

# Meeting Halfway... Communicating & Connecting

- Trouble Between the Sheets
- Stamping out Gender Differences
- Tips to Tame Tension Through Tranquility
- Our Next Petalive Contest
- September Specials



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## Finding the Path to Success

While so often [ADD/ADHD](#) is an internal struggle, when problems arise with our kids or significant other, we are often **reminded that challenges are not self-limiting**



**in nature.** In addition, finding the right path and approach to take can sometimes be part of the struggle. Since our relationships greatly influence how we handle [ADD/ADHD](#), it is very **important to recognize and confront challenges we face with others**, as neglecting issues can be detrimental to our health.

As we now know, [ADD/ADHD](#) isn't just for kids. **Couples struggling with ADD/ADHD** may deal with many **challenges beyond typical relationship problems**, as symptoms of the disorder may come across as being distant, distracted, or despondent towards a partner. This can in turn lead to sexual and overall relationship dissatisfaction, which **can escalate to other health concerns** if not addressed.

Along with relationship struggles comes a gender-related issue of controversy, as it has **generalized behavior to the point of**

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**misdiagnosis**, time and time again. Although male children with attention-deficit hyperactivity disorder ([ADHD](#)) display more signs of impulsive behavior versus their female peers, in adulthood, the roles appear to reverse. What's concerning is that **adult women with [ADHD](#) were found to have high levels of emotional symptoms in combination with cognitive problems** associated with [ADHD](#), including [depression](#), limited anger management, excessive tension, and over-reacting to normal stressors.

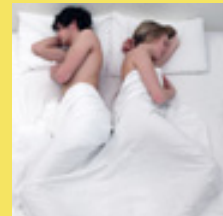
In addition, regardless of your gender, age, or race, we are all likely to **experience stress at some point** in life. Perhaps you have a friend or family member struggling to cope with unsettled emotions.

So whether you are fostering relationships with your family, friends, or others, don't forget to spend a little time self-nurturing, as well. To be a strong supporter, we first must be able to be in good physical and mental health ourselves!

## Trouble Between the Sheets

### *When ADD/ADHD Interferes with Intimacy*

While all relationships require effort to overcome challenges, sometimes barriers to effective communication are beyond a willing partner's control. In cases of relationships between a person with [ADD/ADHD](#) and one without, both parties need to exercise even more **patience, tolerance and effort to maintain a healthy bond**.



Intimacy has no switch that can be flipped on when one partner wishes to become intimate, and usually the setting and situation must feel right and comfortable before both partners can enjoy it.

**Couples struggling with [ADD/ADHD](#) may deal with many challenges beyond typical relationship problems**, such as wandering thoughts during intimate encounters, exhaustion from demands of coping with the disorder, rushing through or avoiding foreplay and affection, or becoming distracted when initial intentions were supposed to be focused on time with one's partner.

### Related Product

[PureCalm](#)™ Aids nervous system in stress resistance for balanced moods and feelings of well-being.





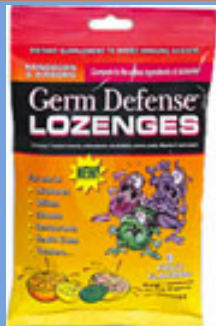
### [Zenergize Immunity, Citrus](#)

Getting sick (or at least pretending to) was sort of fun back in the old da



### [VRL-X](#)

Overall health can often occur naturally if the body receives the proper nu



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Often times, [ADD/ADHD](#) sufferers have **additional ailments that compound their condition**, including [depression](#), [anxiety](#), and sleep disorders. These disorders can then lead to [sexual performance anxiety](#), which can occur in both [men](#) and [women](#).

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Making adjustments to accommodate your partner can go a long way in helping improve sexual satisfaction. **Be aware of all distractions and try to eliminate them...** including things as simple as "mood music", which can detract attention from a partner with [ADD](#).

If a [lack of sexual desire](#) has become a problem in your **relationship**, there are many treatment options to explore depending on the underlying causes and specific symptoms. A **communication problem is often at fault for low libido**, so try discussing your partner's feelings and frustrations. While someone may not feel appreciated, neglected, or angry, often **may be simply not understanding the other partner's struggle with ADD/ADHD symptoms**.

