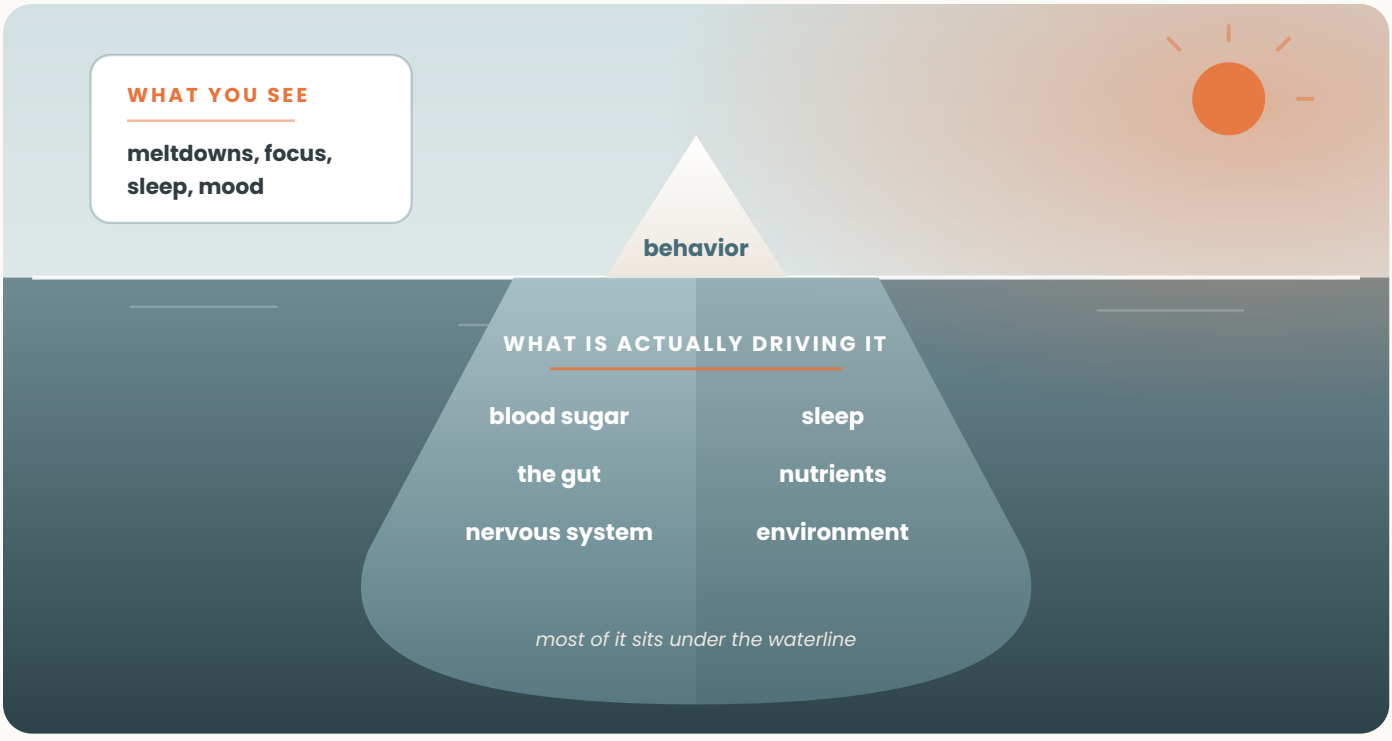
ATYPICALLY AWESOME · A ROOT-CAUSE GUIDE FOR PARENTS

ADHD Unlocked.

The hidden biology beneath your child's behavior, why your best effort keeps stalling, and where to look first.

Right Thing. Wrong Order.

Written by a pharmacist of nearly twenty years. Real information you can use tonight, not a sales pitch.



