

Dr. Gail A. Kopin N.D.

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Kids and ADD/ADHD

DID YOU KNOW?

Removing Pesky Ticks:

A tick's secretions can cause dangerous infections and transmit a wide range of poisonous microbes. **Oil of oregano** is an ideal antiseptic for destroying ticks outright while sterilizing the bite.

If the tick is still attached, saturate a cotton ball with **oil of oregano and peppermint oil**, covering the tick completely; it should die within minutes. If possible, seek medical aid in removing the tick—or, if you are certain the tick is dead, remove it yourself with tweezers. Be sure no remnants of the tick remain.

Take a few drops of oil of oregano under the tongue, twice daily and consume a few drops internally for at least one week in order to prevent any tick-borne microbes from gaining a foothold. Additionally, rub the oil on the spine once daily. Sometimes, tetracycline therapy may be necessary. If you develop any unusual symptoms within a month (or a tick bite that looks like a bullseye), seek medical attention immediately.

Why are so many kids today being diagnosed with ADD or ADHD? The National Institute for Mental Health estimates that over 2 million children in the U.S. have ADD or ADHD. In my opinion, children's susceptibility to ADD/ADHD symptoms relates to many of the problems present in today's society. In fact, a wide range of environmental and societal factors can affect children's growing bodies and developing brains. Some leading contributors to ADD/ADHD symptoms may include:

Heavy Metals: Mercury, lead, arsenic, uranium and cadmium can affect children's immune systems, central nervous systems, neuromuscular and skeletal systems, as well as urinary and skin health.

Poor Food Choices: Fast foods, processed foods, sugar, soda, and high-carb diets contain chemically engineered ingredients that are easily absorbed by children, flooding their brain and organs with too many chemicals. As a result, the body becomes over-excited, over-stimulated and/or responds poorly.

Lack of Minerals: Diets lacking the proper balance of fruits, vegetables and proteins result in nutritionally starved kids with mineral deficiencies or a mineral imbalance.

Over-stimulation of the brain through TV, computers, video games, etc.

A lack of structure and/or rules within the home.

Food Sensitivity: Food allergies or sensitivities can cause inflammation, blood sugar fluctuations that correlate to mood swings and hyperactivity.

Lack of Exercise: Exercise stimulates circulation to the cerebrum, releasing positive endorphins to elevate mood.

Common medical treatments include the administration of powerful drugs such as Ritalin, Concerta and Focalin. But children are not deficient or missing these chemicals in their brains and bodies. These drugs may cause other side effects and unpredictable future problems. The real question to ask is: **What is my child missing physically? WHAT IS THE ROOT CAUSE OF THE PROBLEM?**

Alternative drug-free treatment and analysis is recommended to find the root and the cause of ADD/ADHD versus treating the symptoms. We offer a **Bio Chemistry Analysis** that reveals a child's nutrition, minerals, toxins, metabolism, and endocrine health in order to help determine what the child should eat and what supplements may be needed. The analysis is non-invasive and only requires a hair and finger nail sample during a two-hour Naturopathic consultation, which also explores an individual's emotional, mental, physical and spiritual health. Following the assessment, Dr. Kopin evaluates and interprets the test, giving you a full report of her findings and recommendations, including a program of suggested natural remedies and therapies.

Initial Consultation & Lab (2 Hours)

Reading of the Test Results/Interpretation (1.5-2 Hours)

Doctor's Written Report (3-5 Hours)

Approximately 4-6 appointments may be necessary in a twelve month period.

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WE TREAT THE WHOLE PERSON USING NATURAL SUBSTANCES TO BUILD HEALTH...

...AND OPTIMIZE THE BODY'S ABILITY TO HEAL AND MAINTAIN HEALTH BY DETERMINING THE ROOT CAUSE OF DISEASE RATHER THAN FOCUSING UPON THE TREATMENT OF SPECIFIC DISEASE SYMPTOMS.

Hours by appointment
Monday-Thursday

Please call
(847)955-0080
to schedule an
appointment today.



Can Sun Exposure Be Good For You?

We've all heard that sun exposure can cause skin cancer. But can appropriate amounts of sunlight actually prevent cancer? Exposure to the sun actually provides many benefits, such as promoting the formation of Vitamin D. Many people are deficient in Vitamin D (on the other hand, you should have your Vitamin D levels tested, as it is easy to overdose). There is also strong evidence that sunlight protects against MS and breast cancer.

However, the key to proper sun exposure is to never burn. Although the American Academy of Dermatology recommends using sunscreen, it is one of the LAST things you want to put on your body. It is a toxic chemical that can cause problems in your system. Even if it didn't contribute to disease, the central issue is that it does not work. A British dermatologist published an article that showed no clear indication that sunscreen works to prevent cancer. Another study in the Journal of Photochemistry and Photobiology had similar results. A far more logical solution is to use clothing to protect you against the sun.

So what is the cause of skin cancer and deadly melanoma? The true cause is the worsening omega-3:6 ratios. In 2001, the National Academy of Sciences published a comprehensive review showing that the omega-3:6 ratio was the key to preventing skin cancer development. Right now, most Americans eat far too many omega-6 fats and far too few omega-3 fats. An Australian study showed a 40% reduction in melanoma for those who were eating fish (rich in omega-3).

This is one of the reasons I highly recommend routine consumption of fish oil as a safe and effective way of increasing the omega-3 in your diet. Fish oil is a pure form that contains high levels of the best omega-3 fats (those with the EPA and DHA fatty acids) and unlike fresh fish, it does not pose a mercury risk.

www.alternativehealthassoc.com

Want to earn \$25??

Help your friends, family and co-workers make the healthy choice—tell them about Dr. Kopin and alternative medicine. If a new client comes in for a consultation and indicates you referred them, we'll give you \$25 as our way of saying thanks for choosing to live naturally.

Schedule an ADD/ADHD evaluation or myology consultation with Dr. Kopin today before the back-to-school rush. Call (847) 955-0080 to schedule an appointment.



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