



ADHD can be treated with Omega-3 found in fish oil

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By Kate Sikora

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IT has long been known that fish oil can be good for hair and bones but new research shows it can also cut ADHD symptoms in children by almost half.

Overseas doctors will today urge their Australian colleagues to recommend Omega-3 supplements as the first line of treatment for ADHD.

Dr Sven Ostlund, from [Goteborg University in Sweden](#), will present his findings in Sydney from a study of children, aged between 8 and 18 years, who took daily fish oil. Within six months, a least a quarter recorded a reduction in symptoms.

"It was very surprising. We decided to research it because a lot of parents will say they have tried natural products instead of medication and we wanted to see if it would work," he said. "In Sweden, we don't put children on medication first. We think doctors (here) can now try Omega-3 first and then medication later."

Fatty acids are thought vital for brain function and can help kids concentrate. Scientists believe the fatty acids alter blood plasma levels but are still unclear how it reduces ADHD symptoms.

Emiley Cooper has for 18 months been on a low salt diet and daily fish oil supplements to combat her ADHD.

Her mother, Allysia Cooper, of Nambucca Heads, swears by this treatment after medicines caused side-effects.

"We pretty much cook our own foods and we don't use processed foods like bread because of the high salt content," she said.

"When we first started her on fish oil I thought this is not going to help because the medications didn't work. She doesn't have tantrums like she used to. We can see the difference."

[View here for Nordic Naturals Strawberry Flavoured Soft Gel Capsules for kids, 180 capsules for \\$39.95](#)