- The meltdowns, the 4 p.m. fog, the homework wars, the food fights.
- What looks like plain behavior is usually **the tip of something bigger.**
- This guide shows you **what is under the water.**

Yana Kleyman, PharmD, FMACP
PharmD, FMACP turned functional medicine for ADHD expert



ATYPICALLY AWESOME

Meet Yana Kleyman

Yana Kleyman is a PharmD turned functional medicine for ADHD specialist. For nearly twenty years she stood behind a pharmacy counter, filling the same prescriptions for the same families, and watching them come back for the refill instead of coming back better.

Then she got sick. At 33, healthy one day and not the next, she sat in a specialist's office in New York and was told she would be bedridden within a decade no matter what they tried. She walked out before the first injection, went looking for what was actually driving it, and got her life back. The future she was handed in that office never happened. That was the day root cause stopped being a phrase and became the whole point of her work.

Parents find her after they have exhausted every conventional path. Appointment after appointment, label after label, medication after medication, and still no explanation that accounts for what they are living with at home.

Her work looks past the behavior to what is happening inside a child's body: the gut, nutrient, and mitochondrial patterns that show up again and again in children with ADHD and Level 1 autism. Not a protocol that everyone gets handed. A clear look at what is actually driving it for your child, and what is worth addressing first.

Today she teaches families across the country the same sequence she works through herself, so the next move stops being a guess and starts being a decision.

Pharmacist, nearly 20 years **Advanced functional medicine training**

Focus on ADHD & Level 1 autism **Creator, Balanced Brain Blueprint**

Yana Kleyman, PharmD, FMACP · Founder, Atypically Awesome · Creator of the Balanced Brain Blueprint

Read this first

Before we go any further, the honest ground rules. They matter because the entire point of this guide is to help you work **with** your child's care team, never around it.



This guide is general education for parents, not medical advice. It is not intended to diagnose, treat, cure, or prevent any disease, and it is not a substitute for care from your child's own doctor.



Not about your child specifically

Yana Kleyman, PharmD, FMACP, is a functional medicine coach and educator, not your child's prescriber or clinician. Nothing here assesses any individual child. The patterns are ones commonly seen, not findings about yours.



Don't change treatment alone

Nothing here is a recommendation to start, stop, or change any medication, supplement, or therapy your child is receiving. Keep everything that is helping.



Loop in your child's doctor

Because this guide mentions food and supplements: these are suggestions, not prescriptions. Clear any change with your child's doctor first, especially with any medication or a known allergy.



You are not choosing between your child's doctor and this guide. The whole point is to bring them together, in the right order.

> **None of this is a reason to wait. It is a reason to move carefully, in the right order, with the people who know your child on your side.**

Behavior is the signal, not the problem

ADHD and Level 1 autism get talked about as lists of behaviors: cannot sit still, cannot focus, melts down, will not eat the food, will not go to sleep. So that is what everyone tries to correct, on the surface, one behavior at a time.

But for the families living it, the truth is closer to this: the same behavior on the outside can come from completely different places on the inside. One child cannot focus because she is running on too little fuel. Another cannot focus because she is carrying too much load. A third is spending everything she has just holding herself together, and there is nothing left for the worksheet.

Same behavior. Different cause. A different next step for each child.

When a plan starts with the surface behavior, the same good advice helps the first child, does nothing for the second, and quietly adds pressure to the third. Then everyone decides the child is the difficult one. She is not. That is a map problem, not a child problem, and it was never a discipline problem either.

Picture two children who both fall apart over homework. One is under-fueled and crashing by four o'clock. The other used every bit of self-control just surviving the school day and has nothing left. Same behavior, same note home. Hand both parents the same homework tip and you have helped neither.

A LABEL IS A DESCRIPTION, NOT A DESTINY

A label names the pattern everyone can see. That has real value. It is not the same as knowing what is driving it underneath, which is where the change actually lives.

NOT A DEFECT TO BE CORRECTED

These kids are often the creative, funny, intense, deeply feeling ones. The goal is never a different child. It is a steadier body, so the child you love comes through more of the day.

the 3:30 detonation · **the quiet daydreamer** · **the very short food list** · **the bedtime battle** · **the homework standoff** · **the "fine at school" kid**

The single shift, from managing behavior to reading a signal, is what the rest of this guide is built on. The next page is the map: the six places the behavior actually comes from.

