

ADHD/ADD Natural Remedy Report



**The ADHD/ADD Natural Remedy
Report - A safe, natural and
proven home remedy
to cure your ADHD & ADD.**

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INTRODUCTION

ADD (attention deficit disorder) and ADHD (attention deficit hyperactivity disorder) is a condition that affects between 3% – 7% of all school age children. Estimates regarding the number of people affected by this disorder vary. This variance has been attributed to the fact that health professionals are using different standards to diagnose the condition. Regardless of how many people are actually diagnosed, the more important point is that people are looking for answers to help them cope with this disorder.

Throughout this book, we'll look at each type of natural and alternative treatment in depth to provide you the information you need to decide if that's the best solution for you. Find out how to incorporate these treatments into your life and how to benefit the most from using them.

There are so many natural and alternative treatments to choose from that this book is meant to be a useful resource that strives to capture all that information in one concise place.

As a resource guide, it is intended to give you practical, step-by-step information that you'll need to fully utilize the natural remedies available. You'll find protocols on how to use these treatments for optimum results as well as reviews and case studies to help you determine if a specific remedy is right for you or your child.

As a prelude to the detailed information, you'll find a case presented for using natural or alternative remedies; it includes information on the general benefits and risks of using these kinds of treatment and you'll see that they are viable. We'll also talk about the use of stimulant and non-stimulant prescription drugs – the benefits, short and long-term risks and potential side effects.

Treatment requires a multi-part regimen. Not even prescription medication is a stand-alone treatment when it comes to ADD - ADHD. In fact, whether you decide to use prescription medications or natural/alternative remedies, you will still have to examine factors such as diet and nutrition, daily

exercise regimes and even behavioral counseling for the patient. We'll take a look at these aspects one by one.



These treatments still need to be discussed with your doctor. While they are considered “natural” and safe, the remedies can still react with food and other medication that you or your child may be taking. As a guideline, your health care practitioner should be involved in any decision you make regarding treatment options.

We hope you'll find this book to be an invaluable resource for those who have been diagnosed with ADD/ADHD and their families. We also hope you will find the treatment results you desire using these alternative remedies. Let's get started!

The Problems with Stimulant and Non-Stimulant Prescription Medications

About 20 years ago, only 500,000 people were diagnosed with ADHD. Today, that number has grown to over 7 million! Additionally, statistics have shown that about half a million people develop this disease every year; what's worse, approximately 30% - 70% of patients continue to show signs of having symptoms well into their adult years. Do these numbers accurately reflect what is going on in society?

Here's another piece of information that will rattle your brain — there are varying opinions on which objective tests to use concerning the diagnosis of ADD and ADHD. What's been found is that a misdiagnosis of the problem occurs quite frequently — more often than you'd like to think!



Many mental health practitioners are quick to prescribe stimulant medications as a means of treatment. There is a growing concern that prescription medication is turning patients into dependent users. In 2005, pharmaceutical abuse sent almost the same number of people to the emergency room as did cocaine and heroin. With that in mind, are prescription medicines the best form of treatment for you or your child?

Get informed about the risks of using prescribed medications. If you've already started using stimulant drugs, still take the time to read about alternative solutions because ADD/ADHD patients can remain on their prescription medications for years. What's also a reality is that no one knows what the long term effects are of using stimulant medications.

To get you started, here are some basic facts surrounding the use of prescription medications. Treatment of ADD and ADHD typically incorporates the use of prescribed stimulants. A list of typical medications follows.

- Adderall
- Concerta
- Daytrana
- Dexedrine
- Dextrostat
- Focalin
- Metadate
- Methylin
- Methylphenidate
- Ritalin
- Strattera
- Vyvanse

Prescription medication can certainly help in treating the ADD/ADHD disorder, but the reality is that drugs only represent a portion of the total cure. As you will see in this book, treatment extends into other areas such as nutrition

and diet, exercise, and home treatments including behavior management learned through counseling.

Stimulant medication may not be the right treatment for you at all. Side effects and other health risks can occur especially if the medication is used long term. On top of that, prescription medication usage may not significantly improve a patient's condition and the risks and side effects may far outweigh the benefits.

One study showed that long term usage (2 years) of stimulant medication retarded the growth of users by about 0.5 inches per year. No study was subsequently done to see if patients "caught up" in height once off the medication.

Ritalin was introduced over 40 years ago and has still not yet been studied long term. The average trial test for Ritalin was .3 weeks while, in reality, patients are using this drug for years; perhaps even decades. The Canadian Medical Association is concerned that, with Ritalin, the developing brain of a child may experience permanent neurological changes with long term usage. Additionally, there may be increased risk of addiction and drug abuse with long term usage.

Further, stimulant medications can contribute to heart-related problems. Responsible for sudden death in people with heart disease, these medications are also known to cause strokes and heart attacks. Patients on stimulants who suffer from heart defects, high blood pressure, heart rhythm irregularities and other problems will have to be monitored regularly since they are high risk users.

Stimulant medications are also known to contribute to psychiatric problems. Patients who have no history of such disorders can suddenly experience emotional swings like hostility, aggressive behavior, manic or depressive episodes, paranoia and psychotic symptoms such as hallucinations. People who are at the highest risk include those who have had a history (personal or familial) of suicide, depression or bipolar disorder.

Stimulant medications also typically have the following side effects.

- Nervousness
- Difficulty sleeping
- Loss of appetite
- Racing heartbeat
- Restlessness, agitation
- Irritability, mood swings
- Weight loss
- Headaches
- Upset stomach
- Nausea or dizziness
- Lack of spontaneity
- Social withdrawal
- Depression
- Tics

Patients should consider weighing the risks and side effects against the potential benefits before making the decision to use a prescription medication. Patients who educate themselves are better prepared to make the best decisions possible and understand the side effect symptoms and how to handle them.

These patients also understand that they may need to “step” into using the drug and be monitor to determine the effects. Then, when it’s time to stop using the medication, they may be tapered off slowly.

The General Benefits of Natural and Alternative Remedies



With all that said about prescription stimulants, it’s important to know that there are many milder natural and alternative remedies that can also serve as suitable means of treatment.

Therapy can include one or more of the following: a change in diet, vitamin and nutritional supplementation, exercise, behavior training and other miscellaneous therapies such as EEG biofeedback. Some of these treatments don't even involve ingestion (i.e. – massage, exercise, “green” therapy, etc.).



Natural remedies have been used throughout history. They have even been a precursor of today's modern medicine. Mostly seen as cultural healing practices, many of these remedies involve the use of naturally existing plants or materials as part of the treatment.

In fact, many natural remedies are items we should already be using as part of our daily diet. When one or more of these vitamins or minerals are missing (or our body does not produce enough) supplementation becomes necessary.

Rather than treating problems individually, the practitioners of natural medicine often take a look at the total lifestyle of a person and incorporate changes in diet, physical surroundings, emotional elements and physical exercise regimes. As they gain increased support from various types of professionals, many of the natural remedies have published clinical studies that demonstrate their ability to be suitable forms of treatment.

You can experience side effects while using alternative remedies that require ingestion, however, the resulting effects are considerably milder than those for amphetamines! For example, if you have a bad reaction with aromatherapy, you can experience relief within minutes by removing the aromatherapy substance.

If you take nutritional supplements, your body will either discard the excess or, within a few days, completely eliminate the substance from your body. You may also experience side effects and interactions with food items or have an allergic reaction to a natural substance you're using (it's rare, but it still does occur).

If you're concerned about taking something internally, there are still other alternative remedies that you can consider as a treatment for ADD/ADHD. One of the most widely used therapies is behavioral management. It works best when used in conjunction with other alternative treatments; however it is still a viable and highly recommended form of treatment on its own.



We'll look at still more therapies that do not include the ingestion of anything. EEG Biofeedback is quickly gaining notoriety for producing results. Massage has also been noted to provide muscular stimulation and relaxation. Other therapies, like acupuncture and meditation, will also be discussed in this book.

As with any treatment, it is recommended that you seek the counsel and care of your health care provider before deciding if natural and alternative therapies are right for you.

TREATING ADD/ADHD WITH NUTRITION

Nutrition and diet are thought to play an important role in the treatment of ADD and ADHD. There are several well-known theories that support the following statements.

1. Diets should be low in sugar and refined carbohydrates. They should also be high in quality protein.
2. Diets should have as much allergens and food additives removed as possible.
3. Diets should treat nutritional deficiencies with nutritional supplementation.
4. Patients should check if the source of their problem is heavy metal toxicity and diets should reflect reducing the toxic burden.
5. Diets should treat intestinal dysbiosis including pathogenic bacteria, candidiasis and parasites.

Is Your Child's ADD/ADHD Allergy Related?

ADD/ADHD is a condition that is often misdiagnosed in both kids and adults. How can something affect so many lives yet be so hard to diagnose? The reality is that there are no conclusive tests to determine its existence – no blood tests, CAT scans, x-rays or EKGs to demonstrate that the condition exists in the body. ADD/ADHD is a psychiatric diagnosis; not a physical one.

Since ADD/ADHD can easily be misdiagnosed, you might consider checking your child's diet first to see if their symptoms are occurring because their bodies are reacting to the foods they are eating. One of the



ways to test if your child's symptoms are due to food reactions is to eliminate potential problem ingredients from his or her diet for about two weeks; then slowly add them back in one by one.

How to Change Your or Your Child's Diet for Two Weeks:

- No dairy products – milk, cheese, ice cream. As an alternative, try almond milk or rice milk
- No yellow colored foods such as corn or squash
- No junk foods
- No fruit juices because the sugar content is too high. When reintroducing fruit juice into the diet, dilute it 50/50
- Reduce the amount of sugar your child consumes by 90%. If you can eliminate it completely, even better.
- Reduce the amount of chocolate by 90%
- No sugar substitutes
- No processed meats such as spam, hash, turkey, etc.
- No MSG (monosodium glutamate)
- Reduce the amount of fried foods by 90%
- Reduce the amount of consumed food coloring when possible
- Reduce the amount of fish due to the concern about mercury content

The idea is to detoxify your child's body (or your own) for two weeks. Eat all natural foods. Absolutely no processed foods are to be consumed during this time. Drink at least 8 glasses of water per day.

