

# How Internal & External Influences Affect ADD/ADHD



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## Don't Let ADD/ADHD Stand in Your Way!

Don't let ADD/ADHD interfere with personal success. Studies from the Journal of Clinical Psychiatry show **adults with ADD/ADHD have significantly less educational and occupational achievements** than their peers, relative to anticipated accomplishments based on intellect.



This lack of scholastic and professional success in the group of participants studied found that **those with ADD/ADHD attained less schooling**, regardless of IQ levels-- likely correlated with learning and concentration problems that affected academic performance-- thus **limiting advancement** in higher education studies.

These problems also likely manifested into **adult ADD/ADHD symptoms** that hindered career success, including difficulty following directions, remembering information, organizing tasks, or completing work within time limits.

It is also likely that many of the **behavioral, social, and emotional** effects also carried into adulthood, further attributing to vocational deficiencies.

However, the bottom line of the study is that the symptoms of ADD/ADHD are holding some adults back from achieving their true professional potential... *not intellectual ability*. Therefore, **recognizing these concentration difficulties and addressing them** can help overcome these obstacles.

There are many **herbal and homeopathic remedies** which can help



### [Elderberry Syrup](#)

Created for Planetary Herbs by licensed acupuncturist and clinical herbal



### [Mushroom Glyco Nutrients](#)

NOW® Mushroom GlycoNutrients is a nutritional supplement designed to support



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

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

maintain harmony, health, and systemic balance in the brain and nervous system, without side effects or sedation.

These remedies are **known for their supportive function** in maintaining brain, nervous system and circulatory health, as well as mood and overall well-being. Making simple changes in diet, sleep, exercise, and routine can also help.

Even trying more involved approaches like **incorporating relaxation therapies** such as guided imagery, meditation techniques, or yoga can be beneficial.

## Herbal Spotlight

[Focus ADDult™](#) Supports brain functions including concentration, focus, and attention span in teens and adults.



- **Centella asiatica** is recommended to facilitate mental clarity, attention span, concentration, healthy brain function, and a generally balanced mood.
- **Rosemary** is well-known in modern herbalism as an all-around tonic and energizer, in addition its use for strengthening memory. Studies show that studies demonstrated that Panax ginseng enabled quicker task performance and fewer mistakes.
- **Passion flower** is known as a natural aid for the nerves, supported by clinical trials.

*"My whole life I struggled ... my focus and disorganization really affected me ... [now with] support from Native Remedies, I can finally reach my main goal..." -David, NY, USA*

## Focus and Concentration Support

[Focus ADDult™](#)

[Focus Formula™](#)

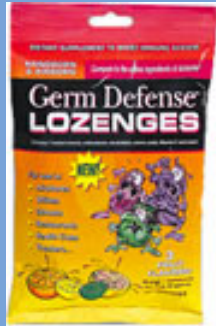
[MemoRise™](#) (contains Rosemary)

[Triple Complex Brain Tonic™](#)



[VRL-X](#)

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



[Germ Defense Lozenges](#)

Germ Defense Lozenges are dietary supplements used to boost your immune sys



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**Great Health Sites**

## Mood Support

[MindSoothe™](#) (contains Passion flower)

[Triple Complex Mood Tonic™](#)

[Triple Complex Nerve Tonic™](#)

[PureCalm™](#) (contains Passion flower)

## Testimonial

"I want to thank you for your prompt response and also tell you that I am having excellent results with [Focus ADDult...](#) nothing has ever helped me the way your remedies have...My mind is clearer than it's been, and I have real energy for the first time in years. I'm working on projects I'd set aside, and completing projects I never had the energy - or motivation - to complete. It is truly amazing..." - I.M., NV, USA

## Are Your Kids Hooked on Prescription Drugs?



While most parents worry about their children falling under the influence of illegal street drugs, few probably lose sleep over the effects caused from doctor-prescribed medications, used to treat every ailment from ADD to weight loss.

However, studies show that **American children receive three times the drug treatments** for common medical conditions than European children, according to a report recently published in *Child and Adolescent Psychiatry and Mental Health*.

There are several **cultural differences that may be correlated** to the significantly higher amount of kids on medication.

[BrightSpark™](#)

Differences in diagnostic testing may be linked to higher rates of medication, as well as a greater number of child psychiatrists in the United States versus

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Europe.

Heavy **direct-to-consumer pharmaceutical advertising** is also widely accepted and touted in the United States, subsequently leading many to seek out “quick fix” approaches at the doctor’s office.

In mainstream North American culture, medications are generally not viewed negatively, but rather almost as **impulse purchases rather than researched decisions**-- often taken without proper supervision or weighing the **short and long-term side effects and contraindications**.