> **So the most useful question you can ask this year is not "how do I stop this behavior." It is "what is this behavior trying to tell me."**

ADHD UNLOCKED

The six drivers underneath

When I look at a struggling child, I am not looking at the behavior first. I am looking at the systems underneath it that shape focus, mood, sleep, and self-control. Six come up again and again. None of them is “the answer” on its own. Together they are the map.

Six places the behavior actually comes from

01

Blood sugar & food

Fast, sugary fuel spikes and then crashes, and the crash can look exactly like a behavior problem.

DRIVER 01

02

Sleep

The body clock sets focus, mood and patience for the whole next day. Most of it is built overnight.

DRIVER 02

03

The gut-brain link

Much of the calm-and-focus chemistry is made and shaped in the gut, not only the brain.

DRIVER 03

04

Key nutrients

Iron, magnesium, zinc, omega-3s and vitamin D each help steady attention, mood, and sleep.

DRIVER 04

05

Nervous system

A system with no margin left tips into fight, flight, or shutdown over something that seems small.

DRIVER 05

06

Environment

Dyes, additives, and hidden inflammation can turn the volume up on everything above.

DRIVER 06

START READING THESE AT HOME

Blood sugar and food, sleep, and the nervous system show up in plain sight. The next pages open each one with a change you can make this week, no lab and no permission required.

THESE NEED A CLOSER LOOK

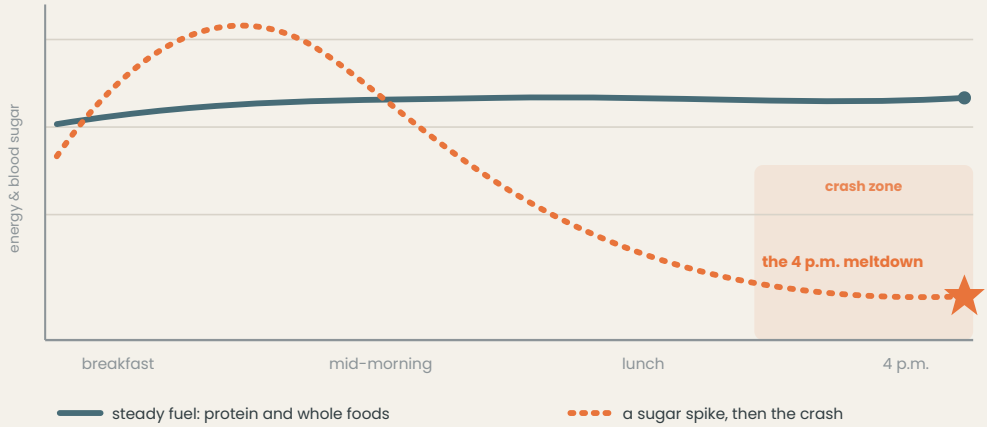
Nutrient status, the gut, and environmental triggers are harder to read from the outside. That is where testing, and the live class, earn their place.

> **No single driver is the whole answer. The power is in reading them together, and in the right order, which is exactly what the live class walks you through.**

The crash you can watch happen

The brain runs on a steady supply of fuel from food, and it cannot store much of its own. A fast, sugary breakfast, or a skipped one, sends blood sugar up and then down. When it drops, the body releases adrenaline to pull it back up, and adrenaline in a child looks like the exact list you have been calling behavior: irritability, tears, a short fuse, trouble sitting still.

Same child. Two very different afternoons.



The one move to start with

- [ ] **Protein at breakfast, every day.** Eggs, Greek yogurt, a real-protein smoothie, leftover chicken. It flattens the curve so there is no cliff to fall off mid-morning. Water to drink, not juice or soda.

That single change steadies the mornings for a lot of children. Which lever matters most for yours, and what to reach for after it, is the order question the live class opens.

