


Gut-Brain Health 101 Guide

How gut health impacts focus, mood, and dopamine regulation in ADHD minds.

 Tip: Start slowly when introducing fermented foods to avoid digestive upset.

Why Gut Health Matters in ADHD






The gut is home to trillions of microbes that influence the production of **neurotransmitters** like dopamine and serotonin. When the gut is out of balance, the brain can struggle to regulate emotions, attention, and energy.

 90% of dopamine receptors are in the gut-brain axis!

When we support the gut, we support the mind.






Dopamine-Friendly Gut Foods

Include these in your ADHD nutrition plan to support brain function:

-  Fermented foods: yogurt (no added sugar), kefir, kimchi, sauerkraut
-  Antioxidant-rich fruits: blueberries, blackberries, raspberries
-  Protein sources: eggs, chicken, fish, legumes
-  Healthy fats: avocado, olive oil, chia seeds
-  Green tea (natural L-theanine and antioxidants)

Foods That Disrupt Gut Health

Limit or avoid these to prevent inflammation and dopamine disruption:

-  Artificial sweeteners and additives
-  Highly processed snacks
-  Sugary cereals and sodas
-  Deep-fried or trans-fat-heavy foods
-  Gluten and dairy (trial-based if sensitivities are suspected)

🌱 Probiotic & Prebiotic Boosters

- ✔ Probiotic-rich: kombucha, kefir, Greek yogurt
- ✔ Prebiotic-rich: garlic, onions, bananas, oats, asparagus

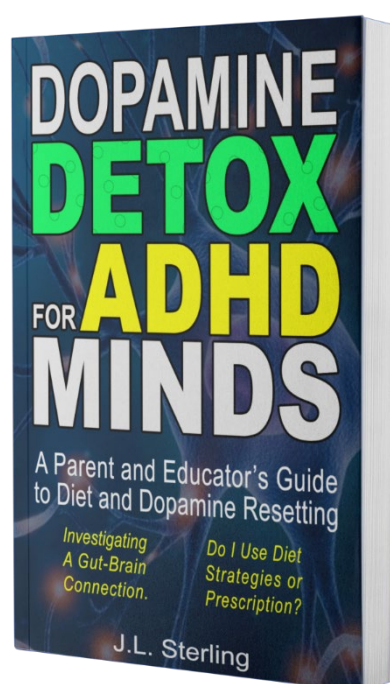
Dopamine DETOX for ADHD Minds

A Parent and Educator's Guide to ADHD, Diet, and Dopamine Resetting. Explore the Gut-Brain Connection and the Impact Spiking Dopamine Levels Have on School Education.

Unlock ADHD Potential:

The Dopamine Connection

- Is focus slipping away despite every effort to regain control?
- Could the answers to managing ADHD lie in understanding the primal instincts of the brain?
- What if the key to unlocking true potential comes from rethinking the ADHD diet, overstimulation, and the natural balance of the mind?



The Dopamine Detox delivers a groundbreaking approach to managing ADHD by delving into the science of dopamine, the essential molecule of motivation, focus, and emotional stability. Packed with practical strategies, real-life stories, and the latest research, this book offers a clear roadmap for balancing the brain's reward system and fostering resilience, structure, and harmony.

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