Also **be aware of time of day**. Even if your partner is taking medicine or natural remedies to address [ADD/ADHD](#), it is possible by evening, the dosage has worn off. Discuss **adjusting the dosage schedule or making time for intimacy** when both partners are at their mental and physical peak.

### Related Product

[The Couples Power Pack™](#) Supports systemic health, balance and vitality with added male and female sexual health tonics.

There is a wide range of natural [aphrodisiacs](#) available to help **awaken and improve sexual desire and functioning** in both men and women. Eleutherococcus senticosus (Siberian Ginseng) is an **overall system tonic for men** and can help to improve [low energy levels](#), performance and stamina. Smilax ornata (Sarsaparilla) is used as a tonic to **assist female sexual functioning** and also as a rejuvenating tonic.



[Learn more about The](#)

Natural remedies can also help to **support the nervous system and to keep nerves settled and soothed** - to enable us to cope more easily with the everyday stresses and therefore **support understanding and facilitate a balanced mood, essential for open communication**.



## Great Health Sites

[Natural Holistic Health Blog](#)

[Natural Herbs & Remedies](#)

[Akobi Natural Health Database](#)

[Natural Pet Health Blog](#)

[Anxiety Depression Info](#)

[ADHD Info](#)

[Mom's Blog](#)

[Natural Men's Health](#)

[Women's Health Nurse](#)

[Couples Power Pack](#)

**Stress levels can also affect nervous system health** and cause us to feel irritable,

'snappy', worried and generally out of sorts. Passiflora incarnata, (aptly known also as Passion Flower) is regarded by traditional herbalists for its soothing properties and as a general nerve tonic.

**Learning to talk about your feelings** can also prevent you from 'bottling up' emotions and will contribute to ongoing emotional health... for both you and your partner!

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## Related Products

**[Brain Tonic™](#)** Supports brain health and maintains healthy concentration, memory and balanced mood in all ages.

**[Focus ADDult™](#)** Helps maintain optimal mental focus, concentration, attention span and memory function.

**[Sleep Tonic™](#)** Helps maintain a healthy balance of all hormones involved in healthy sleep patterns.

**[Triple Complex Nerve Tonic™](#)** Supports nervous system health, maintains balanced mood and a worry free mind.

**[PureCalm™](#)** Aids nervous system in stress resistance for balanced moods and feelings of well-being.

**[MindSoothe™](#)** Supports balanced mood, emotional health and feelings of well-being.

**[The Calm Within CD™](#)** Offers professional relaxation, visualization and affirmation techniques for self-help and stress relief.

**[Thanda Passion Booster™](#)** Natural tonic with herbal ingredients to support healthy libido and sexual pleasure.

**[Ikawe for Men™](#)** Sexual health tonic for male reproductive system support.

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## Testimonials

*"**[Thanda Passion Booster](#)** capsules have lived up to their promise and I am enjoying myself again. I am going out of my way to make 'us' time alone with my husband ...instead of avoiding him with excuses as I used*

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to. This is everything that I expected ...just like everything is working again!" - **Gail, Boksburg**

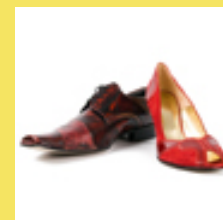
"I want to thank you for your prompt response and also tell you that I am having excellent results with [Focus ADDult](#)... It is truly amazing. I keep wondering if it's truly real, and how it's possible that after a few days of taking Focus ADDult, I achieved something I'd searched years for. THANK YOU." -**I.M., NV, USA**

"I want to recommend your [Triple Complex Nerve Tonic](#) to all who at times find themselves feeling on edge and flustered. Since taking them I have noticed that I am calmer and more grounded..." - **Sabrina**

## Stamping Out Gender Differences

### Women Hit Harder with Adult ADHD

Although male children with attention-deficit hyperactivity disorder ([ADHD](#)) display more signs of impulsive behavior versus their female peers, in adulthood, the roles appear to reverse. **Adult women with [ADHD](#) were found to have high levels of emotional symptoms in combination with cognitive problems** associated with [ADHD](#)... including [depression](#), limited anger management, excessive tension, and over-reacting to normal stressors.