Once your body has gone through the detox period, put the above mentioned foods back into your or your child's diet. Add a new food every three to four days. When the food is added, consume a lot of it and watch to see if an allergic reaction takes place.

Here are some of the things you might find if an allergy is the cause:

- Red, blotches on the skin
- Explosive temper outbursts
- Lack of clarity in thought

- Extreme hyper-activity

Once you've found the foods you are potential allergic to, eliminate them from your diet. Most of the foods originally eliminated aren't healthy anyway.

The Kinds of Foods You Should be Eating



Every person diagnosed with ADD/ADHD should be eating the right foods, which are those that enhance brain performance. Especially if you're taking any kind of prescription medication or natural supplement, you'll want to make sure your body is in top condition. Here is a look at what a potential diet looks like.

The Basic Elements of the ADD/ADHD Diet

1. Protein

- Start off your day with a high protein, low carbohydrate meal.
- Cut cereal and milk since carbohydrates and sugar are bad for brain functioning.
- Serve 60% – 70% protein (i.e. – eggs, meats, protein supplement shake, protein powders) and 30% - 40% carbohydrates (i.e. – toast, muffins) during this meal
- Protein helps make neuro-transmitters. ADD/ADHD kids are protein deficient and this lack can impact their performance in school
- Protein stabilizes blood sugar levels which is related to their stress hormone levels

2. Drink Lots Of Water

- Fruit juices, bottled sodas and juices and teas do not count as water
- Many of them act as a diuretic and contain lots of high fructose corn syrup
- The brain is mostly water. Even 5% dehydration makes a significant negative impact on mental performance
- Replenish your body's supply of water by consuming at least 7 – 10 glasses of water each day



3. Multi-Vitamins & Mineral Supplements

- It's virtually impossible to get all the nutrients your body needs through diet alone.
- Supplementation is the only way to feed your body what it needs to function properly.
- Take a multi-vitamin and mineral supplement daily.
- Get a quality product from a reputable supplier.
- Use colloidal minerals or fully chelated minerals whenever possible.
- The Journal of the American Medical Association (JAMA) recommends that all adult Americans take vitamin and mineral supplements.
- Here are some of most common vitamins or nutrients that are lacking in the American diet:

- B vitamins
- Tyrosine
- Zinc
- Iron
- 5-HTP
- Calcium
- Magnesium
- DHA

4. Omega-3 Oils

Increase your intake of Omega oils. Use flax seed oil or primrose oils as part of your salad dressings and even in cooking. The serving size is about one spoonful a day.

5. Reduce Intake of Processed Foods

Eat lots of natural, unprocessed foods such as fruits and vegetables. Once cooked, the fruits and vegetables lose a lot of their nutrients in the process. As a



result, consumers don't get the full health benefits that these foods provide.

Limit the intake of sugar in your diet. Roller coaster sugar levels in the body prevent focus and also impact stress hormone levels in the body.

6. De-leading: Reduce your exposure to heavy metals

- Aluminum – can be found in aluminum can leaching especially with sodas
- Mercury – can be found in fish, dental fillings
- Copper – can be found in dental fillings and old water pipes
- Nickel – can be found in dental braces and with dental crowns
- Cadmium – can be found in dental fillings, cigarette smoke
- Other metals found in herbicides and pesticides

Besides having a proper nutritional diet, there are other ingested foods and liquids that can affect the symptoms of ADD/ADHD.

The Effects of Consuming Caffeine as a Form of Treatment on ADD/ADHD

The use of caffeine as a natural alternative to ADHD medication has been studied for years but the results are still inconclusive. The active part of caffeine is methylxanthine which is a mild stimulant. What caffeine does is it activates the release of dopamine (a neuro-transmitter in the brain) to facilitate motor control, better information processing and higher levels of focus. Caffeine also inhibits the blood flow in the brain much like the stimulant medication Ritalin.

Caffeine also has side effects that may not be helpful long-term. One of the most notable is the experiencing of headaches during withdraw. Other side effects include chemical dependence, an increased risk for heart attacks and hand tremors.

Therefore, caffeine's real benefit is as a replacement for the even riskier stimulant medication. Compared to those side effects, caffeine's seem minor.

The Effects of the Feingold Diet on ADD/ADHD

The Feingold diet has been around for over 30 years. Created by Dr. Benjamin Feingold, M.D., it is said that this diet is safer and cheaper than stimulant medications. Although it has gained a lot of notoriety there are questions about its true effectiveness as a long term solution.

In reality, this is not an easy diet to follow, certainly not to adhere to for the rest of your life! It is rigid and based on removing dyes and artificial colors, as well as sweeteners from one's diet.

Foods That Must Be Eliminated According To the Feingold Diet

Almonds	Currants	Tangerines
Apples	Grapes	Tea
Apricots	Raisins	Tomatoes
All berries	Nectarines	Aspirin
Cherries	Oranges	Medication
Cloves	Peaches	Wintergreen oil
Coffee	Pepper	Mint flavoring
Cucumber and pickles	Plums	

Foods that are allowed on the Feingold Diet are the following:

Bananas	Pineapple	Lettuce
Cantaloupe	Watermelon	Mushrooms
Dates	Bean sprouts	Onions
Grapefruit	Beans	Peas
Kiwis	Beets	Potatoes

Lemons	Broccoli	Spinach
Mangoes	Cabbage	Sweet corn
Papayas	Carrots	Zucchini
Pears	Cauliflower	

While following this diet may be effective, it is yet to be proven and, in general, there are other easier diet plans available that claim to have the same results.

Importantly, as a long term preventive for ADD/ADHD symptoms, critics say that the Feingold Diet would interfere with normal healthy child nutritional needs more than it would alleviate ADD/ADHD symptoms.

More than 10 studies have been performed and the results are still inconclusive. It is also important to keep in mind that diet or food restrictions are not a first line type of therapy or treatment option for ADHD.

The following chapter provides more in-depth information on using vitamins and supplements to aid in the treatment of ADD/ADHD.

TREATING ADD/ADHD WITH VITAMINS & SUPPLEMENTS

Vitamins and Supplements Make Up for the Brain's Deficiencies

The brain of a person with ADD or ADHD is different from a person who is considered normal. There has been research done which shows that areas of the brain are underdeveloped (smaller for the child's age as well as inactive) in children diagnosed with ADD/ADHD. Additionally, it was found that if brainwaves were measured, it would show that these areas of the brain were



asleep. These differences in brain activity are not a definitive test, but they have been shown to be very common among ADD/ADHD patients.

The proper levels of neurotransmitters in the brain are lacking in those diagnosed with ADD/ADHD. Neurotransmitters carry electrical impulses (which are messages to the brain) along a neuro-pathway. They are brain chemicals that serve to tell the central communication system (the brain) what to do.

If any of these electrical impulses or pathways is blocked, they don't reach the brain. In ADD/ADHD neurotransmission, the message *never* reaches the brain to tell the rest of the body or mind how to function. In the case of ADD/ADHD, these blockages often occur in areas that help us maintain our emotional state. As a result, irritability, explosive or uncontrollable behavior, an inability to focus, a short attention span and irrationality are just some of the emotional issues that can occur.

With this in mind, the thought behind using natural and alternative remedies is to make up for the shortages naturally. You can easily see that, with

this theory, you don't have to use prescription medication because most times their ingredients do not naturally occur in the body!

There are five neuro-chemicals that are lacking in people diagnosed with ADD/ADHD. It's important to note that neuro-transmitter deficiency is the main reason for inattention and lack of focus in ADD/ADHD patients.

Neuro-chemical

Effects on the Body or Mind

Dopamine	Causes feelings of being invincible. High levels of this chemical cause difficulty in focusing. Other issues that might happen include feelings of indifference towards love (i.e. – friends, family, pets, romantic love, etc.)
Serotonin	The level of this chemical decreases when norepinephrine is released. As a result, feelings of sleepiness and well-being are aroused.
Norepinephrine	Causes feelings of an adrenaline “rush”. Patients’ hearts beat faster. Their bodies experience more oxygenation. Through the release of norepinephrine, people experience “super-human” strength in times of crisis.
Opioids	Cause feelings of urgency. High levels of this brain chemical cause extreme happiness and a lack of feeling pain.

Gama amino
butyric acid (GABA)

When opioids are reduced due to stress or deficiency, GABA levels also decrease. This causes feelings of anxiety.

What follows is a listing and description of some of the most common and well-known (also successful) natural remedies for ADD/ADHD patients. Most of the vitamins and supplements are readily found at your local drugstore or supermarket; the specialized formulas however are only available online.

The Basic Dietary Supplements

B-Vitamins

B vitamins can help to form neuro-transmitters.

Common

Name

Chemical Name

Effect on the Body

Vitamin B6

Pyridoxal phosphate

Makes serotonin, dopamine and GABA neuro-chemicals

Vitamin B5

Calcium pantothenate

- Oxidizes fatty acids and carbohydrates for energy.
- Makes cholesterol, ketones, steroids, hormones, fatty acids, phospholipids and amino acids.
- Prevents depression

Take 50 – 100 mg daily. You cannot overdose on vitamin B because your body expels any extra resources. Additionally, B vitamins are good anti-stress supplements. If you are vegetarian, you should consider supplementing this with vitamin B12 (since it is only found naturally in animal products).

Major sources of vitamin B6:

- Cereal grains
- Legumes (beans)
- Vegetables (carrots, spinach, peas)
- Potatoes
- Milk
- Cheese
- Eggs
- Fish
- Liver
- Meat
- Flour

Vitamin B6 has been studied by the American Nutraceutical Association. Concerning ADHD, vitamin B6 was given a rating of “C” which means that there was unclear or conflicting scientific evidence. Additionally, as a form of treatment for depression, vitamin B6 was also given a rating of “C”.