One thing to notice for now

Some children are more behaviorally sensitive to certain synthetic food dyes than others. Not every child reacts, so you are not banning anything yet. Just watch the two hours after a brightly colored cereal, drink, or candy, and see if there is a pattern in your own child. The noticing is the skill. Acting on it in the right order comes later.

THESE ARE FIRST MOVES, NOT THE PLAN

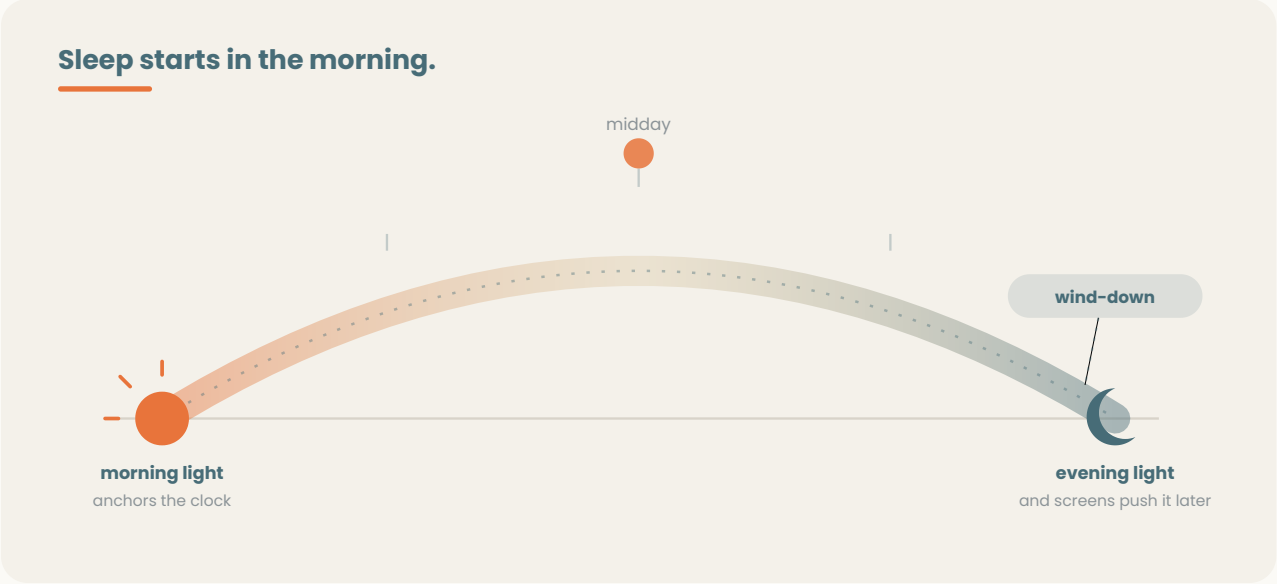
They prove something worth holding onto: steady the body and the day changes. Which lever matters most for your child, and the order to work them in, is the part a guide cannot hand you. That part is the live class.

> **The 4 p.m. meltdown often started at 7 a.m. Steady the mornings first, then watch the afternoons.**

DRIVER 02 · SLEEP

Sleep is upstream of almost everything

Short or broken sleep makes every other driver worse. Blood sugar swings harder, appetite gets stranger, focus and patience and impulse control all thin out. The margin a child needs to hold it together for six hours at school is largely built the night before. So even before you know which driver is loudest for your child, protecting sleep is rarely wasted effort.



- [ ] **Same wake time every day,** weekends included. Wake time anchors the body clock more powerfully than bedtime does.
- [ ] **Morning light within 30 minutes of waking.** Outside if you can, even ten minutes. It is the strongest, cheapest lever on the clock you have.

Start with those two, and nothing else, for a week. One anchor plus ten minutes of morning light is enough to begin nudging the clock, and for a lot of children the morning mood is the first thing to lift. The other sleep levers, and the order to add them in, are what we work through together in the class.

