

Attention deficit hyperactivity disorder (ADHD) is a disorder marked by an ongoing pattern of inattention and/or hyperactivity and impulsivity that interferes with functioning or development. Although it is normal to have some inattention and impulsivity, individuals who suffer from ADHD often are more severe, occurs more often, and interferes with the quality of how they function socially, both at school or in a job.

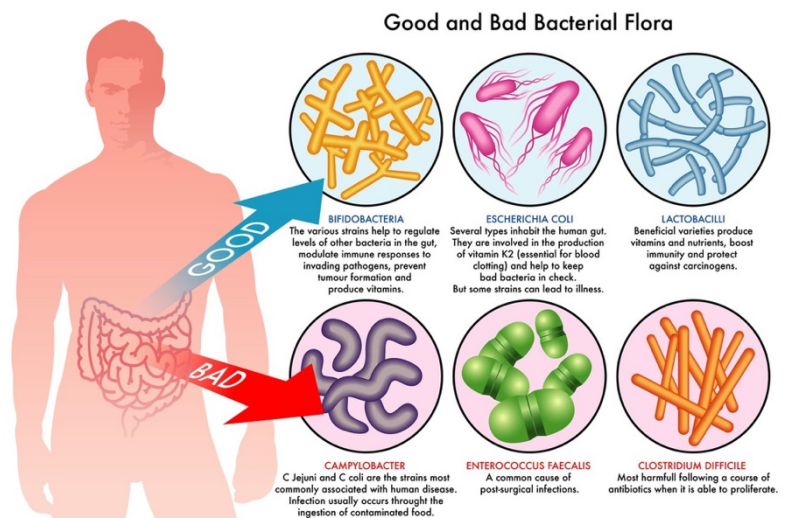
Inattention and hyperactivity are the key behaviors of ADHD. Some individuals with ADHD only have problems with one of the behaviors, while others have problems with both. People with symptoms of inattention may often overlook or miss details, make careless mistakes in schoolwork, at work, or during other activities, have problems sustaining attention in tasks, including conversations, lectures, or lengthy reading, and not seem to listen when spoken to directly. People with symptoms of hyperactivity-impulsivity may often fidget and squirm in their seats, leave their seats in situations when staying seated is expected, such as in the classroom or the office, often feel restless, be unable to play or engage in hobbies quietly, be constantly in motion or “on the go,” and talk nonstop.

In TCM five elements theory, the heart, mind, and small intestine are all belong to the Fire element. The small intestine, which performs up to 90% of the digestion and absorption of food, is much more than just its physical traits. The heart, mind, and small intestine are in the same meridian and, therefore, interact with each other. The mental role of the small intestine is to separate clear thoughts from unclear thoughts. This how the small intestine and heart are connected because the heart houses the mind and is in charge of mental health in TCM. When there is dysfunction in the small intestine, such as from leaky gut, food sensitivities, or a poor microbiome, this can lead to dysfunction in the mind leading to ADHD.

The TCM view is well correlated with the current biomedical findings. A primal connection exists between the brain and the gut. We often talk about a “gut feeling”, “trust our gut instinct” or “gut check time”. This mind-gut connection is not just metaphorical. The brain and gut are connected by an extensive network that consist of hundreds of millions of neurons and a highway of chemicals and hormones that constantly provide feedback and updates. The enteric nervous system is often referred to as the body’s second brain. The enteric nervous system is so extensive that it can operate as an independent entity without input from the central nervous system, although they are in regular communication. Why is the gut the only organ in the body that needs its own “brain”? It seems that the enteric nervous system does not just manage the process of digestion, it could function as the second brain to listen in on the trillions of microbes residing in the gut.

Increased population of bad microbes in the gut can cause ADHD. When pathogenic microbes populate too much in the gut flora, often referred to as small intestine bacterial overgrowth (SIBO), the second brain will generate signals which will be transmitted to the brain through the brain gut connection. Such signal will be communicated with the brain and influence brain function and cause behavioral change. Individuals can have a variety of issues related to brain function and behavior causing symptoms of ADHD.