Possible side effects include: Acne, allergic reactions, ataxia, breast soreness or enlargement, burning or pricking sensation, decreased folic acid levels in the blood, difficulty breathing in infants, drowsiness, headache, hypotonia in infants, loss of appetite, nausea, numbness, rosacea, seizures, sensitivity to light, skin reaction, stomach ache, and vomiting.

Major Sources of Vitamin B5:

- Liver
- Kidney
- Shell fish
- Chicken
- Legumes
- Yeast
- Eggs
- Milk

Vitamin B5 has been studied by the American Nutraceutical Association. Concerning ADHD, vitamin B5 was given a rating of “C” which means that there was unclear or conflicting scientific evidence. However, as a form of treatment for vitamin B5 deficiency, vitamin B5 was also given a rating of “A”.

Possible side effects include: Contact dermatitis, diarrhea, eczema, fluid around the heart and lungs, heartburn, longer bleeding times, nausea and skin irritation.

Calcium

Calcium helps to build bones, teeth and muscle tissue. It regulates the heart beat, muscle action, nerve function and even has a role in blood clotting. Calcium also produces a calming effect. Attention deficit disorder is one of the degenerative conditions that can occur when there is a lack of calcium in the body because it induces ADD/ADHD behavior.

Calcium deficiency is often marked by irritability, sleeplessness, anger and inattentiveness. Several symptoms are indicative of possible calcium deficiency; specifically, a nervous stomach, cramps, tingling in the arms and legs and pain in the joints.

Children can take 800 – 1000 mg daily. One thing to note is that calcium is not readily absorbed by the body. Magnesium and Vitamin D are needed to help with that process.

Major Sources of Calcium:

- Dairy products
- Dark, leafy greens
- Dried Beans

While calcium has been studied by the American Nutraceutical Association (ANA) with respect to ADHD, it was not specifically studied nor rated. However, as a form of treatment for calcium deficiency, the ANA has given calcium supplements a rating of “A”.

Possible side effects include: Increased pain, difficult intercourse, urinary leaks, increased menopausal complaints, worsening of vaginal atrophy.

5-HTP (Tryptophan)

One of the most essential amino acids that, interestingly, is **not** made by the body 5-HTP must be obtained from food or a supplement. It is a serotonin pre-cursor that regulates mood. It works by alleviating anxiety and depression.

Daily dosages typically include 50 – 100 mg with each meal (typically three meals).

5-HTP is the building block protein manufactured in the body. It fights stress, depression, insomnia and aids in weight control.

Research has also shown that 5-HTP aids neuro-transmitters that fight symptoms of ADD/ADHD.

5-HTP has been studied by the American Nutraceutical Association (ANA). Concerning psychiatric disorders, 5-HTP was given a rating of “C” (not specified for “psychiatric disorders”). However, as a form of treatment for depression, the ANA has given 5-HTP a rating of “B”.

Possible side effects include: Stomach discomfort, nausea, vomiting, diarrhea, anorexia, heart burn, gas, bloating, decreased carbohydrate intake, weight loss, sodium retention, lower blood pressure, pounding heart beats, slowing heart rate, feeling of euphoria, mania, decreased inhibitions, sleepiness, headache, restlessness, rapid speech, anxiety, difficulty sleeping, aggressiveness and agitation, altered moods, seizures, scleroderma, abnormal blood cell counts, eosinophilia-myalgia syndrome, hyperleptinemia and transient poor judgment.

Zinc

Zinc is really interesting because there have been a number of studies that show a strong correlation between it and fatty acids. The studies show that, in children who were diagnosed with symptoms of ADD/ADHD, both zinc and fatty acids levels were decreased in the body. Additionally researchers also found that zinc deficiency was associated with taking stimulant medication (i.e., Ritalin).

It is thought that yellow food dyes bind to zinc and prevent its absorption in the blood. A deficiency then typically creates an allergic reaction to those yellow dyes. Zinc also helps the growth of nails and hair and helps heal skin disorders.

Take 5 – 10 mg daily. Don't take more than 50 mg of zinc daily.

Zinc has been studied by the American Nutraceutical Association (ANA). Concerning ADHD, Zinc was given a rating of "B". This was by far the highest rating yet. A rating of "B" indicates that there was good scientific evidence for use.

Possible side effects include: Abdominal copper deficiency, cramping, diarrhea, interstitial nephritis, leucopenia, liver damage, microcytic anemia, nausea, neutropenia, tubular necrosis, reduced function of the immune system, respiratory infection, sideroblastic anemia and vomiting.

Taurine

Also known as 2-aminoethanesulfonic acid, taurine is another essential amino acid found in the tissues of many animals as well as in plants, fungi and

bacteria. Taurine is important in the body because it is responsible for stabilizing cell membranes in electrically active tissues like the brain and heart. Taurine also has a part in the functioning of the gall bladder, eyes and blood vessels. Moreover, taurine has some anti-oxidant and detoxifying properties.

In the body, taurine is found in the heart, olfactory bulb, central nervous system and brain. It is an inhibitory neuro-transmitter that functions in the same way as GABA and glycine. Taurine also has anticonvulsant and anti-anxiety properties.

Taurine has been studied by the American Nutraceutical Association (ANA), however concerning ADHD it was not studied nor rated. There were also no related conditions that were tested.

Possible side effects include: Death, decreased fecal fatty acid excretion, decreased serum carbamazepine concentrations, decreased urinary norepinephrine, decreased plasma epinephrine, drowsiness, enhanced secretion and conjugation of bile, increased absorption of fat, particularly saturated fat, reduced blood pressure, reduced platelet aggregation symptoms of mania, suppressed sympathetic nervous system.

L-Glutamine

L-Glutamine is the third most abundant amino acid in the brain and blood. It also provides a fuel source for the brain when blood sugar levels are low. Glutamine works as an inhibitory neuro-transmitter and is a pre-cursor of GABA.

One study completed by Dr. Roger Williams showed that children and adults who had been diagnosed with ADHD showed an improvement when taking 250 mg to 1000 mg of glutamine daily; the maximum dose is 3000 mg per day. Glutamine is an amino acid that helps with memory and concentration.

Interestingly, 75% of ADD children had blood test confirm that low levels of glutamine were present. There were impressive improvements in the patient's ability to learn, retain information, and recall information.

Tyrosine

Tyrosine is an amino acid that the body uses to make dopamine and norepinephrine (the neuro-transmitters we talked about earlier). Tyrosine supports mood by enhancing the production of these neuro-transmitters – it basically helps overcome depression.

The recommended dosage of tyrosine is 5,000 mg per day for children and up to 10,000 mg per day for adults.

Some studies show that children with ADD/ADHD have a decreased level of tyrosine in the body.

Tyrosine was not studied by the American Nutraceutical Association. There was another study done by Dr. Alan Gelenberg who theorized that the lack of available tyrosine in a specific location in the brain related to mood issues such as depression. In this study, children were given tyrosine supplementation and showed a significant improvement in mood stability as well as mental performance. In the study, children, teenagers and adults were given considerably lower dosages than the 5,000 to 10,000 mg recommended earlier.

Glycine

Glycine has the simplest structure of all amino acids that look like glucose. Glycine is sweet to the taste and can cover bitter and salty flavors. Pure glycine is water-soluble and readily passes through the blood-brain barrier. Earlier studies have shown that glycine has an important role in psychiatric disorders.

Glycine has been shown to calm aggression in children as well as adults. Anxiety-related messages are slowed from the limbic system to produce an overall calming effect and reduction in anxiety.

Glycine can be taken with other amino acids. A typical dosage for a child is about 500 mg to 2,000 mg daily.

Huperzine

Huperzine is an extract that comes from the Chinese club moss.

The recommended dosage of huperzine is one 50 mcg capsule taken twice per day, in the morning and in the evening. Huperzine has been shown to improve mental function and learning in adolescents. Affecting memory and learning, huperzine was studied in a clinical study that included junior middle school students. Half the students received a placebo while the other half received huperzine. The group of students receiving the huperzine showed tremendous improvement on standard memory tests and they also did not report any side effects.

Magnesium

One of the most needed elements in the body, studies show that magnesium is the most likely mineral to be deficient in the diet.

Here are just some of the things that a mild deficiency can cause:

- Noise sensitivity
- Nervousness
- Irritability
- Depression
- Confusion
- Twitching
- Trembling
- Apprehension
- Insomnia
- Muscle weakness
- Cramps in the toes, feet, legs or fingers

Studies also show that ADD/ADHD children are deficient in magnesium as well as zinc and iron. This deficiency is related to the hyperactivity symptoms that ADD/ADHD children display.

One of the functions of magnesium is to relax muscles. When a muscle is contracted, calcium is pumped into the muscle. When a muscle needs to relax, the calcium is pumped out and magnesium is pumped in. If there is a magnesium deficiency in the muscle cell, the cell is always contracted. This would show up as twitching, tenseness and irritability. A person may also suffer from muscle cramps. Severe cases can be associated with seizures and preclampsia.

Take 200 – 400 mg daily. Too much magnesium may cause diarrhea.

Magnesium was not studied by the American Nutraceutical Association. However, there were other studies performed that supported decreased hyperactivity in ADD/ADHD patients. In one study, children having ADD/ADHD were followed for six months. They were given 200 mg of magnesium to take per day. The results were a tremendous decrease in hyperactivity among the children.

Omega-3 Fatty Acids

The human brain requires basic nutritional elements in order to function at optimum performance. Omega-3 fatty acids are the building blocks of a healthy brain. They aid in the transmission of impulses from one brain cell to another and are located in the membrane at the nerve ending.

Of particular importance is an Omega-3 fatty acid called DHA (Docahexaenoic), which makes up for about 80% of the nerve endings.

During a shortage of DHA, your brain can substitute it with Omega-9 oil, but since that is only a substitution and does not make for optimum conditions, your brain will not function 100% properly.

Studies have shown that over 82% of children diagnosed with ADD/ADHD had reported deficiencies of DHA.

