 350 2390; hqhair.com. Gently massage this cooling stone around your nose twice a day.

SCOOP!

Most candles are made from paraffin wax and release nasty toxins. But organic Natural Magic candles (£32.50; naturalmagicuk.com) are made from soy and beeswax. Laced with luscious ingredients such as camomile, clove and cinnamon, they're loved by Kylie, Gwyneth and Liz Hurley, and burn for an incredible 75 hours.



5 OF THE BEST

Sensitive skin savers

Tried every lotion but still tend to rash, flake or itch?

ECZEMA

Organic rose hip oil, £17.95 for 15ml, Kosmea. 0870 041 0433; beauty-republic.com
A super-light oil that isn't too greasy for faces and may even reduce the appearance of stretchmarks.



EVERYDAY

Dermologica Ultrarich Body Cream, £25.60, 0800 591818
A scent-free, all-over body moisturiser for extra-dry skin. It can also be used as a cleanser for very sensitive skin types.



DERMATITIS

Avène TriXera Emollient Cream, £10.50 for 200ml, 0845 117 0116
A rich, soothing paraben-free, fragrance-free emollient that nourishes dry skin (especially in winter) and helps red and itchy bumps disappear.



RASHES

Chamomile Essential Oil, £4.39 for 10ml, Holland & Barrett. 0800 606 6605; hollandandbarrett.com
This classic remedy can make red skin appear smoother – dilute six drops in 10ml of carrier oil such as almond or vitamin E.



PSORIASIS

Natural Antiseptic Gel, £5.15 for 50ml, Grandma's Vines. (01482) 337861; grandma-vines.co.uk
Instantly calms and soothes even the most cracked and itchy skin, and good for bites and stings, too. We love the whole range.



HEALTH FACT

Most of us buy the same 10 per cent of food, 90 per cent of the time.*