Food sensitivities can also lead to ADHD through chronic inflammation and lack of nutrients. Gluten and dairy, for example, can put the immune system into overdrive, leading to increased inflammation which can lead to an increased intestinal permeability (leaky gut). Inflammation of the gut as well as other areas of the body can then lead to brain related symptoms such as ADHD, brain fog, depression, anxiety, memory loss, headaches, and other brain-based disorders as well as other physical symptoms like bloating, cramps, constipation, diarrhea,



fatigue, rashes, achy joints, allergies, and more. These symptoms, in addition to chemicals produced during this immune response, may be contributing factors for individuals who struggle with behavior, focus, and learning difficulties. Patients with leaky gut syndrome may also experience vitamin and mineral deficiencies due to poor absorption, which can further exacerbate learning or behavioral struggles. Studies have shown that many children with ADHD symptoms are deficient in crucial vitamins and minerals due to lack of absorption and chronic inflammation which underlies ADHD symptoms. Many studies have been done that put individuals with ADHD on an elimination diet and found it helps significantly with ADHD symptoms. The unfortunate aspect is that once the individual stops the specific diet, the ADHD symptoms can reappear. Individuals with food sensitivities and/or leaky gut typically experience more brain fog symptoms along with their ADHD behaviors.

Conventional treatment for ADHD includes Ritalin, Adderall XR, and Dexedrine. All of them help to diminish symptoms but are stimulant medications that come with side effects such as insomnia, depression, decreased appetite, weight loss, slowed growth, increased heart rate, high blood pressure, anxiety, and irritability. All of these conventional treatments also do not address the root cause of ADHD. The patients may need to be on these drugs for their whole life.

### **Wellness Recommendation**

To address the gut microbiota issue, the wellness recommendation for individuals with ADHD includes Probiosis and Luna. Probiosis helps remove heat from the GI tract and reduces intestinal inflammation as well as the population of pathogenic microbes. Probiosis helps to remove toxins in the GI that are secreted by pathogenic microbes which irritate the GI lining and disrupt its structure. This prevents germs and food allergens from entering the bloodstream. Herbal ingredients in Probiosis have been shown to have selected antibacterial effects against pathogenic microbes in the gut. These ingredients also contain many anti-inflammatory effects that help maintain gut structure integrity and enhance food and nutrient absorption to combat the low levels of vitamins and minerals in ADHD individuals. Also, through eliminating poor gut bacteria, healthy gut microbiota can better communicate with the central nervous system to help influence positive brain function and behavior. Luna nurtures small intestine Yin through lubricating and moistening the intestines. This also helps nurture the enteric nerves which regulate intestinal digestion and contractions. Through improved gut bacteria and nutrient absorption, individuals can experience symptom improvement with better focus and less hyperactivity within 3 days, and 2-4 weeks of treatment is recommended for significant and sustained results.

If the patient has severe bacterial infection of the small intestine and pancreas with symptom of constipation, PA is required to clear the infection and inflammation. Whitehead is also required to reduce bacterial population in the colon and resolve the resulting symptom of chronic diarrhea. Silver is recommended if the patient has a pathogenic bacterial infection of the large intestine.

If the patient has leaky gut and food allergies or sensitivities, the wellness recommendation of phase I is to improve stomach health. SJ, Spring Capsule, and Formula B are recommended to help restore the damaged stomach lining and acid levels. Spring Capsule warms the middle Jiao (upper GI tract) to improve blood flow to the stomach. SJ repairs degenerated lining in the upper GI tract to restore stomach acidity and improve digestion by nurturing the stomach Yin. Formula B improves the stomach emptying process and increases intestinal contraction to eliminate constipation by enhancing the Stomach Qi. Patients can experience symptom improvement in 1-2 weeks with less bloating, gas, cramps, food sensitivities or allergies, brain fog, and increased energy. 3-4 weeks of the products are recommended for sustained results. For leaky gut patients, a second step is necessary to help reverse the increased intestinal permeability. Pearl, Formula C, Brown, and LC Balancer is recommended for an additional 4-8 weeks.

Phase II is to seal the gut. The wellness recommendation includes Pearl, Formula C, Brown and LC Balancer. Pearl nurtures the small intestine Qi to help enhance blood flow to the small intestine and pancreas to improve small intestine function and pancreatic digestive enzyme production for improved food digestion. Formula C nurtures the Real Kidney Yin and restores connective tissue to improve the structure of the small intestine and repairs intestinal lining damage to seal the gut. Brown and LC Balancer help clear liver congestion caused by food allergies. 2-3 weeks of treatment is required to achieve sustained results. The phase II gut treatment is necessary for patients with

food allergies due to leaky gut. Although patients may experience a significant improvement with phase I of treatment, the symptoms may come back if phase II of treatment is not completed.