How to Get Your Daily Intake of Omega-3 and DHA

- Drink soy milk from “Silk” (the Plus formula includes protein)
- Eat fish (check source of the fish for mercury levels)

Take 100 – 500 mg DHA daily. Flax can be consumed as seeds, but they must be ground fresh everyday to ensure the potency. Use the ground seeds sprinkled on yogurt or anything that complements a “nutty” flavor.

Omega-3 fatty acids have been studied by the American Nutraceutical Association (ANA), however concerning ADHD these oils were not studied nor rated.

Possible side effects include: Abdominal bloating, acid reflux, blood in the urine, heart burn, indigestion, deficiency of vitamin E, diarrhea, formication (the sensation of ants crawling on the skin), gas, increased fibrinolysis, increased risk of bleeding, increased risk of colon cancer, increased risk of vitamin A or D toxicity, low blood pressure, mania, mild restlessness, skin rash, increased fasting blood glucose levels and stomach upset

DMAE

DMAE is a natural brain stimulant found in anchovies, sardines and other fish. Studies show that DMAE increases your levels of acetylcholine – a compound used in memory and learning functions of the brain. Studies have also shown that DMAE is effective at tempering mood and easing behavioral and learning problems.

One particular study showed kids exhibiting improvement in ten weeks. Yet another showed that kids did better in concentration and skill tests when they were taking DMAE. On top of that, there were no side effects (as there was when using prescription medication).

DMAE has not been tested by the American Nutraceutical Association.

Iron

Iron is important for cellular functions. It supplies energy for an enzyme called cytochrome so that mitochondria can bring oxygen and food into the cell to create energy. In order to create a lot of energy, your body needs to have a lot of iron, which is found in the “executive centers” of the brain.

What’s interesting to note is that growing kids need more iron than people who have stopped. Additionally, if there is a small iron deficiency, this can still affect the child’s capacity to learn as well as affect their behavior. The child doesn’t even need to be anemic for this to occur.

Iron was not studied by American Nutraceutical Association.

Acetyl-L Carnitine (ALC)

Acetyl-L Carnitine is made in the liver, kidney and brain and transported to other areas of the body. Supplementation of ALC may be necessary if there is a defect in its production, transport or conservation.

ALC has been studied by the American Nutraceutical Association (ANA). Concerning ADHD, ALC was given a rating of “C” which means that there was unclear scientific evidence for this use.

Possible side effects include: Abdominal discomfort, aggression, body odor, depression, diarrhea, euphoria, fatigue, fishy smell, stomach ache, heart burn, other gastrointestinal symptoms, insomnia, loose bowel movement, mania, nausea, nervousness, skin rash, transient hair loss and vomiting.

Lemonbalm

Lemonbalm has been used for its tranquilizing properties. It has been used for its anticancer properties too.

Lemonbalm has been studied by the American Nutraceutical Association (ANA). Concerning ADHD, lemonbalm was not studied or rated. However, as a

form of treatment for cognitive mental performance, the ANA has given calcium a rating of “C”. That means that there was unclear scientific evidence for its use.

Possible side effects include: Diarrhea, heart palpitations, increased eye pressure, nausea, reduced alertness, skin irritation, worsened herpes symptoms

Lavender



Known all over the world for its soothing and calming smell, lavender is found in a wide variety of ways. Oils from the plant are used in aromatherapy, baked goods, candles, cosmetics, detergents, jellies, massage oils, perfumes, powders, shampoo, soaps and teas.

Lavender has been studied by the American Nutraceutical Association (ANA) but has not been studied or rated specifically for ADHD. However related conditions were studied. As a form of treatment for anxiety, the ANA has given lavender a rating of “B” which means that there was good scientific evidence for its use. As a treatment for depression and preventive for deteriorating work performance, the ANA rated lavender with a “C” meaning there was unclear scientific evidence for this use.

Possible side effects include: Bleeding, anemia, changes in cholesterol levels, changes in skin pigmentation, chills after inhalation, fatigue, head ache, increased sensitivity to sunburn, anorexia, dermatitis, nausea, stomach upset, vomiting.

St. John’s Wort

St. John’s Wort has long been known for its use in the treatment of depression. A natural herb growing in many areas of North America, St. John’s Wort is also used in other ways as a medicinal plant.

St. John’s Wort has been studied by the American Nutraceutical Association (ANA) however, concerning ADHD, St. John’s Wort was not studied nor rated. There was however another related condition that was studied. As a form of treatment for depression (mild to moderate cases), the ANA has given St.

John's Wort a rating of "A" which means that there is strong scientific evidence for its use. As a treatment for anxiety disorder, depression (children) and obsessive-compulsive disorder (OCD), St. John's Wort was given a rating of "C" which means that there was unclear scientific evidence for this use.

Possible side effects include: anorexia, anxiety, bone marrow necrosis, burning sensation, constipation, diarrhea, dizziness, dry mouth, fatigue, flushing, hair loss on the scalp and eyebrow, head ache, heartburn, increased blood pressure and pulse, increased sweating, increased thyroid levels, insomnia, muscle cramping, numbness rash, restlessness, sedation, sensitivity to sunlight, serotonin syndrome, sexual dysfunction, skin reactions, stomach upset, swelling, tingling and nerve pain or damage, tremors, weakness and weight loss.

ADD/ADHD FORMULA SPECIFIC HERBAL REMEDIES

As we went through many of the ADD/ADHD Formula Specific Herbal Blends, we found that there were not too many valid clinical studies done. The results varied, with the products working for some but not for all.

With that being said, one of the premiere benefits of using herbal and other supplementation is that you or your child will not be exposed to the dangerous long-term results of using stimulant medications. When considering treatment it is important to remember that at no other time in history has the use of prescription medication been so prevalent and potentially long-term.

As a patient or as a parent of an ADD/ADHD diagnosed patient, keep looking for all natural alternatives to help you deal with this condition. The potential risks posed by prescription drugs (Ritalin and the like) are just too much to bear. You could essentially be saving your life or that of your child!



One of the things you're also probably seeing now is that herbal supplementation doesn't have the immediate effects that stimulant drugs do. While that may be true, it should not be your only deciding factor for, if your child is on natural supplements, they are not exposed to the risks that stimulant drugs represent to the body!

Everyone's body is different. How one child responds to an herbal blend may not mean that others will respond the same way. There are many blends out there that may work for your child. Here are a few guidelines on selecting the ones that are right for you.

1. Review the list of ingredients to see if your body is in need of those specific ones.
2. Next, review the recommended daily dosages along side the list of ingredients.
3. Whenever possible, review one or more clinical studies/trials for each remedy.
4. What does the FDA say about this product?
5. Review comments posted on line about the product, if any. What are people saying about the product?
6. Don't be swayed by advertising. Even though the sign says "miraculous treatment," that is no substitute for doing some research about this product. Any food item going into your or your child's body is worth doing some research on!
7. Speak with your physician before starting any new regimen.

Now, let's take a closer look at natural medicines...

Natural Medicines

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program. Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more. Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic

medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing. In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name. Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

In the treatment of ADD and ADHD, the following herbal and homeopathic remedies are often used as part of the treatment plan.

Natural Remedies for Children with ADD & ADHD

Recognizing the need for a healthier and more effective approach, without the side effects of the prescription drugs, we have found a company that has developed natural supplements for children with ADD / ADHD, including BrightSpark, Focus Formula and Brain Tonic - all 100% herbal remedies containing well researched ingredients and manufactured in therapeutic dosage according to the highest pharmaceutical standards.

BrightSpark – <http://www.treatADHDnaturally.com/brightspark>

BrightSpark is a safe, non-addictive, natural remedy for ADD that contains 100% homeopathic ingredients especially selected by our clinical psychologist. It was created to treat the symptoms of child ADD without the potentially dangerous side effects associated with many psychiatric drugs.

Many children with ADD are highly creative and intelligent individuals with a wonderful sense of humor. BrightSpark will keep you 'Bright and Sparky', while at the same time helping you to focus and pay attention, without the risk of addiction, drowsiness and other side effects.

Use BrightSpark to:

- * Relax and calm down
- * Be less impulsive
- * Listen more carefully
- * Follow instructions
- * Concentrate better
- * Be less distractible
- * Achieve better results at school

BrightSpark contains the following therapeutic herbs in convenient and fast-dissolving tablets:

Hyoscyamus (30C) has been known to help alleviate over-excitability, restlessness, and general disruptive behavior in those who are hard to control. (Lamont J. Homoeopathic treatment of attention deficit hyperactivity disorder; a controlled study. Br Homoeopath J. 1997;86:196-200.) Also provides general relief from sudden frenetic outbursts and involuntary twitching commonly experienced with tic disorders. Hyoscyamus can also be of benefit to people who have a tendency to foolish behavior, who may display facial grimaces, inappropriate behavior, and fidgeting hands.

Tuberculinum (30c) was traditionally used for allergy-related complaints, but can also be used to soothe irritability and for those with a flustered disposition. From a homeopathic point of view, Tuberculinum is best suited to people who long for constant stimulation and change, often accompanied by destructive anger, disillusionment, irritability, and a strong sense of discontent.

Arsen Iod (30c) is used to promote balance during temper outbursts, but can also assist in suppressing annoyance when confronted with trying and frustrating circumstances. This proven homeopathic remedy is often recommended for people who tend to be irritable and restless, or excitable and impatient with sudden outbursts. There is often a history of allergic reactions or hayfever.

Verta Alb (30C) can help bring about emotional stability and soothe the nerves during tumultuous inner struggles and conflict. Homeopaths often recommend Verat. alb. for hyperactive children, or those who tend to be critical and restless. A weak immune system is often found, as well as cravings for fruit and ice cream.

Focus Formula – <http://www.treatADHDnaturally.com/focus>

Focus Formula is a 100% safe, non-addictive alternative treatment for ADHD, without the risks and side effects of prescription psychiatric drugs.

Focus ADHD is a proven, complex herbal remedy, specially formulated by a practicing Clinical Psychologist to safely and effectively treat the symptoms of ADHD.

Too often, doctors and psychiatrists quickly prescribe powerful psychiatric drugs such as Ritalin, Concerta and Adderall to treat the symptoms of ADHD, subjecting ADHD sufferers to unnecessary risk and possibly devastating side effects.

