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Contact:

**Digestive Health is key to treatment of ADHD, Autism, Asthma, Allergies,
Diabetes, Infections**

Dr. Natasha Campbell-McBride, a UK-based neurologist and nutritionist, frequently quotes Hippocrates "All diseases begin in the gut".

In her Cambridge clinic Dr. Campbell-McBride has treated hundreds of patients with neuropsychological and autoimmune disorders by addressing digestive health. She authored *Gut And Psychology Syndrome* after successfully treating her own son for Autism and fully restoring him to a neuro-typical child.

Dr. McBride explains "We live in a world of unfolding epidemics; Autism, ADHD, asthma, allergies, anxiety, depression, epilepsy, diabetes, coeliac... these conditions overlap with each other...and are related by similar underlying causes."

These seemingly unrelated disorders are connected by underlying "gut dysbiosis" (too many bad and not enough good microbes in the gut) which is characterized by malnourishment and toxicity. "A young person diagnosed with schizophrenia would often suffer from dyslexia, dyspraxia, ADHD and poor digestion in childhood." Left untreated, gut dysfunction can snowball into a lifelong struggle with neuropsychological and physical disorders from chronic fatigue and IBS to depression and bi-polar.

Dr. McBride explains that the average adult carries 2 kg of bacteria in the gut and that these microbial cells in the gut outnumber the amount of cells in the entire body and that they are "monumental" in physical and mental health. Good microbes aid in the digestion of food, they synthesize various nutrients, they protect the gut from toxins and pathogenic bacteria, yeast and fungi that can effect brain function and they support production of different immune cells and immunoglobulins. This explains why a child with ADHD may also present with allergies and a poor nutritional profile even if they are eating healthy foods.

Dysbiosis is a phenomenon brought on by modern diet and lifestyle. Many modern mothers, who pass these microbes on to their baby, have insufficient beneficial microbes and an abundance of pathogenic microbes due to a

combination of lack of breast feeding (esp in the 60s & 70s), overuse of antibiotics and the contraceptive pill and too many refined carbohydrates in the diet that promote growth of the “bad microbes”.

Dr. McBride is convinced that the “epidemic” levels of ADHD, Autism and allergies in our children are triggered by poor digestive health which in turn compromises neuro-development and immunity. “Children with ADHD, OCD, depression, anxiety, dyspraxia, dyslexia and allergies often suffer from digestive abnormalities”.

Many of her paediatric patients have a history of compromised TH1 immunity (due to poor gut flora) that resulted in chronic infections in ear, nose, throat, chest and skin in the first two years of life. Overuse of antibiotics to treat these infections compromises the gut flora even more. Research confirms a strong presence of autoimmune disease in children with learning disabilities and psychiatric issues with antibodies attacking the child’s brain and antibodies.

Dr. McBride explains that low “good bacteria” results in an overgrowth of microbes that typically live in the digestive tract in small quantities. The two largest offenders are candida and clostridia yeast which produce toxins that trigger neurological and psychological symptoms. When dysbiosis (too many pathogens) occurs, the persons digestive system becomes a major source of toxicity rather than a source of nourishment. In turn, this can result in damage to the liver, brain, immune system, nervous system and muscle tissue.

Poor digestive health is also behind the growing trend towards wheat and dairy-free diets. When gut flora is out of balance, large proteins such as gluten and casein are difficult to breakdown. Undigested, these proteins get absorbed in the form of substances with a similar chemical structure to morphine and heroin causing significant behavioural and attention issues.

The term Gut And Psychology Syndrome explains the strong connection between digestive health and neurology. GAPS also alludes to the current lack of medical knowledge around brain-immuno-gut issues. Any child with neurological issues, psychological issues, allergies or chronic infections should be examined for gut dysbiosis. Re-establishing normal gut flora can address a myriad of health issues.

Dr. McBride will present the vital link between digestive health and disease management and prevention at the *Mindd International Forum On Children*, (Australian Jockey Club, Randwick) 18-20 May, 2007. Over 40 lecturers and 50 exhibitors will present effective treatments for ADHD, allergies, asthma Autism, chronic infections and neuro-developmental disorders.

Registration is open at www.mindd.org or by phoning (02) 9337 3600 or emailing info@mindd.org

Dr. Campbell-McBride is available for interviews via phone or in person in Sydney 17-20 May, 2007

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