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12. Tu Kit de Rituales Amables para el TDAH: autocompasión práctica para reconectar con tu cuerpo

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Bibliografía anotada del capítulo 11. SENTIR: una guía nutricional para mentes con TDAH

Estos estudios han sido seleccionados para respaldar las ideas clave del capítulo 11. No constituyen una lista exhaustiva, sino una constelación curada de hallazgos que resuenan con lo que muchos TDAHeros experimentamos en el día a día.

Ágoston, Csilla, *et al.*, «Self-medication of ADHD symptoms: Does caffeine have a role?», *Frontiers in Psychiatry*, 13 (2022).

Explora cómo algunas personas con TDAH utilizan la cafeína como forma de automedicación y cómo esto influye en sus síntomas.

Anand, Deepa, *et al.*, «Attention-deficit/hyperactivity disorder and inflammation: What does current knowledge tell us? A systematic review», *Frontiers in Psychiatry*, 8 (2017), p. 22.

Explora el papel de la inflamación en el TDAH y cómo la alimentación puede ayudar a calmar el sistema.

Cui, Fusheng, *et al.*, «The association between dietary protein intake and sources and the rate of longitudinal changes in brain structure», *Nutrients*, 16, 9 (2024), p. 1284.

Un estudio que muestra cómo distintos tipos de proteína pueden influir en la estructura cerebral y su evolución a largo plazo.

Ekberg, Neda Rajamand; Catrina, Sergiu-Bogdan, y Spégel, Peter, «A protein-rich meal provides beneficial glycemic and hormonal responses as compared to meals enriched in carbohydrate, fat or fiber, in individuals with or without type-2 diabetes», *Frontiers in Nutrition*, 11 (2024).

Compara cómo diferentes tipos de comidas (ricas en proteína, carbohidratos, grasas o fibra) afectan el azúcar en sangre y las respuestas hormonales.

Godos, Justyna, *et al.*, «Mediterranean diet and quality of life in adults: A systematic review», *Nutrients*, 17, 3 (2025), p. 577.

Una revisión que destaca cómo la dieta mediterránea se asocia con un mayor bienestar general y satisfacción vital.

Jones, Debra, *et al.*, «Effect of sustainably sourced protein consumption on nutrient intake and gut health in older adults: A systematic review», *Nutrients*, 16, 9 (2024), p. 1398.

Una revisión sobre cómo las fuentes sostenibles de proteína impactan la salud intestinal, especialmente en personas mayores.

Journel, Marion, *et al.*, «Brain responses to high-protein diets», *Advances in Nutrition*, 3, 3 (2012), pp. 322-329.

Explica cómo las dietas ricas en proteínas afectan al cerebro, especialmente en aspectos como el estado de ánimo, la concentración y la regulación de la energía.

Katz, Benjamin; Airaghi, Kayla, y Davy, Brenda, «Does hydration status influence executive function? A systematic review», *Journal of the Academy of Nutrition and Dietetics*, 121, 7 (2021), pp. 1284-1305.e1.

Una revisión sistemática sobre cómo la hidratación afecta la concentración, la memoria y la función ejecutiva.

Khavandegar, Armin, *et al.*, «Adherence to the Mediterranean diet can beneficially affect the gut microbiota composition: a systematic review», *BMC Medical Genomics*, 17, 1 (2024), p. 91.

Muestra cómo la dieta mediterránea mejora la diversidad microbiana intestinal, importante para los cerebros con TDAH y la salud del eje intestino-cerebro.

Langyan, Sapna, *et al.*, «Sustaining protein nutrition through plant-based foods», *Frontiers in Nutrition*, 8 (2022).

Explica cómo las proteínas vegetales pueden cubrir necesidades nutricionales a la vez que fomentan la sostenibilidad y el consumo de fibra que cuida el intestino.

Lawrence, K., *et al.*, «Effects of kefir on symptoms, sleep, and gut microbiota in children with ADHD: a randomised controlled trial», *BMC Psychiatry*, 25, 1117 (2025).

Norton, Bethany, *et al.*, «Overlap of eating disorders and neurodivergence: the role of inhibitory control», *BMC Psychiatry*, 24, 1 (2024), p. 454.

Explora cómo los desafíos con el control inhibitorio podrían explicar por qué los trastornos de la conducta alimentaria y la neurodivergencia aparecen a menudo juntos.

Roper, Stephen D., y Chaudhari, Nirupa, «Taste buds: cells, signals and synapses», *Nature Reviews Neuroscience*, 18, 8 (2017), pp. 485-497.

Explica cómo funciona el gusto en el cerebro y por qué el sabor (como el umami) es tan importante para la satisfacción, la regulación y el compromiso sensorial.

Shareghfarid, Elham, *et al.*, «Empirically derived dietary patterns and food groups intake in relation with attention deficit/hyperactivity disorder (ADHD): A systematic review and meta-analysis», *Clinical Nutrition ESPEN*, 36 (2020), pp. 28-35.

Una revisión y metaanálisis que compara patrones alimentarios (como la dieta mediterránea versus la occidental) en relación con los síntomas del TDAH.

Toribio-Mateas, Miguel A,; Bester, Adri, y Klimenko Natalia, «Impact of Plant-Based Meat Alternatives on the Gut Microbiota of Consumers: A Real-World Study», *Foods*, 10, 9 (2021), p. 2040.

Un ensayo clínico aleatorizado en el que, como investigador principal, tuve la oportunidad de comprobar cómo reemplazar carne animal con alternativas vegetales (incluso cuando éstas se perciben como ultraprocesadas) puede favorecer el equilibrio de la microbiota intestinal, incluyendo un aumento en la producción de butirato.

Turiaco, Fabrizio, *et al.*, «Attention Deficit Hyperactivity Disorder (ADHD) and polyphenols: A systematic review», *International Journal of Molecular Sciences*, 25, 3 (2024), p. 1536.

Analiza el potencial de los polifenoles (presentes en plantas coloridas, hierbas y especias) para beneficiar al cerebro con TDAH.

Vanzhula, Irina A., *et al.*, «Illness pathways between eating disorder and post-traumatic stress disorder symptoms: Understanding comorbidity with network analysis», *European Eating Disorders Review*, 27, 2 (2019), pp. 147-160.

Analiza cómo el trauma y las dificultades alimentarias pueden reforzarse mutuamente, ayudando a explicar por qué muchos TDAHeros lidian con ambos.