

## **Natural Treatments for ADD & Hyperactivity**

One child out of every five suffers from varying degrees of behavior problems. There is an explosion of disorders in school-age children today involving learning difficulties in otherwise intelligent children. A.D.D. is quickly becoming one of the most common health disorders today and is increasing each year. It may affect up to 20% of the children now in the American school system and is the leading cause of school failure. Millions of children are being diagnosed with A.D.D. This condition often continues into adolescence and adulthood causing a lifetime of frustrated dreams and emotional pain.

### **Overcoming ADD**

My book is a natural health guide focusing on how to overcome the related behavioral problems of A.D.D. and hyperactivity. I try to point to the many causes of these disorders, including nutritional, environmental and physiological factors, and outline how and why these problems are often misdiagnosed. There is specific, technical information pertinent to the causes, symptoms, and natural treatments of A.D.D. and hyperactivity, as well as a guideline for parents and teachers to follow when dealing with children.

### **What Is Attention Deficit Disorder?**

Can you imagine living in a fast-moving kaleidoscope, where sounds, images, and thoughts are constantly shifting? Boredom becomes a common occurrence. Your mind wanders so much that you have trouble completing tasks. Even unimportant sounds and sights distract you. Your mind moves from one thought or activity to the next. You have so many thoughts going on in your head that you don't notice someone is speaking to you.

For many children, this is what it's like to have Attention Deficit Disorder (A.D.D.). They may be unable to sit still, finish tasks, or be fully aware of what's going on around them. They seem to exist in a whirlwind of disorganized or frenzied activity. Sometimes they seem fine. This can make others think they have control over these behaviors. It can affect the child's relationships with other people and is very disruptive to their daily life. The ones that are also hyperactive are not only extremely active, but disruptive, particularly in the age range of elementary school children.

Any parent would be distressed to receive a note from school saying that their child "won't listen to the teacher" or "causes trouble in class." Problems become evident at school when the child has to maintain attention for long periods of time. Their impulsive behavior and inability to pay proper attention interferes with learning. Teachers, parents, and friends know that the child is "misbehaving," but they might not be able to tell exactly what is wrong.

A.D.D. is not a specific learning disability. Children have difficulty performing in school due to poor organization, being impulsive, and inattention. They are not unable to learn, but simply unavailable to learn. These children do not routinely show signs of serious emotional disturbance, but may develop problems with low self-esteem if not properly treated. By the time they become adolescence, they often appear to be less hyperactive, but may still have many of the symptoms of A.D.D. Because of their poor learning skills and under-developed social skills, they continue to do poorly in school.

### **How Many Children Have A.D.D.?**

One child out of every five suffers from varying degrees of behavior problems. There is an explosion of disorders in school-age children today involving learning difficulties in otherwise intelligent children. A.D.D. is quickly becoming one of the most common health disorders today and is increasing each year. It may affect up to 20% of the children now in the American school system and is the leading cause of school failure. Millions of children are being diagnosed with A.D.D. This condition often continues into adolescence and adulthood causing a lifetime of frustrated dreams and emotional pain. Twenty to thirty percent of the children diagnosed with A.D.D. also have other learning disabilities, and 30% have delayed motor skill development.

### **Piece Together A Profile Of The Child's Behavior:**

\* Which Attention Deficit Disorder type behaviors does your child have?

- \* How often has your child had these undesirable behaviors?
- \* In what situations?
- \* How old was the child when the problem started?
- \* Are the behaviors seriously interfering with the child's friendships, school activities, or home life?
- \* Does the child have any other related problems?

#### **Can Other Disorders Accompany A.D.D.?**

There are usually other problems present, along with A.D.D. Many children also have specific learning disabilities. That means they have trouble mastering language or certain academic skills, typically reading and math. A.D.D. is not in itself a specific learning disability, but it can interfere with concentration and attention. This makes it even harder for a child to do well in school. At some point, many children with A.D.D. experience other emotional disorders. They feel anxious, worried, tense, or uneasy. This can affect the child's thinking and behavior. Some children experience depression. Depression can disrupt sleep, appetite, and the ability to think.

#### **Can A.D.D. Be Outgrown Or Cured?**

Without finding the underlying cause of the symptoms, most people don't outgrow A.D.D. They just learn to adapt. Half of all children with A.D.D. still show signs of the problem into adulthood. Children with A.D.D. can usually develop normally with a treatment plan that includes: a proper diet, nutritional balance, a decrease in the total toxic load to the body, correcting any hearing and visual problems, treating any metabolic conditions, along with new training skills and emotional support. If children can develop certain skills, they can achieve personal goals. They may need to channel their excess energy into sports and other highly energetic activities. It is important to identify options that build on their strengths and abilities.

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