However, perhaps **parents should pause** for a moment before signing their child up to a potentially **life-long dependence on prescriptions**. Particularly in cases of suspected ADD/ADHD – disorders without a concrete diagnostic test available— conventional treatment may **not fully address the underlying causes** and issues, but rather just suppress the problem.

While there is a place for conventional medicine, it should not be viewed as the only solution... and more people need to recognize that taking a **proactive approach to wellness** can prevent ailments from developing or worsening.

In combination with a healthy lifestyle, **natural remedies** can help maintain **healthy consistent behavior, clear focus, and optimum performance** by providing a sound platform to support wellness and vitality.

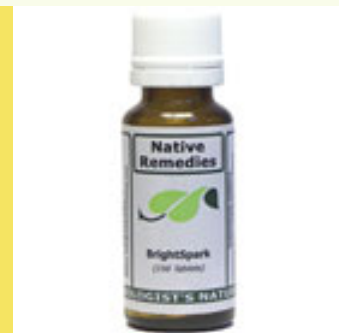
## Learning & Concentration

[BrightSpark™](#)

[Focus Formula™](#)

[Triple Complex Brain Tonic™](#)

## Extra Study Support



is a 100% homeopathic remedy to temporarily relieve hyperactivity, distractibility and impulsiveness in children

[Learn more about BrightSpark](#)

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[StudyPlus™](#)

[A+ Test Calmer™](#)

## Testimonial

*"I just want to extend a heartfelt thank you to Native Remedies. Let me first start by saying that, never having a brother, I thought that our son's behavior was that of a "typical boy". We have a boy now 4 1/2 and a daughter 3 1/2. What really sparked us to start looking at ... the differences in behavior towards activities such as coloring and making puzzles, detailed oriented vs. short spurts of attention... The idea of giving our growing child a pharmaceutical drug was just not an option for us, so Native Remedies was "truly a blessing". We started our son on [BrightSpark](#) and [Focus Formula](#), and within 7 - 10 days there was such a difference in our son: he was able to sit through an entire family meal (huge for us), his appetite improved, his sleep improved (he was always restless), and he was able to verbalize an emotion pertaining towards a song (I cried - he had never done this in the past). We have since made changes in food choices, scheduling of daily routines, and now include [MindSoothe Jr.](#), which has helped us all out. I now see our son take the time to think about what he wants to express, and that makes my heart sing. Thank you all so much." - Renee J., USA*

## Bad Flu Season Predicted

### *Top 10 Tips for Supporting Immunity and Maintaining Health*

Australia recently experienced **their worst flu season** in the past 6 years, and according to the Centers for Disease Control and Prevention.



It is thus **anticipated to be a bad season** for the remaining areas affected now by winter weather and subsequently cold and flu season. The **U.S. flu season began on Oct. 1 and ends in April.**

**Sustaining immunity** is the key factor behind **cold and flu resistance**, so save yourself money and sickness in the long-term by implementing healthy habits *now!*

1. Consider **effective homeopathic alternatives to the conventional flu vaccine**, either in conjunction or used alone. Orally administered, homeopathic flu vaccines may be used by all ages -- without the side

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effects and complications sometimes experienced by the conventional flu vaccine.

2. **Don't Just Wash Your Hands- Wash Them *Right!***

1. Liquid soap is preferred over bar soap, as bar soap tends to harbor viruses and bacteria.
2. **Rub your hands vigorously together** with warm water, scrubbing all surfaces, including wrists.
3. **Dry your hands thoroughly**, but consider how you do so -- Bacteria and viruses can live on hand towels and sponges for hours. If you have sick ones in the house, change towels frequently or use disposable options instead.
3. Avoid touching your **eyes, nose, and mouth**. Most germs are spread through hand-to-hand contact, so become conscious of such habits.
4. If you have children, wash toys thoroughly in warm, soapy water to kill bacteria and germs. At work and at home, **disinfect commonly used surfaces** like keyboards, phones, doorknobs, counters, etc.
5. When possible, open windows to **allow fresh air to circulate**. Germs linger in stagnant air.
6. Try to **quit smoking**, as it irritates the respiratory tract, thus increasing susceptibility to illness-causing viruses.  
  
**Be considerate** when you are sick, and stay home from work and keep the kids out of school or daycare.
7. **Limit your alcohol consumption**, as alcohol dehydrates the body and leaves you more vulnerable to infection.
8. Strive to obtain **consistent, adequate sleep and regular exercise** help to ward off infections.
9. **Reduce stress** by practicing relaxation techniques, exercising, or listening to music