



BEHAVIOURAL ISSUES

Common behavioural issues

Some of the most commonly reported behavioural issues include:

- **Conduct disorder** – symptoms include being easily distracted, difficulty concentrating and learning difficulties.
- **Sleep disorders** – characterised by sleeping more or less than the necessary amount.
- **Attention deficit hyperactivity disorder (ADHD)** – a chronic condition characterised by inattention, hyperactivity and impulsivity.
- **Hypersensitivity** – to stimuli, such as light, noise and temperature.
- **Oppositional defiant disorder (ODD)** – characterised by irritability, and argumentative, defiant and/or malicious behaviour.

What causes behavioural issues?

While the exact cause is unknown, there are several factors that are thought to contribute to behavioural issues. These include:

- **Diet** – a diet high in refined carbohydrates and sugars can promote changes in blood sugar levels and may result in a worsening of symptoms. Gluten, MSG, and food preservatives and colourings are well known triggers.
- **Unhealthy gut bacteria** – studies show that poor diet and unhealthy gut bacteria can influence our behaviour, thought patterns and general mood.

- **Omega-3 deficiency** – research has shown that kids who are low in Omega-3 fats are significantly more likely to display behavioural symptoms, including hyperactivity and difficulty concentrating.
- **Nutritional deficiencies** – poor nutritional levels of several functional nutrients (including DHA, riboflavin, B6, Magnesium and Zinc) can lead to behavioural issues.

Behavioural issues and food sensitivities

There are many foods that have been found to trigger behavioural issues, particularly in people with sensitivities. These may include:

- sugars
- gluten
- dairy, egg and soy
- corn.

Common chemicals found in foods are also thought to be triggers. These may include:

- **food additives** – preservatives, colours, flavourings and sweeteners
- **glutamates** – naturally occurring in food or may be added to enhance flavour (e.g. MSG)
- **amines** – present in soft drinks, jam, cola, vegemite, tomato sauce, chocolate and various fruits
- **salicylates** – natural chemicals present in many fruits and vegetables.

Natural allergy treatment for behavioural issues

At Health & Wellness Australia (HWA) we use a technique called muscle testing (or kinesiology) to help identify your food sensitivities. Following testing, you can work with your practitioner to address your sensitivities using a natural allergy treatment called Positive Association Technique (PAT).

PAT is a non-invasive holistic therapy, which:

- draws on acupressure and kinesiology techniques
- aims to re-train your body
- may reduce your reactions to foods that may be causing or exacerbating behavioural issues, including sugars, dairy, gluten and corn.

Some cases can be complex, so our naturopaths may also recommend supplements, herbs and lifestyle advice to help achieve the best long-term results.

This fact sheet is intended as general information only. PAT cannot cure behavioural disorders – it is intended to decrease reactions and help manage behavioural-related symptoms. It is not intended to raise unrealistic expectations. If symptoms persist, consult your GP.