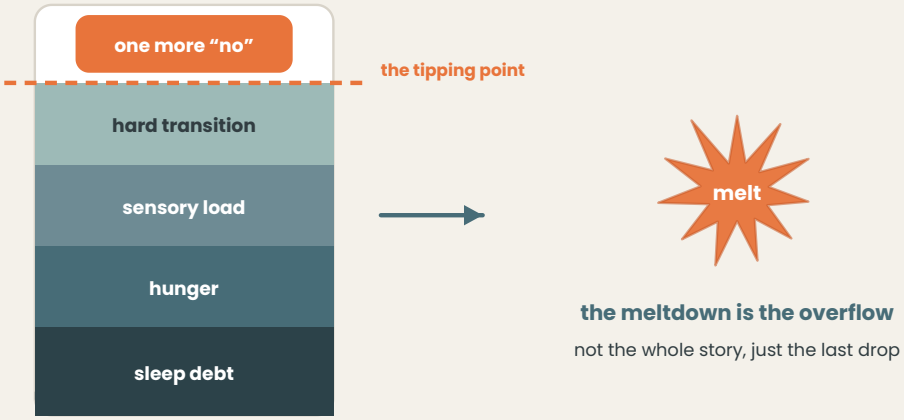
ONE HONEST WORD ON MELATONIN

For a lot of families it does less than they hoped, and that is not because they bought the wrong brand. If the reason a child is awake is a nervous system that cannot come down or a blood sugar dip at 2 a.m., a sleep-onset supplement is not reaching what is actually happening. Anything you give your child is a conversation for you and their doctor. The useful question is not which product, it is what is keeping this body awake.

Why the meltdown is the overflow

A meltdown almost never comes from the thing that seemed to cause it. A child holds it together all day at school, then comes apart over a homework question or the wrong colored cup. Everyone looks at the cup. The cup was just the last drop.

It was never the one thing. It was the last thing.



the meltdown is the overflow

not the whole story, just the last drop

Holding it together is not a character trait. It is a resource, and it gets spent. Sitting still, filtering noise, reading social cues, managing frustration all draw from the same tank. A child who explodes at 4 p.m. has usually been running near empty since two. That is also why the calmest, most patient version of you is not enough on its own: you cannot talk a body back under its threshold when the tank is dry. You lower the load, or you refill it.

What helps in the moment

- ☐ **Fewer words, not more.** A flooded brain cannot take in a lecture. Stay calm, short, and close.
- ☐ **Lower the load first.** Dim the lights, drop the demand, let the wave pass before you teach anything.

THE LOWEST-EFFORT WIN IN THIS WHOLE GUIDE

Protect the first twenty minutes after school. No questions about the day, no homework, no "how was school." Food in hand, something to drink, low noise. Questions are a demand, and a child running on empty at 3:45 has none left to give. You will get better answers at seven, and you will get them without a fight.

What to feed the brain

A surprising share of the chemistry that steadies a child, the messengers for mood, focus, and calm, is made and shaped in the gut. So what goes on the plate is not a side issue to behavior. It is part of the machinery that produces it. Two simple moves: feed the good stuff, and cover the nutrients a growing brain leans on most.

Feed the gut that feeds the brain

ADD MORE OF

Fiber-rich plants (beans, oats, apples, pears), and a little fermented food where it is welcome (yogurt, kefir). Variety feeds a wider range of the helpful microbes. Small and doable beats a perfect plan you cannot sustain past Tuesday.

EASE OFF

Added sugar, sweetened drinks (juice included), and heavily processed snacks. You are lowering the load, not banning joy. One swap at a time is enough to start seeing a change, sometimes within days.

Five nutrients a growing brain leans on

omega-3s · **iron** · **magnesium** · **zinc** · **vitamin D**

These five do real work for focus, mood, and sleep, and most of it can come from ordinary food rather than a cabinet of pills. Naming them is the easy part. The part that actually changes a child is knowing which ones this child is short on, and which one to steady first.

WHAT A FOOD CHART CANNOT TELL YOU

Which of these your own child is low on, and which one to reach for first. That is read from your child, not guessed from a shelf.