As a result, [ADHD](#) may be missed when **these women report troublesome symptoms** to their doctor or healthcare provider, as these other issues may overshadow the underlying cause of symptoms. The results also showed that **women had more combined-type ADHD than men**, which could explain the **increased prevalence of [depression](#), [anxiety](#), and sleep disorders.**

These findings were featured in the Journal of Clinical Psychiatry after clinical trials were conducted by Dr. Frederick W. Reimherr of the University of Utah in Salt Lake City and his colleagues.

As we have seen, **leaving [ADHD](#) untreated can lead to many personal and professional difficulties**, including:

### Related Product

[Brain Tonic™](#) Supports brain health and maintains healthy concentration, memory and balanced mood in all ages.



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## Natural Remedies

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- Chronic tardiness and forgetfulness
- [Anxiety](#)
- Low self-esteem
- Employment problems
- Difficulty controlling [anger](#)
- Impulsiveness
- [Substance abuse or addiction](#)
- Poor organizational skills
- Procrastination
- Low frustration tolerance
- Chronic boredom
- [Difficulty concentrating](#) when reading
- Mood swings
- [Depression](#)
- Relationship problems

There are also many **herbal and homeopathic remedies** which can help maintain harmony, health, and systemic balance in the brain and nervous system, without side effects or sedation. These products are **known for their supportive function** in maintaining brain, nervous system and circulatory health, and well-being.

## Related Product

[Femalite™](#) Supports stable mood, hormonal balance and well-being during the premenstrual period



[Learn more about Femalite](#)

Hormones play a vital role in every **woman's health and well-being**. When **hormone levels fluctuate**, this can affect your mood, sexual desire, [fertility](#) and ovulation. Even when healthy, **women experience monthly hormonal fluctuations** that can add to the effects of [ADD/ADHD](#).

To help **balance and support hormonal changes that can compound stressors and emotions in women**, natural herbal remedies can provide a safe, effective solution. Vitex agnus-castus (Chasteberry) is an effective treatment to promote hormonal balance and health. Cimicifuga racemosa (Black Cohosh) contains phyto-estrogenic properties, which are also effective in correcting menstrual irregularities. In addition, Eleutherococcus senticosus (Siberian

Ginseng) is a highly respected Chinese herb that helps to restore vital energy and promote overall systemic functioning while also regulating the menstrual cycle and **improving hormonal balance**.

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**MORE INFO**

Making simple changes in diet, sleep, exercise, and routine can help. Even trying more involved approaches like **incorporating relaxation therapies** such as guided imagery, meditation techniques, or yoga can be beneficial.

In addition, the following tips may be helpful in **learning to accept and manage ADHD**... which can make all the difference in leading a satisfying, productive life.

#### Tips for Adults:

- Set aside a few minutes each night to schedule the following day's events
- Organize needed everyday items so you know where things are
- Use diaries and notebook organizers
- Don't be too hard on yourself or set unrealistic goals

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### Related Products

[Focus ADDult™](#) Helps maintain optimal mental focus, concentration, attention span and memory function.

[Brain Tonic™](#) Supports brain health and maintains healthy concentration, memory and balanced mood in all ages.

[MindSoothe™](#) Supports balanced mood, emotional health and feelings of well-being.

[Mood Tonic™](#) Optimizes nervous system health and promotes balanced mood and peacefulness.

[Nerve Tonic™](#) Promotes nervous system health, maintains balanced mood and worry free mind.

[PureCalm™](#) Aids nervous system in stress resistance for balanced moods and feelings of well-being.

[The Calm Within CD™](#) Offers professional relaxation, visualization and affirmation techniques for self-help and stress relief.

[Serenite-LT™](#) Naturally support healthy sleep patterns and restful, satisfying sleep.

[SerenitePlus™](#) Natural sleep tonic for a restful night.

[Sleep Tonic™](#) Helps maintain a healthy balance of all hormones involved in healthy sleep patterns.