In combination with a healthy lifestyle and diet which excludes excess sugar, stimulants, artificial preservatives and colorants, Focus Formula acts as a calmative remedy which can focus the mind and improve concentration.

Use Focus Formula to:

- * Reduce hyperactivity and restlessness
- * Calm, soothe and reduce mood swings
- * Improve concentration, memory and attention span
- * Improve alertness and mental focus
- * Calm over-active minds
- * Reduce impulsiveness and aggression

Focus Formula contains the following therapeutic biochemic tissue salts, especially selected for attention and focus, in convenient and fast-acting drop form:

Ginkgo Biloba is an extremely effective herb used in traditional Chinese Medicine and derived from one of the oldest trees on earth. Ginkgo biloba is native to the Far East and has been grown in temple gardens for thousands of years. Recent studies have indicated its effectiveness in maintaining the functioning of the healthy circulatory system, particularly in older patients with age-related memory loss and forgetfulness (Rai GS, Shovlin C, Wesnes KA. *Curr Med Res Opin* 1991;12[6]:350-355; Oken BS, Storzbach DM, Kaye JA. *Arch Neurol*. 1998;55:1409-1415; Le Bars PL, Kieser M, Itil KZ. *Dement Geriatr Cogn Disord*. 2000;11:230-237). Ginkgo biloba is one of the top selling herbal medicines in Europe and is in the top five of all prescriptions written in France and Germany. Active ingredients include flavone glycosides (including ginkgolide), bioflavins, sitosterol, lactones and anthocyanin.

Scutellaria laterifolia (also known as Skullcap) has been traditionally used to ease non-debilitating feelings of being overwhelmed. It helps to promote the natural equilibrium normally present in the mind and contributes to the maintenance of a healthy attitude and even keel. Active ingredients include flavonoids, tannins, bitter, volatile oil and minerals.

Matricaria recutita (also known as German chamomile) traditionally used to help relieve occasional simple nervous tension, this herb helps to gently soothe and lessen frustration caused by common every day overwork and fatigue. Active ingredients include volatile oil, flavonoids, valerianic acid, coumarins, tannins, salicylates and cyanogenic glycosides.

Centella asiatica (also known as Gotu cola) is found wild in moist areas throughout Africa and Asia, this herb is traditionally used as a tonic to support the healthy brain and nervous system, Centella asiatica is recommended to promote mental clarity, healthy memory and brain function and as a mood balancer. This medicinal herb is so highly respected in Ayurvedic medicine for its effect on the mind that it is even said to increase knowledge of Brahman - the supreme reality! Centella asiatica is also a favorite food of elephants and, as we all know, elephants never forget! Recent studies have suggested that Centella asiatica improves cerebral blood flow (CBF) and circulation in general (Pointel JP, Boccalon H, Cloarec M, Ledevhat C, Joubert M. *Angiology* 1987;38[1 Pt 1]:46-50), thereby allowing oxygen rich blood to penetrate deep into the brain. Studies have also suggested that this herb may be beneficial as a mood tonic (Bradwejn J, Zhou Y, Koszycki D, Shlik J. *J Clin Psychopharmacol*. 2000;20[6]:680-684).

Avina Sativa is a general tonic traditionally used in folk medicine as well as in modern herbalism, Avina sativa is invaluable in alleviating common nervous

irritability that can sometimes ruin your day. Active ingredients are saponins, flavonoids, minerals, alkaloids, steroidal compounds, Vitamins B1, B2, D, and E, carotene and wheat protein.

Urtica Urens is used both traditionally and in modern herbalism to maintain blood sugar levels already within the normal range. Urtica urens also helps to maintain the good disposition of the circulatory system in a healthy body. Active ingredients are histamine, formic acid, acetylcholine (important in maintaining healthy memory functioning), glucoquinones, minerals, Vitamins A, B and C and tannins.

Aspalathus linearis (also known as Rooibos) is indigenous to the Cedarberg Mountains of Cape Town, South Africa and is not found anywhere else in the world! It helps to maintain blood sugar levels (already within the normal range) as well as supporting healthy cardiovascular function. It has also been known to promote a relaxed feeling and balance common, daily mood fluctuations. Rooibos contains magnesium, zinc and iron which all assist in maintaining a healthy nervous system. Zinc and iron, in particular, support natural systemic balance in the brain, promoting standard consistency and normal functioning of the nervous system. Rooibos has strong calmative properties and is known in folk medicine to help soothe and rejuvenate common fatigue and everyday irritability. Rooibos may also be used as part of your diet to support a healthy immune system. Rooibos provides support for healthy liver function, thereby facilitating toxin removal and maintaining overall organ efficiency.

Triple Complex Brain Tonic - <http://www.treatADHDnaturally.com/brain>

Triple Complex Brain Tonic is the ideal choice for people with concentration and memory difficulties (including ADHD, ADD and Alzheimer's) as well as for those who are studying or under work stress.

Brain Tonic has a combination of three cellular-supporting tissue salts selected for their effect on brain and nervous system health, and aids in cognitive processes including concentration, memory, and attentiveness. It can be used regularly to promote systemic balance in the brain and nervous system, as well as in conjunction with other remedies to maintain therapeutic effectiveness.

Tissue salts are naturally occurring in the body and manufactured to ensure safe, yet optimum potency, they are safe to use for all ages, as well as during pregnancy.

Triple Complex Brain Tonic contains the following therapeutic biochemic tissue salts, especially selected for brain health, in convenient and quick-dissolving under-the-tongue tablet form:

Kalium phosphate (derived from potassium phosphate) is a biochemic tissue salt and is a natural component of all fluids in the body. It acts as a nerve nutrient, and is naturally present in all brain cells and nerve tissue. Kalium phosphate (also called Kali. phos.) can help reduce degeneration of body tissue due to aging. It is an excellent nerve tonic and natural calmative, helping to soothe nerves and lessen edginess. Kali. phos. supports a healthy brain and nervous system, and can help relieve occasional nervous tension in the body.

Natrium muriaticum (derived from sodium chloride) - Water is the medium by which nutrients and brain chemicals are transported from the blood into the cells and carried from cell to cell. The function of this tissue salt is to maintain the body's water balance by controlling the movement of water in and out of the cells. Natrium muriaticum (also called Nat. mur.) naturally and gently flushes the system while hydrating tissues.

Calcium Phosphate is a biochemic tissue salt that assists the body in creating new cells. Effective blood cell production is important to ensure good blood circulation. The cells in our body are continually dying and being replaced every day. As we grow older, it is important to keep cellular production happening as fast as cellular deterioration. Calcium phosphate (also called Calc. phos.) promotes nutritional health; it is a vital component for effective digestion, cell growth and energy levels. It is an excellent general tonic for people of all ages.

Note: Due to the special manufacturing process of tissue salts, natrium muriaticum should not be confused with salt, and may be safely used by people requiring low salt diets.

Natural Remedies for Adults with ADD

Recognizing the need for a healthier and more effective approach, without the side effects of the prescription drugs, we have found a company that has developed natural supplements for adult ADD / ADHD, including Focus ADDult, Brain Tonic and PureCalm - all 100% herbal remedies containing well researched ingredients and manufactured in therapeutic dosage according to the highest pharmaceutical standards.

Focus ADDult – <http://www.treatADHDnaturally.com/addult>

Focus ADDult is made for adults and teens who suffer from ADD. In the past, ADD sufferers only had one resort - prescription psycho-stimulant drugs with dangers of addiction and side effects. This company recognized the growing need for a safe and natural alternative and formulated Focus ADDult for Adult ADD

which uses a therapeutic blend of specific herbs from around the world to treat the symptoms of Adult ADD.

Focus ADDult can help the following symptoms:

- * Easily distracted by sounds and other things happening in the environment
- * Difficulty following instructions and completing tasks despite the desire
- * Forgetful and neglectful of chores and tasks
- * Difficulty concentrating and maintaining focus on the task at hand
- * Short attention span
- * Tendency to daydream
- * Often seems not to be listening
- * Forgets what has been studied very quickly
- * Often loses possessions or forgets appointments
- * Often loses track of time

Focus ADDult is a 100% safe, non-addictive, natural herbal remedy that has been used for many years to safely maintain and enhance brain function and systemic balance, without the side effects or sedation associated with other adult memory products.

Focus ADDult contains a selection of herbs known to help maintain motivation, concentration, memory, and optimum performance.

Focus ADDult contains the following therapeutic herbs in convenient and fast-acting drop format:

Centella asiatica (also known as Gotu cola) is found wild in moist areas throughout Africa and Asia. This herb is traditionally used as a tonic to support a healthy brain and nervous system. *Centella asiatica* is recommended to facilitate mental clarity, healthy brain function, and a generally balanced mood. *Centella asiatica* is also a favorite food of elephants and, as we all know, elephants never forget! Recent studies have suggested that *Centella asiatica* improves cerebral blood flow (CBF) and circulation in general (Pointel JP, Boccalon H, Cloarec M, Ledevhat C, Joubert M. *Angiology* 1987;38[1 Pt 1]:46-50), thereby allowing oxygen-rich blood to penetrate deep into the brain. Studies have also suggested that this herb may be beneficial as a mood tonic (Bradwejn J, Zhou Y, Koszycki D, Shlik J. *J Clin Psychopharmacol.* 2000;20[6]:680-684).

Rosmarinus officinalis (also known as Rosemary) was familiar to the ancients because it had a reputation for strengthening memory. Rosemary is well-known in modern herbalism as an all-around tonic and energizer. Like *Centella asiatica*, studies have also suggested that Rosemary can promote healthy cerebral blood flow (CBF) (Pointel JP, Boccalon H, Cloarec M, Ledevhat C, Joubert M. *Angiology* 1987;38[1 Pt 1]:46-50). In addition, recent laboratory analysis has found that Rosemary contains acetyl-cholinesterase inhibitors, chemicals that

prevent the breakdown of acetylcholine in the brain (al-Sereiti MR, Abu-Amer KM, Sen P. Pharmacology of rosemary [*Rosmarinus officinalis* Linn.] and its therapeutic potentials. *Indian J Exp Biol.* 1999;37[2]:124-130). Acetylcholine is a brain chemical which is involved in memory functioning, and deficiency in this chemical has been linked to serious mental diseases affecting memory.

