

[ADHD Herbal Remedies – L-Theanine LTO3](#)

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Now that the public is more aware of the serious side effects of Ritalin and other prescription medications for ADHD, many natural alternatives to stimulant drugs are available to ADHD sufferers. One of the most widely used natural remedies for ADHD is L-Theanine, an amino acid and analog of glutamate/glutamine that is naturally found in green tea, oolong tea, and black tea. Studies show that drinking tea with L-Theanine on a regular basis can improve attention and concentration, boost the immune system, lower blood pressure, and induce a calming effect without making you feel sluggish or drowsy.

How does L-Theanine work? Within thirty minutes of entering the digestive system, L-Theanine uses its molecular resemblance to glutamine to ride on the body's amino-acid transporter, which carries it across the intestine and the blood-brain barrier. As soon as L-Theanine enters the central nervous system, it uses its glutamate functions to bind itself to different glutamate receptors on nerve cells. When this happens, the cell gets excited into greater activity, which increases the production of neurotransmitters and makes the brain more alert and functional. At the same time, it prevents the brain from getting too overworked, which makes it an excellent natural treatment for ADHD. L-Theanine triggers the release of gamma-amino butyric acid (GABA), an inhibitory neurotransmitter that counterbalances the hyperactive effects of glutamate. Its ability to release GABA is also related to the increase of norepinephrine and dopamine production in the brain, which is why L-Theanine has the potential to replace Ritalin and ADHD medications.

Additionally, L-Theanine regulates the production of serotonin and dopamine. Most children who suffer from depression have low levels of serotonin, whereas children with anxiety have high levels of serotonin. L-Theanine's ability to balance out these neurotransmitters stimulates the production of alpha waves, which induces a state of mental alertness and deep relaxation similar to what is experienced during meditation.

Although green tea and oolong tea are natural sources of L-Theanine, the substance only constitutes 1-2% of the tea leaves' dry weight. In order to receive the benefits of L-Theanine, you'd have to drink around fifty cups of tea! Fortunately, advances in technology have paved the way for an affordable means to produce L-Theanine. The best way to obtain L-Theanine is through capsules or powdered food supplements. The recommended daily dosage for children is 50 mg, while adults can take as much as 100 mg but not more than 1,200 mg. Since L-Theanine has a very mild taste, capsules can be broken and mixed with a glass of water or juice.

Most of the information we know about L-Theanine comes from Japan, where green tea is a staple drink and L-Theanine is considered to be a fifth flavor. Although experts still need to explore the effects of L-Theanine on children with ADHD, the evidence so far looks promising, especially when L-Theanine is used as part of a comprehensive treatment plan. Consult a doctor, chiropractor, or naturopath before giving L-Theanine to your child, and ask about other natural treatments for ADHD.

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