

Natural Approaches to Dyslexia

A common nutritional deficiency for dyslexia is good quality fats and fatty acids for the brain and eyes.

DHA, found in mother's milk, is vitally essential to brain functioning and hand/eye coordination. The Modified Atkin's Diet (MOD) is the new ketogenic diet, focusing on high levels of fat and low levels of carbohydrates and sugar. Also helpful is the Feingold Diet that eliminates food additives, chemical preservatives, dyes, refined sugar, and salicylates which all negatively affect the brain.

Supplementing zinc and iron, two of the body's most important trace minerals deficient in children with dyslexia, have been found to improve their overall health and immune functioning. A detoxification protocol to address multiple chemical sensitivities by removing toxic pathogens will help improve cognitive functioning.

Removing gluten and casein from the diet will lessen the effects of food allergies and the "zoning out" behaviors.

What Therapies Help?

Vision therapy is at the top of the list. The role of vision in dyslexia is paramount because it addresses various visual conditions that have been associated with dyslexia and learning disabilities:

Poor eye movement skills
Convergence insufficiency
Faulty binocular vision
Farsightedness
Lazy eye
Poor visual processing
Weak visual motor skills
Suppression of one eye

Other important therapies include:

- Chiropractic neurology (balancing the right and left hemispheres of the brain) therapies such as Brain Balance
- Brain Gym (hand eye coordination)
- Reflex integration therapy
- Occupational therapy with sensory integration
- Neuro-biofeedback
- Auditory therapies
- Acupuncture