WHY THE ORDER MATTERS HERE

A nutrient added before the body can use it is effort spent at the wrong step. Right nutrient, wrong place in the sequence, and nothing shifts.

This is why the guide does not hand you a supplement list. The list is the easy part, and on its own it is the part that keeps a family stuck. The order is the whole thing, and the order is what the class is for.

> **Food first. A supplement can help fill a real gap, but which one, if any, is a conversation for you and your child's doctor, not a guess off a shelf.**

Why your best effort kept stalling

If you have been at this a while, you have done real, hard things. Here is why they so often did not add up, and it is not the reason you are afraid of.

The label trap. It names what everyone can see, and then the looking stops. Every struggle gets filed under it, and nobody checks underneath.

The single-lever trap. Medication supports attention. Therapy builds skill. A supplement targets one layer. Each can be genuinely good, and the whole can still not add up, because no single lever organizes a whole child.

The information trap. More podcasts, more posts, more advice from people who all sound certain. More information than ever, and less confidence about what to do on Monday morning.

Notice what all three have in common. None of them is a lack of effort. Every parent I meet is trying harder than anyone around her knows.

IF YOU HAVE ALREADY TRIED, AND BEEN BURNED

If **medication** helped and then seemed to plateau, that is not a failure, and it does not erase what it did help with. It works on the surface, and that can matter. What it was never built to do is reach what sits underneath.

If you went **gluten free or dairy free** for months and nothing changed, that effort was not wasted. Taking a food out only shows you what it was doing once the body can absorb what you put back. Right thing, wrong point in the order.

If a **supplement** that worked wonders for someone else's child did nothing for yours, that is information, not a verdict on you. A supplement is a refill, and you cannot refill a tank that still has a hole in it.

And keep **every therapy and support** that is helping. None of this is about doing less of what works. It is about what sits upstream of all of it.

The missing piece was almost never effort. It was the order.

Biology has an order. Steady the foundation before you ask the body to do more. Read the signals against each other before you build a plan. Run those steps out of order and each one can cancel the next, which is how a year of good advice produces no change. There is a first step, and almost nobody starts there. Naming that the order exists is as far as a short guide can honestly go. Walking through it, and finding where your child is in it, is what the live class is for.

ADHD UNLOCKED · THE BIGGER PICTURE

THE ONE IDEA
Right thing. Wrong order.

Your child's path has an order.

Almost nobody starts at the beginning. Here is the whole road, and where this guide sits on it.

THE WAY MOST OF US TRY

Real effort.
No order. Back
where you began.



The same drivers, in the order your child's body is asking for.

THE ORDER

YOU ARE HERE
worn out, trying everything at once

FOUNDATION
steady the ground the whole child stands on

READ
your child's own signals, read together

BUILD
a plan built to your child, in the right order

HOLD
week by week, so the effort finally adds up

A CALMER HOME
focused days you can breathe in



the first weeks

the weeks that follow

THIS GUIDE
the map, and your first moves

THE LIVE CLASS
your child's order, walked through with you, live

This map will tell you where to go. I will help you get there.

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Yana Kleyman, PharmD, FMACP turned functional medicine for ADHD expert

Your first move this week

You do not need a lab or a new plan to start. You need to become the person in the room who can read the pattern. For five days, do not add anything and do not change anything. Just watch, and write down four things once a day. You are looking for the thread, not for improvement yet.

Day	The hardest moment, and the time	The two hours before it (food, sleep, screens, transitions)	One thing I noticed
Mon			
Tue			
Wed			
Thu			
Fri			

At the end of the week, read down the page. When the hard moment lands at the same time, or always trails a certain morning, a skipped meal, or a short night, you have found a thread worth pulling.

Three swaps you can start alongside it

Sugary cereal or a skipped breakfast	→	**Protein first: eggs, yogurt, a real smoothie**
Juice, soda, or a sweet drink	→	**Water or sparkling water with fruit**
Homework the second he walks in	→	**Food, movement, twenty quiet minutes first**
A bright-dyed snack after school	→	**Protein and fruit, then watch the next two hours**

WHAT YOU ARE LOOKING FOR

Not a perfect week. A repeat. The same hard hour, or the same trigger, showing up two or three times, is a signal worth acting on. Bring the page to the live class and we will read it together.

