



TOTAL HEALTH  
& PERFORMANCE  
MANAGEMENT

# A NATURAL APPROACH TO ADHD & BEHAVIOURAL DISORDERS

Whilst many people are challenged by illnesses commonly referred to as 'behavioural disorders', the **underlying causes** and subsequent treatment strategies are a delicate and unique equation. Gavin Heward at Total Health and Performance Management uses functional laboratory assessments to **isolate** the internal blocking factors affecting the body's systems. With this scientific insight he will develop a **customized plan** to restore optimal function.

*"After just 2 months of using a customised nutrition plan that was designed for both his Metabolic Type and to address ADD, we were able to take our son off his medication with no ill effects - actually, there were vast improvements" **LR, Australia***



ADHD itself is not a disease, instead it was voted into existence in 1987 by a committee of the American Psychiatric Association to help create an umbrella term for a range of observed behaviours. Behavioural disorders have followed the same pattern - there is no test, scan or gene that can act as proof that a disorder exists.

**A growing body of evidence links ADHD and behavioural disorders to nutrition, environmental factors and/or the dysfunction of the body's core systems including those relating to immunity, hormone balance, detoxification and digestion.** By utilising expertise in functional medicine, nutrition, and stress, combined with medical laboratory testing, we can focus on what we know about the individual and can address them specifically, eliminating or improving their symptoms with **lasting impact**.

The 'Natural Approach to ADHD' program is perfect for families wanting to alleviate the symptoms of learning and behavioural disorders in their children, and can be delivered in-person or long distance. **Please feel welcome to contact Gavin directly to discuss your personal situation and options.**

*"Thank you for seeing my son. I feel seeing you has been a life changing experience for all! He does seem to get something out of his visits to you, and was definitely a more relaxed little boy after last week. I am learning every day with him, and now I feel I have a better understanding of what is going on, and am looking forward to making the right changes needed, with your help!!"*  
**MD, Son diagnosed as having a 'behavioural disorder'.**

## Website

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