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Treating ADD/ADHD in a holistic or alternative manner is often beneficial for children and or adults. Optimizing and balancing the nervous, organ and energetic systems allows children's bodies and minds to function more cohesively. Research has shown there are advantages to treating ADD/ADHD holistically and the benefits are numerous. Effective treatments include *cognitive therapy, diet modification, chi machine, cranial sacral, exercise, and aromatherapy* to holistically treat children's ADD/ADHD. Below are a techniques and holistic treatments for ADD/ADHD. Combined with parental involvement these have been proven beneficial.

Focus and Concentration:

Filter out other noises – TV, radio, siblings, it is helpful to have quiet and little distractions while working on a project, reading and or homework.

Decreasing video games. Too much nervous system stimulation which creates an over activity within the brain – an over stimulation of brain activity.

Increase circulation to back of the brain through – cranial sacral and or-myo release of head and neck, exercise, Cerebro PTC,-naturalnutraceutical by Dr. Gail Kopin DrGailND@alternativehealthassoc.com essential fatty acids/fish, flax seed. One can naturally increase blood flow to cerebellum which exercise, the chi tens machine, aroma-therapy- peppermint and lemongrass medicinal – a natural stimulation. This may be an alternative helpful vs. Ritalin, Concerta.

Behavioral Therapy This form of therapy is the number one alternative to medication. The approach requires an experienced therapist who can teach specific techniques to children and parents, such as

setting goals and **providing rewards and consequences**. For example, a parent sets a goal for the child to have homework finished by dinner time; if the child meets the goal they are rewarded with their favorite dinner. Behavioral therapy, combined with parents' dedication to help, improves the child's symptoms and provides them with a healthy communication platform to discuss their feelings.

Focus Energy Constructively When a child with ADD/ADHD **focuses their energy constructively, it increases attention span and helps the child remain calm while releasing excess energy**. Enroll children in an *athletic* or dance class or provide them with activities such as *playing outside*. This provides the opportunity to release their energy in a positive way and not become negatively distracted.

Educational games such as **Memory or Minesweeper computer game** can also be helpful in increasing memorization skills and help children learn to focus.

Proper Nutrition – Whole food balance is essential. A proper diet for a child who displays ADD/ADHD symptoms will support the growth of the child, stabilize their energy and provide a healthier, more focused mind. Essential key nutrients are **Omega's – Fish Oils**, vitamin **B**, calcium and magnesium, and can be attained in nutrient rich foods and supplements. Seeking the advice of a professional in the beginning is important. Dr. Lee advises parents with children who display symptoms of ADD/ADHD **to avoid foods that are high in carbohydrates, sucrose- sugars** to reduce hyperactivity and increase memory and focus. Most importantly avoiding **exitoxins** food additives, flavorings, sugars, sugar substitutes, and natural colorings or flavorings. For these can be common to over excite the brain.

TEST BEFORE YOU GUESS: We at Alternative Health can provide a bio chemistry analysis and doctor's report for \$ 250.00 with customized recommendations and individualized supplement list. **Email:** DrGailND@alternativehealthassoc.com for inquiring about ordering a simple hair-tissue accurate and safe test in which we can send you and provide on-line and with an online application and intake information with electronic information. Test includes: nutrition, proper suggested individualized dietary, sensitivities, endocrine activity, heavy metal testing, lead, mercury, arsenic, etc.

TEST ALLERGEN TEST OR SENSITIVITIES to chemicals, foods, and or food additives. **Email:** DrGailND@alternativehealthassoc.com or Cheryl@alternativehealthassoc.com for ordering a test.

Eating organic and whole foods a must! Reducing the amount of toxins, steroids, glutes, pesticides, food additives and colorings are a must when dealing with ADD and ADHD.