> **A pattern you can see is a pattern you can act on. Guessing is the part that exhausts you. This is the opposite of guessing.**

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What this does, and what it does not do

The most useful thing I can give you here is the honest truth about this guide's own edges. So here it is, plainly.

WHAT IT DOES

It hands you the lens, the six drivers, and real first moves you can feel within a week: steadier mornings, an easier landing after school, better sleep. If those things shift when you steady the fuel and protect the load, that is real, and it is yours to keep.

WHAT IT DOES NOT DO

It cannot tell you which driver is loudest for your specific child, in what order to work them, or what your child's own tests would show. That is the interpretation and the sequence, and it is the actual work, not a handout.

That is the honest bargain of a guide like this, and I would rather say it plainly than have you feel shortchanged. You are getting the map and the first moves, freely, because they genuinely help and because they are the part you can act on alone.

> **Here is the part I most want you to hold. If you do these things and the mornings steady but the afternoons still come apart, that is not failure. That is information. It means the loudest driver is somewhere else, and it points you to the next place to look.**

BEING STRAIGHT WITH YOU

You could act on everything in this guide and never buy a thing from me, and some children will get meaningfully calmer on the basics alone. If yours is one of them, wonderful. If the basics help and then stall, that is not the end of the road. It is the moment the deeper work, the order, the testing, the week-by-week adjusting, starts to matter.

That is the whole difference between guessing and reading. A parent who is guessing calls a plateau a failure and starts over. A parent who is reading calls it a clue and follows it to the next driver. Which one you become is most of the game, and it is a skill you can learn.

There is an order to these drivers, and your child's own biology decides it. That is the one thing this guide cannot hand you on paper. It is exactly what we walk through, together and live, in the free masterclass, using your own child as the example.

> **This map will tell you where to go. I will help you get there.**

Where to go from here

You have the map and the first moves. Here is the road from here — four steps, in the order most families find easiest.

Your road from here

Four steps, in order. Each one builds on the last.



YOUR LINKS, ALL IN ONE PLACE

Book a call	thrive.atypicallyawesome.com/apply
Join a masterclass	thrive.atypicallyawesome.com/live
Follow on Instagram	instagram.com/atypically.awesome
Join the community	facebook.com/groups/atypicallyawesome

> **You did not miss something obvious. You were looking with the tools you were given. Now you have a better set, and a room full of parents who get it. A calmer house is closer than the last hard year made it feel.**

KEEP GOING

The ADHD Unlocked library

Eleven guides, one focused step at a time. This one is the map. Each one below goes deeper, and the live class is the order.

GET THE WHOLE LIBRARY IN ONE PLACE

shop.atypicallyawesome.com

Scan the code or click the URL above.

Scan for the store

Free	**ADHD Unlocked**	**You are holding it. The map, the six drivers, and the first moves.**
No. 1	**The First 30 Minutes**	The morning routine that steadies the whole school day.
No. 2	**The Label Decoder**	Read any food label in thirty seconds and stop being fooled.
No. 3	**Behavior, or Biology?**	Work out which biological systems are driving what you see.
No. 4	**The Honest Evidence Guide**	What the research actually says about what you are being sold.
No. 5	**You Were Right**	The flagship: the whole-child picture, and the map to change it.
No. 6	**The School Kit**	Get the school working with your child's body, not against it.
No. 7	**The Sleep Reset**	The clock, the routine, and the seven nights that show what is real.
No. 8	**Calm the Storm**	What a meltdown is inside the nervous system, and how to bring it down.
No. 9	**The Gut-Brain Guide**	The link between the stomach and the mood, and what to change at dinner.
No. 10	**Test, Don't Guess**	What is worth testing on the inside, and what each marker means.

ATYPICALLY AWESOME

Read the signal.
Not just the behavior.

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