### Product Recommendation Summary

Recommended Products	
ADHD	Probiosis, Luna
ADHD + Bacterial Infection	Probiosis, Luna, PA, Whitehead, Silver
ADHD + Food Sensitivities	Probiosis, Luna, SJ, Spring Capsule, Formula B
ADHD + Leaky Gut	Phase I: Probiosis, Luna, SJ, Spring Capsule, Formula B Phase II: Pearl, Formula C, Brown, LC Balancer

### Selected Case Studies

#### Case 1: Successful Treatment of Speech Impediment & ADHD Symptoms

*Julia Gu, Lac, CA*

A 9-year-old male patient had been diagnosed with slowed language development as he had difficulty pronouncing the letter R. He showed little improvement after many rounds of speech therapy and had difficulty catching up with his English class. Each year, before the summer, his teacher would recommend that he attend summer school to catch up with his English. He was shy and not willing to initiate conversation. If being asked, he would not be interested in carrying further on with conversations. He was also hyperactive. In his after-school class, he usually ran around and rarely sat down to do his homework. He was not constipated but usually did have a stool late at night instead of in the morning.

The practitioner recommended the patient use Wei Laboratories Probiosis to clean his gut, reduce inflammation, and help with his hyperactivity. He took the Probiosis at 2 caps every other day.

After about 4 weeks, his hyperactivity improved and he had a stool in the morning. His after-school teacher took a photo of him sitting in a chair and reading a book, which rarely would happen. Then Gold, Brown, and Bitter from Wei Labs were added to the treatment to address the speech impediment. The Gold was taken at 1 cap per week, the Brown and Bitter were taken at 25mL every other day.

After about 8 weeks of treatment, the boy broke out with a rash that looked like yellow beans on both of his buttocks. Julia thought the rash might be coming from the toxins released from the brain. It took 3 days for the rash to clear up but afterward, he was able to pronounce the letter R much better and proactively initiated and engaged in conversation with his mom.

After 3 more months, it reached the time when the teacher would make summer school recommendations. The parents were surprised to learn that their son did not need to attend summer school anymore. The parents are very happy about the treatment results.

#### Case 2: Successful Resolution of Leaky Gut and Chronic Headaches

*Josephine Owen, ND, NC*

A female patient pursued treatment with Dr. Owen for her leaky gut syndrome as well as chronic headaches and emotional issues. Dr. Owen first recommended a treatment regimen starting with the GI to resolve the leaky gut and then finishing up with the liver to resolve the headaches and emotional issues. The patient took Spring Capsules to promote blood flow to the stomach, Spring Juice to repair tissue damage, Pearl capsules to strengthen the structural integrity of the intestinal lining, and Formula B to promote intestinal contractions.

After three weeks of the GI treatment, the patient had already made significant improvement. Her headaches were reduced by 75% and she felt much more energetic with fewer bouts of weakness, tiredness or fatigue. Her stomach

no longer burned, she experienced less gas and bloating, and her bowel movements greatly improved. Dr. Owen recommended moving on to the liver treatment to see further improvement with the headaches.

The patient followed a regimen of Brown Juice to nurture and strengthen the function of the liver as well as LC Balancer to support kidney function and enhance microcirculation. After 3 weeks of liver treatment, the patient had sustained improvement with her gut but was still experiencing headaches. Additionally, she had noticed pain near her gall bladder and puffiness under the eyes. Dr. Owen recommended a protocol to address liver heat toxins which could be contributing to the headaches, gall bladder support, and kidney treatment to resolve both the gall bladder issues and the puffiness.

The patient followed a regimen of Levera, a stronger liver formula, to resolve the headaches along with Brown as general liver support, Paramin to address bile duct inflammation, and Xcel capsules to address kidney deficiencies as well as KS Formula to remove any residual heat in the kidney.

After three weeks following this product regimen, the patient reported she was feeling so much better! She has no more bloating, her bowels had normalized, her liver tested great, and her headaches had finally been greatly reduced!

### Case 3: Successful Treatment of Leaky Guts

*Michael Biamonte, ND, Nutritionist, CCN*

A 28-year-old female patient was diagnosed with a severe case of leaky gut. Dr. Biamonte recommended a 3-week treatment with SJ Formula, Spring Capsule and Formula B from Wei Laboratories as the first step of her treatment to improve her stomach health, bring her stomach acidity to normal and improve digestion.

After the first step of treatment, Dr. Biamonte did an intestinal permeability test and it showed no major improvements. Dr. Biamonte then recommended Pearl and Formula C for 2 weeks as the second step to help seal the guts by improving blood supply to the small intestine, as well as to restore connective tissue. Upon completing the second step of treatment, Dr. Biamonte had the patient complete another intestinal permeability test and the results were amazing! The patient no longer had leaky gut; a very nice improvement. The patient was very happy and said Wei Labs formulas are awesome and that it is worth paying for such high quality products since they give such quick and amazing results.