Supporting Children with Autism and ADHD

By Robert Ferguson

BalanceOil+, a supplement combining omega-3 fatty acids and polyphenols, offers a unique approach to supporting children with autism spectrum disorder (ASD) and attention-deficit/hyperactivity disorder (ADHD). Known for their roles in brain health, these nutrients may help improve focus, behavior, and emotional regulation—making BalanceOil+ a practical solution for addressing symptoms common to these neurodevelopmental conditions.

The Role of Omega-3 Fatty Acids in Brain Health
Omega-3 fatty acids, especially DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid), are essential for brain function and development. DHA, which is highly concentrated in brain cells, supports membrane fluidity and neuron communication, vital for cognitive function. Children with ASD and ADHD often have lower levels of omega-3s, which can lead to inflammation and hindered mental performance. Research suggests that increasing omega-3 levels can improve attention, reduce hyperactivity, and support mood regulation (Richardson et al., 2000; Sinn et al., 2008).

Polyphenols and Neuroprotection
Polyphenols, natural antioxidants found in plant-based foods, protect the brain by reducing oxidative stress and inflammation—factors associated with ASD and ADHD (Kennedy et al., 2014). Found in foods like berries, tea, and cocoa, polyphenols contribute to cognition, mood stabilization, and decreased anxiety, all beneficial for children with autism and ADHD (Hoge et al., 2012).

The Synergy of Omega-3s and Polyphenols in BalanceOil+
BalanceOil+ combines omega-3 fatty acids and polyphenols in a unique, science-backed formula that promotes brain health. This pairing enhances the absorption and stability of omega-3s, maximizing their effectiveness. Omega-3s in BalanceOil+ reinforce cell structure and neuron signaling, while polyphenols protect against oxidative damage and support neurotransmitter function. Together, they offer a balanced approach that can improve emotional regulation, reduce impulsivity, and boost cognitive focus (Martins et al., 2021).

Additionally, BalanceOil+ stands out because it pairs omega-3s and polyphenols in one product—a combination not commonly found in other supplements. This formula is designed for bioavailability and efficacy, helping families access the benefits of these nutrients with ease.

The Importance of the BalanceTest
To know if your child has adequate omega-3 levels, consider using the BalanceTest. This at-home test measures omega-3 percentage in the red blood cell membrane, indicating how much these essential fats are supporting brain and cellular function. Optimal levels should fall between 8-12 percent, yet most children and adults in the United States and Canada are below 4 percent. Knowing your child’s omega-3 percentage can provide a starting point for adjusting their intake, whether through dietary changes or supplementation with BalanceOil+.

Call to Action

If you're looking for a way to support your child's cognitive health, focus, and emotional well-being, BalanceOil+ may be a powerful addition to their routine. By offering a unique blend of omega-3s and polyphenols, BalanceOil+ delivers these nutrients in a form designed for optimal absorption and effectiveness. Start with a BalanceTest to determine your child's omega-3 levels and then consider BalanceOil+ as a solution to help meet their nutritional needs. To learn more, send an email to Robert@dietfreelife.com or call 805-642-8440. You can also contact the person who shared this article with you.

For families seeking a science-backed, convenient supplement, BalanceOil+ is the only product that combines the benefits of omega-3s and polyphenols for a balanced, comprehensive approach to supporting children with autism and ADHD.

References

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