Panax Ginseng (also known as Asian Ginseng) has been used in Chinese medicine for more than 5000 years. Regarded by the Chinese as the 'king' of herbs, it is one of the most prized and expensive Chinese herbs. A three-month study showed a significant increase in subjective "quality-of-life" scores among ginseng users (Marasco C, Vargas R, Salas V, Begona I. Double-blind study of a multivitamin complexes supplemented with ginseng extract. *Drugs Exp Clin Res.* 1996;22:323-329). Similarly, college-aged volunteers who took 100 mg of ginseng twice daily for 12 weeks experienced a statistical improvement in the speed at which they were able to perform mathematical calculations (D'Angelo R, Grimaldi M, Caravaggi M, et al. A double-blind, placebo-controlled clinical study on the effect of a standardized ginseng extract on psychomotor performance in healthy volunteers. *J Ethnopharmacol.* 1986;16:15-22). Soviet scientist, Dr. Brekham, identified it as a superior adaptogen, normalizing body functions, reducing stress and preventing disease (Brekham, I.I. *Eleutherococcus*. Leningrad: Nauka Publishing House. 1968). Further studies demonstrated that mice fed with Panax ginseng were able to learn tasks quicker, perform at a faster rate, and make fewer mistakes (Iljutjecok, R.J., Tjaplygina, S.R. "The Effect of a Preparation of *Eleutherococcus Senticosus* on Memory in Mice." The Dept. of Physiology, Academy of Sciences of the Soviet Union, Novosibirsk. 1978). Panax ginseng should not be confused with either Siberian ginseng (*Eleutherococcus senticosis*) or American ginseng (*Panax quinquefolius*).

Triple Complex Brain Tonic - <http://www.treatADHDnaturally.com/brain>

Triple Complex Brain Tonic is the ideal choice for people with concentration and memory difficulties (including ADHD, ADD and Alzheimer's) as well as for those who are studying or under work stress.

Brain Tonic has a combination of three cellular-supporting tissue salts selected for their effect on brain and nervous system health, and aids in cognitive processes including concentration, memory, and attentiveness. It can be used regularly to promote systemic balance in the brain and nervous system, as well as in conjunction with other remedies to maintain therapeutic effectiveness.

Tissue salts are naturally occurring in the body and manufactured to ensure safe, yet optimum potency, they are safe to use for all ages, as well as during pregnancy.

Triple Complex Brain Tonic contains the following therapeutic biochemic tissue salts, especially selected for brain health, in convenient and quick-dissolving under-the-tongue tablet form:

Kalium phosphate (derived from potassium phosphate) is a biochemic tissue salt and is a natural component of all fluids in the body. It acts as a nerve nutrient, and is naturally present in all brain cells and nerve tissue. Kalium phosphate (also called Kali. phos.) can help reduce degeneration of body tissue due to aging. It is an excellent nerve tonic and natural calmative, helping to soothe nerves and lessen edginess. Kali. phos. supports a healthy brain and nervous system, and can help relieve occasional nervous tension in the body.

Natrium muriaticum (derived from sodium chloride) - Water is the medium by which nutrients and brain chemicals are transported from the blood into the cells and carried from cell to cell. The function of this tissue salt is to maintain the body's water balance by controlling the movement of water in and out of the cells. Natrium muriaticum (also called Nat. mur.) naturally and gently flushes the system while hydrating tissues.

Calcium Phosphate is a biochemic tissue salt that assists the body in creating new cells. Effective blood cell production is important to ensure good blood circulation. The cells in our body are continually dying and being replaced every day. As we grow older, it is important to keep cellular production happening as fast as cellular deterioration. Calcium phosphate (also called Calc. phos.) promotes nutritional health; it is a vital component for effective digestion, cell growth and energy levels. It is an excellent general tonic for people of all ages.

Note: Due to the special manufacturing process of tissue salts, natrium muriaticum should not be confused with salt, and may be safely used by people requiring low salt diets.

PureCalm – <http://www.joyequation.com/purecalm>

PureCalm is a 100% safe, non-addictive herbal remedy that has been specially formulated by a Clinical Psychologist for adults and children to aid the nervous system in stress resistance for balanced moods and feelings of well being.

PureCalm combines the soothing properties of Melissa Officinalis, with those of Lavender and Passiflora Incarnata, bringing you relief from anxiety, stress, irritability and nervous tension. PureCalm can be used whenever necessary and is also useful in the treatment of shock. Just a few drops in a little water can bring almost instant relief!

PureCalm effectively treats:

- * Anxiety and nervousness
- * Stress and tension
- * Panic Attacks
- * Restlessness
- * Irritability

PureCalm can especially benefit those individuals needing support in overcoming worry, managing stress, and promoting inner calm related to certain situations. Natural stress relief products such as PureCalm can be used consistently, without side effects or compromising health.

PureCalm contains the following therapeutic herbs in convenient and fast-acting drop format:

Melissa officinalis (also known as Lemon balm) is prepared from the leaves of the lemon balm plant, which, when rubbed between fingers, release a tart and sweet smell, like lemons. This herb has been studied for its ability to reduce stress and facilitate relaxation. (Kennedy DO, Scholey AB, Tildesley NT, Perry EK, Wesnes KA. Attenuation of laboratory-induced stress in humans after acute administration of *Melissa officinalis* (Lemon Balm). *Psychosom Med.* 2004 Jul-Aug;66(4):607-13.)

Lavandula augustifolia (Lavender) is another well-known herb which has made its home in countries all over the world, including Europe and Africa and is also used in Arab medicine as an expectorant. Lavender contains the active ingredients tannins, coumarins, flavinoids, triterpenoids and volatile oil. It is best known for its calming properties and as a tonic to support the nervous system – having been shown to facilitate sleep and relaxation naturally. (Lewith GT, Godfrey AD, Prescott P, et al. A single-blinded, randomized pilot study evaluating the aroma of *lavandula augustifolia* as a treatment for mild insomnia. *J Altern Complement Med.* 2005;11:631-637).

Passiflora incarnata (also known as Passion Flower) according to folklore, was given its name because its corona resembles the crown of thorns worn by Jesus during the crucifixion. Traditional herbalists regard this herb as a natural calming remedy which acts as a safe, soothing and non-addictive general nerve tonic. In modern herbalism, *Passiflora incarnata* is known as a natural aid in reducing edginess and common stress and anxiety as well as alleviating discomfort from a nervous stomach. A recent study of 36 men and women with generalized anxiety disorder found that passion flower was effective in reducing worry and stress levels when compared to its conventional drug counterpart. (Akhondzadeh S, Naghavi HR, Vazirian M, Shayeganpour A, Rashidi H, Khani M. Passionflower in the treatment of generalized anxiety: a pilot double-blind randomized controlled trial with oxazepam. *J Clin Pharm Ther.* 2001;26(5):369-373.)

TREATING ADD/ADHD THROUGH EXERCISE

If you or your child has been diagnosed with ADD/ADHD, just know that exercise can do wonders for you! There are so many benefits for both your mind and body and, on top of that, you'll also feel good about yourself!

Regular exercise invigorates the body. It gets your blood pumping and is a great outlet for energy and aggression. Exercise gets your body working as you move around. If you find that you're feeling irritated or angry, try going for a walk or even a run around your neighborhood.

Regular exercise improves one's mental capacity. People become more alert and better able to concentrate. As your blood is pumping, neuro-transmitters start firing. As a result, feelings of depression and anxiety decrease.

But hands down, one of the best reasons to exercise is the fact that you'll look and feel better about yourself! People who exercise regularly are in general healthier and have a better outlook on life! Your body will flourish physically and your mind will flourish as well.

Studies have even shown that a regular exercise program can promote good behavior as well as brain growth. Here's why.

When your body moves vigorously (aerobic exercise), your heart starts to beat faster. Aerobic exercise is so critical because it increases the amount of dopamine, serotonin and norepinephrine in the brain. These are the exact same neuro-transmitters that help with emotional stability, focus, alertness and calmness.

As you would suspect, the lack of these neurotransmitters have the potential to cause depression, sleeplessness, mood swings, irritability, anxiety, stress, and attention span issues.

One other thing that regular exercise does is release endorphins. Endorphins help to increase happiness and pleasure as well as minimize pain. The harder your body works during a workout, the more benefits from endorphins it experiences. Again, this change depends upon how long, how fast and how hard the workout.

With this in mind, it's no wonder that studies demonstrate that exercise has a positive effect on negative emotional behaviors in the ADHD child. One study monitored children between the ages of 5 – 12. They were asked to exercise for 40 minutes five days per week. The exercise was intense.

What they found was that there was a significant improvement in behavior. What's also interesting is that the study was only for six weeks and changes were noticeable within 2 – 4 weeks of starting the exercise program.

Sample Exercise Program

One key factor in the success of the exercise program is the length and the intensity of the exercise being performed. As a result, it is recommended that the exercise be at least 30 minutes of activity daily with at least 20 minutes at a higher than normal type of movement.

Here are some activities that you can do. One thing you might also consider is doing the exercise together as a family. Not only will you be promoting your child's physical health, but you'll also uplift your child's self-esteem as well.



- Aerobics class
- Bicycling (more than 10 mph)
- Fast dancing (like on Dance Dance Revolution)
- Jogging / Running
- Jump roping
- Hiking
- Ice skating
- Skateboarding
- Skiing
- Sports activities – basketball, tennis, volleyball
- Swimming
- Washing the car
- Weight training

What Stress Does to the Body

Children and adults who have been diagnosed with ADD/ADHD essentially have a lot of stress hormones working in their bodies all day long! Most people start with high levels but then those levels subside towards the end of the day.

People who are diagnosed with ADD/ADHD stay at the high level all day; there is little change in the levels of cortisol and epinephrine. For this reason, people diagnosed with ADD/ADHD don't sleep well at night. Their hormone levels are too high when they should be down to almost nothing.