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## Testimonials

"I am usually a pretty happy person but every month I cried and nothing seemed to go right for me. My boyfriend said I was like a different person. I don't think he could understand and we would have one fight after the other. Since taking **Femalite** I can feel the difference. I don't feel so 'blue' and I can talk about how I feel rather than yelling and crying. Thanks for all your help." - **Carol, USA**

"...Luckyly I gave **Focus ADDult** a try! I can highly recommend it..." - **Felicity**

"...After purchasing the **PureCalm**, I felt like I had help - finally! I will recommend these products to all my friends and family." - **Heidi, PA, USA**

## Tips to Tame Tension Through Tranquility

Practically **any life situation can cause stress**. For adults with ADD/ADHD, seemingly small stressors can present themselves as larger than life... creating or adding to existing struggles sometimes present in communication between those with learning and concentration difficulties and others who do not. Since it is not possible to completely eliminate stress, it is important to **develop a positive attitude** towards life that can **help manage stress** that occurs.



- Expecting others to behave and do things according to your likes and dislikes is one of the major causes of stress, particularly with those with ADD/ADHD. You **cannot possibly change others**, and therefore it is imperative that you change your attitude towards such people and incidents while you **accept the inevitability and avoid**

**apprehensions.** By understanding limitations and accepting them (and encouraging others to do the same), you can greatly improve your relationships.

- Stress is best avoided by **changing your attitude towards others and life** as a whole. Stress, however, will not wait until you are able to adapt to a new outlook, which is difficult to achieve and may take some time. Techniques like meditation, exercise, biofeedback, or other **relaxing practices for managing stress** will come in handy until the time you are able to adapt your perceptions and outlook.
- **Do not keep your thoughts and feelings within yourself.** Talk to someone you trust or join a group or community on the Internet. Do not be afraid to share your feelings and thoughts. You should not aim at seeking solutions with this technique. Just **express your feelings**, even if it is just to get it out of your system. Seek a counselor, or simply write down your emotions in a journal. Expression helps in identifying stressors and finding possible solutions.
- **Deep breathing always helps** in reducing **stress symptoms**. Breathe deeply through the nose and pull in air as much as you can easily. Hold your breath and count up to six and then exhale slowly through the mouth. Repeat for six to eight times and then start normally breathing. Consult a yoga expert to learn more breathing exercises.
- **Take time out.** Remember that besides your job, you have a responsibility towards your own self, too. Whenever you feel stressed, take time out, even it is for a short walk around the room.
- **Identify the activities that please you the most.** Sift them according to the time involved and make sure that you devote time to some of them on a daily basis.
- Laughter is one of the most effective **ways to relieve stress**. You need not always have a reason to laugh. Watch comedies in your spare time, and avoid dramatic films that tend to capitalize on emotional responses from viewers by always depicting sadness, dejection and helplessness.
- **Learn to say no to yourself as well as others.** Do not expect from yourself what you cannot live up to, nor accept unrealistic demands placed on you. If you are always willing to concede, it is liable to lead to undue pressure and cause stress.
- Stress can manifest itself in the shape of **mental or physical stress**. Some of the **common stress symptoms** include tension headaches, anxiety, an increase or decrease in appetite, sleep, as well as excessive crying and exhaustion. Turning to alcohol or drugs can also be a sign of stress. Stress may also lead to a lack of enthusiasm about events, relationship problems, and frustration.
- It is important that you **set your priorities right** and concentrate on important things in life that matter and ignore trivial matters. The

process also involves **avoiding extreme reactions to irrelevant and minor events**. Avoid hate, anger, and selectively change the way you react to situations, people and events.

- **Don't get burdened by thinking of the larger objective that you have**. While it is important to plan, and it is also advisable that you dream big. The overall objective can be broken to smaller, more achievable tasks. As you achieve each small step, celebrate the success and completion of the task at hand. Setting **realistic goals** is therefore extremely important. Assess your ability and set goals for each day that are achievable (albeit with a slight stretch) so as to keep you motivated and challenged.
- **Take time off to offer help to others**. Volunteering to help friends and relatives, even strangers, is a great stress buster. It takes your mind off your own worries and prepares you to find a better solution when you return back to overcoming your worries.

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