

Fish Oil Treats ADHD Better Than Ritalin

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Fish oil improves the symptoms of attention deficit hyperactivity disorder (ADHD) without any of the side effects of drugs like Ritalin and Concerta – and more effectively, a study by the University of Adelaide in Australia found.

When 130 children between the ages of 7 and 12 with ADHD were given fish oil capsules daily, behavior dramatically improved within three months. Further:

- 1) *After seven months, the children were not as restless and showed improvements at school*
- 2) *Improvements in concentration and attention improved by one-third*
- 3) *After 15 weeks, 30-40 percent of the children taking fish oil had improvements*
- 4) *After 30 weeks, 40-50 percent improved*
- 5) *Children taking placebo capsules were later switched to fish oil and subsequently also experienced improved behavior*

Improvements were still being seen after the study ended, which suggests the fish oils may have long-term effects. When the researchers compared their results to studies of Ritalin and Concerta for ADHD, they found that fish oils were more effective.

ADHD drugs are known to carry serious side effects, including insomnia, changes in personality, cardiotoxicity, heart attack, stroke and even sudden death. In the UK, nine children have died after taking the drugs.

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Fish Consumption May Reduce Risk for Age-Related Maculopathy

July 11, 2006 -- Intake of n-3 polyunsaturated fatty acids (PUFA), especially from fish, can reduce the risk of age-related maculopathy (ARM), according to the results of a longitudinal cohort study reported in the July, 2006, issue of the *Archives of Ophthalmology*.