Choose the Right Kind of Exercise for You



The best kind of exercise is the one you actually do and do consistently! Part of staying motivated with the exercise program will be enjoying what you do. As a result, you'll want to choose a program that is right for you and your family. Here are some tips and guidelines to follow as you choose an exercise regime:

1. Vary your activities! On Monday and Wednesday, go bicycling. On Tuesday and Thursday, go to an aerobics class. On Friday, go for a brisk walk or jog around your neighborhood.
2. Schedule your activities. Plan and set aside time to exercise!
3. Do an activity that you can easily do. If you have to focus too much on how to do the activity, rather than actually doing it, you might have a problem.
4. Select an activity that you and your family enjoy. If you're going to do this as a family, then get them involved in deciding what you will all be doing!
5. Get an in-home exercise station (Nautilus equipment, Stair Master, etc.)
6. Monitor the progress of the activities selected. If they aren't performing as well as you would like them to, consider changing the activity.

TREATING ADD/ADHD WITH HOME REMEDIES

What Is Home Treatment?

Home treatment methods reduce ADHD symptoms in patients. Typical home treatment methods include assistance in understanding the ADHD condition, setting a daily routine and knowing how to use support systems.

Home treatment encompasses the entire family working together and may even incorporate teachers, friends, counselors and other resources. The person who has ADHD has a lot to deal with but so do parents, siblings and the other people in the patient's life.



As a parent of a child that has ADD/ADHD, there can be some days when it feels so overwhelming. Remember that you are there as a support for your child, who has a condition that he or she is learning to deal with in their own life. As a result, you cannot afford to quit or “lose it” because you know that it could set you back months of progress.

Maintain your own mental and physical strength by using these tips:

1. Know what your mind and body needs and take care of yourself. Depriving yourself of sleep or forsaking personal time will get you a fast ticket to “Tiredville”. You need to do things that keep yourself strengthened and renewed in energy.
2. Learn about ADHD. If you understand the condition and what your opportunities are with your own child, you will be better able to handle

what comes your way. How can you ask questions if you don't know what to ask? How can you really decide what's best for your child when you don't know what's out there as far as treatment goes?

3. Learn what behavior management is all about. Your ADD/ADHD child will need to learn how to get along with other people. They'll need to know simple things that most everyone takes for granted such as interacting with other people, responding to "no" and more.

The idea with learning is that if you know what behavior management is all about, then you can teach your child about it. You will understand why you need to establish consequences for misbehavior; at the same time, you'll be able to help your child understand why there are consequences in the first place.

Here are some tips to help you develop your child's needs:

1. Your child needs to develop a healthy self-esteem. Your child's behavior can affect the way they see themselves as well as the way they perceive others to see them. Help them have confidence in themselves and their abilities. Help them understand that they can and do make contributions to the family, to the class, to their school and more. Help them foster a sense of belonging in the family and with peers.
2. Your child needs to become a successful student. While ADHD presents an obstacle for children, the condition does not have to stop them from doing well in school entirely. Your child can still be a success in school.

Children with ADHD can develop properly, as peers with those their age. They can develop socially, again, with peers their age. They can also develop academically. The key is your encouragement, patience and understanding.

Your child needs to learn to accomplish tasks at home. Your child will learn how to heed to instructions and follow them until the task is completed.

He or she will learn what steps to take when they become distracted and they will learn new skills that will ensure that every task they have gets done. You are the right influence that your child needs. Your support, encouragement and creative thinking will give your child just what they need to learn this valuable skill.

Develop an ADHD Management System

ADHD brings many challenges. As you probably already know, these challenges create many new demands and expectations that require more than what just one type of treatment can provide. You will find that multiple treatment types will be necessary to successfully deal with ADHD. These may include changes to diet and nutrition, exercise, counseling and family therapy as well as other forms of treatment.

One of the hardest things to deal with concerning ADHD is how to deal with the problems that come up. Many people don't understand the needs of their child and as a result they place unrealistic expectations on the performance of your child. People may expect your child to sit still, pay attention or use self-control. You as the parent already know that's unrealistic for your child.

The ADHD management system you use will accomplish many things:

1. The system incorporates teaching others to have realistic expectations concerning your child's performance.
2. The system incorporates teaching your child to work with their skills and talents so they can still be effective despite ADHD.
3. The system controls the environment that your child is in. Actions and reactions are positive instead of negative.

How Counseling and Family Therapy Can Help



guess, family therapy involves the whole family. It integrates strategies and resources to help the family become a success as a core social unit.

Family therapy is unique for every family. The family's beliefs and values are taken into account as well as the personalities of individual family members to create a positive environment for the person with ADD/ADHD. As you might already

Family therapy is based on the following key principles.

1. A problem with one family member may signify a larger family problem. Just because one person has a problem doesn't mean that other people in the family may not be the cause. A system of finding out the root causes of issues is used to determine where the problem actually lies. For example, the problems shouldn't always be attributed to ADD or ADHD. Sometimes insecurities in other family members may be that actual stress causer.
2. A change in one person of the family affects everyone else. The whole group must be considered when looking for solutions to issues. How will the siblings be affected? How will the finances be affected? Are there any safety nets for the family to fall back on should an issue arise?

When your family goes through therapy, you will likely be connected specifically with a family therapist. This therapist serves in the following capacities:

1. The therapist will teach everyone about how families operate.
2. The therapist will focus on the entire family versus just focusing on the one who has ADD/ADHD.

3. The therapist will help the family identify issues and potential problems. He or she will also help the family work on finding ways to overcome those issues and potential problems.
4. The therapist will act as a support to family members so that they can effectively deal with the problems that arise.
5. The therapist will teach the family strategies to handle issues in a positive manner. They will also teach the family how each solution impacts the entire family.

What Can You Expect In Family Therapy?

Family therapy is very complex and there is no cookie cutter process to solve problems. Rest assured that the needs of each family member are taken into account when solutions are presented.

The basic understanding is that each family member adds value to the family unit as a whole. The strengths of the family as well as the strengths of individual members are used in problem solving. At the same time, there is also a general understanding that behavioral changes will need to be made.

Group and individual assignments may be given after each session. These will deal with implementing changes or solutions for the problems identified. Goals and a timeline for achieving them are set.

The number of sessions that your family will have to attend is dependent upon how well you progress, the severity of the issues at hand and each individual family member's willingness to be a part of the solution.

The family's progress is a lifetime journey. Once therapy is completed, the family will be left with the skills necessary to deal effectively with problems and create positive solutions. Families often find that they've learned about how families operate and also about themselves.

Who Uses Family Therapy?

The families that stand the most to gain from this type of therapy often have a condition that impacts the entire family. ADD and ADHD families are one such case. Family therapy works best when it is started before it is actually needed.

How Effective Is Family Therapy?

Therapy has been proven to be very effective in dealing with relationship issues and problems within the family. Like with anything though, you will get out of it what ever you put into it.

A well trained counselor is critical to the success of family therapy. Check this person's credentials. Also, do your own research on the solutions presented to make sure that your counselor is meeting all of your family's needs. It will also be important to maintain an open line of communication with your counselor to report any further problems you might have.

Keep in mind that problems may not really be solved if therapy is stopped too soon. Your solution process is a process. When the process is cut short, your family will not develop to the degree it would have had the therapy continued.

Unwilling participants hinder a family's progress. The idea of family therapy is based on assessing the family unit as a whole. If one member doesn't participate, then the root problems will have a harder time being addressed.

Everyone needs to work together as a family. The more open and honest individual members are with each other, the more effective the therapy will be. When everyone has the right attitude success as a family is inevitable.

Individual Counseling for ADHD Patients

Individual counseling can prove to be very helpful for ADHD patients. Your child will learn:

- A variety of techniques for successful living, such as how to take the time to stop and think.

- How to problem solve and limit or deter impulsive actions.
- How to monitor his or her own behavior so that they can have successful interactions with people all the time.

If your child is ADD/ADHD, then there are other things that will need to be learned. ADD/ADHD patients need to learn the following:

- How to finish their work
- How to limit impulsivity
- How to be polite
- How to follow rules
- How to focus on the right things
- How to obey their parents

Your goal is to find a counselor who will help your child learn these skills. They should also help your child implement these skills in the home and at school.

Behavior Management for ADHD Children

One thing that behavior management strives to accomplish is to increase appropriate behavior and decrease inappropriate behavior; it takes into account the process of an action. This process is outlined in the following way.

1. The environment is set for an action to take place. (antecedent)
2. There is a thought process that either promotes or prevents that an action from taking place.
3. There is a consequence for each action. (consequence)

Behavior management focuses on changing steps one and three of the above process so that the action changes. The



changes are typically done in a structured environment such as at school.

In school, rules and expectations are clear and consistent. Any consequences are made known in advance and, should any issues occur, they are dealt with immediately. There is a lot of praise and rewards for good behavior while any negative feedback is limited. The goal is to create an environment where good behavior is encouraged.

Behavior modification charts help to monitor the progress your child is making. They present a clear picture of the acceptable behaviors. The choice to meet those expectations is then left in the hands of the child, and then feedback is given to him or her directly, talking about the full experience, from making the choice through the resulting consequences.

There are two different charts that can be used in behavior modification.

- Token Economy – tokens are earned and can be redeemed for rewards
- Response Cost – tokens are given for free and negative behavior warrants giving the tokens back

The most effective behavioral modification programs use both charts. Tokens are awarded for good behavior and subtracted for inappropriate behaviors. Here are some things to include on your chart.

- List the problem behaviors
- Work on a core group of behaviors to change
- Create a reward system

If you must correct your child, do it gently. ADHD children need motivation and positive reinforcement. If punishment is necessary, be gentle because you are essentially trying to teach your children to change their behaviors. Practice do as I do as well as I say. If the parents have inappropriate behaviors, what does that say to the children?

Use a “time-out” to manage problematic behaviors. When a child gets out of control, they need time to regain it. The time-out location should be a predetermined place away from all the activity; it should be a quiet place, but not a traumatizing one.

One important thing to note is that a time-out means that your child is no longer in control of where he or she would like to be or how long they would like to be there. It is recommended that preschoolers are given 2 – 3 minutes in time-out. For toddlers, the time is shorter – 30 seconds to one minute.

Behavior Management for Age 5 and Younger

- Develop a consistent routine in terms of your time spent with your child. If something should change, prepare your child mentally and give them time to absorb the information.
- Create clear expectations. Develop boundaries as well as instructions and consequences before any actions take place.
- Develop a relevant reward system. The reward should be something your child really likes.
- Develop your child’s critical thinking skills. Engage them in mind-building activities such as reading a story. Your participation will make all the difference.
- Help your child build structure. Using a timer sets an expectation for what’s required and a limit on the amount of time spent.



Behavior Management for Age 6 – 12

- Behavior begets behavior. Be a role model and set a good example for your child.

- Give clear instructions for tasks you want performed. Break down the steps into bits that are easier to handle. As children get more proficient in managing their behavior, the steps and tasks can become more complex.
- Reward good behavior. Reward for work completed as well. Have a defined rewards system so that the child knows what they can expect from you.
- Be sensitive to your child's sensitivity. As they get older they will become more sensitive regarding how other people view them (especially peers). You may find that they get overly dramatic when corrected in front of a lot of people. Pull your child aside to discuss issues.
- Talk regularly with your child's teachers and counselors. Get feedback and discuss behavioral issues so that they can be dealt with appropriately and timely.

Behavior Management for Teens



- Set expectations, rewards and consequences.
- Build and recognize the development of your child's self-esteem.
- Be sensitive regarding physical and sexual maturation of your child.
- Talk regularly with your child's teachers and counselors. Get feedback and discuss behavioral issues so that they can be dealt with appropriately and in a timely manner.
- Be consistent with delivering consequences.

- Be a role model for your child.
- Get the help you need when things get to be overwhelming.

Behavioral therapy can be a successful treatment. In family therapy, if all members are willing participants who are focused on the solution rather than on the problem, you will have success.

In counseling, working individually, i.e. one-on-one, teaches yet another aspect of behavior to your child. In behavior management, you and your child will be working together with a specialized therapist and/or counselor to train your child how to manage their behavior. It will be a long learning process and your patience and consistency are key to your child's success.

TREATING ADD/ADHD WITH OTHER REMEDIES

There are still other remedies available in addition to the ones we've already discussed. Again, one thing to keep in mind is that certain remedies may work for some people while be totally unsuccessful or undoable for others. It is also important to check with your doctor before starting any health regimen.

EEG Biofeedback

EEG Biofeedback is a form of treatment for ADD/ADHD patients. Here the patient learns to monitor his or her own brain wave activity so that they can learn to change it later on. This process essentially trains patients to control their brain wave activities.

EEG Biofeedback has been studied for many years. Studies have shown that this form of treatment works for approximately 70% – 75% of children. Success is determined by the severity of the problem, whether children have average to high IQ levels, motivation levels and the number of times treatment is completed.

EEG Biofeedback training is costly. Treatment sessions can cost anywhere from \$50 to \$150 per session. An EEG Biofeedback patient would attend two to four treatment session each week. In total, a patient would need about 25 – 40 sessions in total.

Studies indicate that EEG Biofeedback shows promising results. Families who had children diagnosed with ADHD were able to select neurofeedback training as part of their regime. (They did have to pay for their own treatment and the study lasted about 12 months.)

Each training session lasted 30 – 40 minutes and was expected to continue until the patient no longer showed signs of having bad brain wave activity (average number of sessions was 43). What they found was that patients

who opted for neurofeedback training performed substantially better than those who did not opt for this type of training.

More studies were performed. EEG Biofeedback is well studied in clinical trial settings. Published results can be found in the [Journal of Clinical Psychology](#), [Journal of Child Healthcare](#) and [Journal of Neurofeedback](#).

One thing to keep in mind with this form of treatment is that your child should have the right attitude – want to be a willing and active participant in this form of treatment.

Green Environment Treatment

Green environmental treatment means just spending time outdoors. One study claims to show that there are positive effects for ADHD patients who spend time outdoors. The study followed patients between the ages of 5 – 18, and reported a dramatic reduction of ADHD symptoms.

So, how much time does a person really need to spend? In the study, outdoor time included after school and weekend activities. Activities were held in a variety of locations including indoors, parking lots, back yards and parks.

Phone interviews were conducted to poll results. The findings were significant, indicating reduction in the impact of symptoms. Spending time outside is relaxing for just about anyone and it's no surprise to find these results.

Relaxing outdoors can easily supplement other ADHD treatments. Even somewhere as simple as a tree lined street can provide some relief for ADHD patients. A walk in the park can do wonders for both you and your child.

Laser acupuncture

Acupuncture is another complementary therapy for children diagnosed with ADHD. Acupuncture is a popular form of treatment for many ailments, but one of the problems with this type of treatment is that it is not well studied in clinical trials. Although the one existing study indicates that there is a possibility

that positive effects can happen, there still needs to be more trials with more children to validate the claim.

That one study included seven children (ages 4 – 9). Ear points were selected as the areas to be stimulated (since this could easily be done using non-invasive devices). Acupuncture beads were placed on each child's ear and massaged for 30 seconds three times daily. Three of the seven children studied showed a significant improvement while a fourth child also reported having improvement but charts could not validate this claim.

It is also important to keep in mind that acupuncture is a complementary therapy. Its effectiveness may be impacted by the other forms of treatment you decide to use for your child.

Vestibular stimulation

Vestibular stimulation can play a role in hyperactivity and poor attention.

This form of treatment deals with the vestibular system (located in the inner ear). When it is functioning properly a person can experience a calm and alert state of well being. However, when it does not, it can lead to hyperactivity and distractedness because it cannot provide the brain with the needed amount of sensory stimulation.

With that in mind, people diagnosed with ADD can benefit from auditory stimulation, otherwise known as “listening training”. There was a clear distinction made between listening and hearing. Hearing is just the ability to receive a sound message in your brain. Listening is processing that hearing to tune into desired stimuli while filtering out unwanted stimuli.

Individuals with ADD are essentially unable to process the vast amounts of stimuli they receive. With vestibular stimulation training the patient is provided with activities that help develop the skill of “listening”.

Users of the system are reportedly having great results. Improvements in paying attention and focusing are being seen and families report dramatic improvement in their family life. In testimony, a family pointed out that it used to take two hours just to get ready for school because of ADD but, with vestibular stimulation, that is just not the case. On top of that, the parents aren't fighting with the children over homework anymore.

Massage



Massage therapy is also known as bodywork treatment. The nervous system has two parts – the somatic and the autonomic systems. Massage therapy can play a role in ADHD treatment because it helps to induce relaxation in the autonomic nervous system, which regulates involuntary actions such as breathing, heart rate and blood vessel dilation

One study showed that there was an improved short-term emotional condition. Students ages 7 – 18 received massage therapy for 20 minutes twice per week over the course of one month.

Here are some of the massage techniques that can be used to initiate relaxation.

- Swedish massage – effleurage and slow stroking movements produce a relaxing effect

Avoid massage therapies that incorporate fast and firm strokes. The idea is to induce relaxation in the body and mind.

- Cranial-sacral therapy – frees restrictions that contribute to ADHD and induces relaxation.
- Myofascial release – bypasses the muscles by focusing on the entire system; frees any restriction that inhibits energy flow; leads to tension release.
- Watsu – performed in a warm water pool; creates a deeply relaxing environment.

One of the considerations with massage therapy is the cost which can be anywhere from \$45 - \$150 per 50 minute session. Although using this method can therefore be costly, it is important to keep in mind that massages do induce

relaxation in anyone. A good masseuse can create a calming and peaceful environment as well as providing further relaxation through their massage techniques.

Meditation

Meditation has long been used to support emotional balance. There is scientific research that shows meditation affects the brain and body. It also promotes a healthy, balanced lifestyle.

Mediation can alleviate the stress which causes tension, anxiety and a lack of focus. Meditation helps by improving overall circulation, slows the heart rate and breathing rate. In doing so, the levels of stress hormones in the body decline and feelings of calmness are evoked. Meditation has also been used to alleviate anxiety, depression and sleeplessness.

Concerning ADD/ADHD, regular meditation heightens mental alertness and produces brain wave patterns that are commonly associated with feelings of calmness.

CONCLUSION

As you can see, there are so many options available that don't involve stimulant drugs. While they work quickly, stimulant drugs are only successful for about 80% of users. On top of that, the long term effects have not been studied. Just think of it this way – if you subjected your body to a chemical drug over the period of several years, don't you think there would be some impact to the body?

Treat ADD/ADHD with nutrition. A healthy diet promotes the proper functioning of your body. Eating the right foods, cutting the fats and sugars is not only good for ADD/ADHD patients, but it is also good for everyone to do!

Treat ADD/ADHD with vitamins and supplements. If there are any deficiencies, these are made up with supplementation. A multi-vitamin is very critical to ensure that your body has the nutrients it needs. Other supplements have also been known to improve the ADD/ADHD condition.

Treat ADD/ADHD with exercise. Exercise invigorates the body. It makes us feel great when we do it as it helps to relieve stress. Regular exercise as a family activity can also help strengthen relationships. It's not only good for the person diagnosed with ADD/ADHD; it's also good for the entire family.

Treat ADD/ADHD with home therapies. Comprised of family therapy, counseling and behavioral management, home treatment is a necessary component of your ADD/ADHD therapeutic plan. It often involves the entire family as well as teachers, counselors and, potentially, peers.

Treat ADD/ADHD with other remedies. EEG Biofeedback and spending time outdoors appears to be the most promising off all therapies in this section.

While all of the therapies in this section have implied benefits, part of the problem is the difficulty associated with getting an ADD/ADHD child to sit still

long enough to participate in the therapy. They may, however, be more helpful once the child already has an established treatment program that is working. Massage and meditation can enhance the progress that has already been made.