

Improving your Brain Function to Improve your Life!



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Maintaining Your Memory and Your Sanity

Whether we are trying to remember history dates for an upcoming exam, trying to recall where we put the car



keys, or attempting to hang on to the golden moments of our youth, memory is key! Our memory is an important and treasured capacity because it plays such a central role in our daily lives and even in our identity as human beings.

Recently, there has been an overwhelming focus on memory as a health issue, particularly, the growing number of Alzheimer's cases. ***Did you know neurological experts are predicting that over the next 40 years instances of Alzheimer's disease***

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worldwide will grow to over 106 million? This alone is enough to raise concern about our own aging and methods of memory loss prevention!.

Alzheimer's disease is a type of dementia. The thought of losing your memory as you get older is pretty scary, but nearly 1 in 4 adults over the age of 65 struggles with the debilitating effects of memory loss.

Memory problems don't only affect the aging population; they can be a trial much earlier in life as well. Memory problems are a common problem for both children and adults struggling with learning disorders like Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD). **Both ADD and ADHD can make it increasingly difficult to store new memories and even to recall old ones!**

And, for those adults with ADHD or ADD children, the impact on their day to day lives is painful and exhausting. As one of our customers wrote in her testimonial to us - by following our prescribed regimen for her child, she regained her sanity!.

We - you and us, who believe in a natural approach - are getting noticed. People are beginning to pay attention to what we already know. Just take a look at this article in the Tennessean, in which they describe how the Engen family uses Native Remedies' Focus and BrightSpark to successfully address their 5-year old son's ADHD.



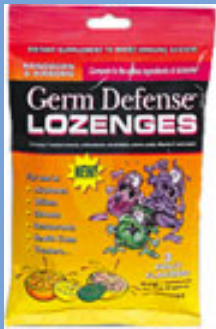
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Getting sick (or at least pretending to) was sort of fun back in the old da



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



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I hope you find our August articles - "Treating ADD and ADHD", "Are You at a Higher Risk for Developing Alzheimer's Disease?" and "Jared Engen's Family says "No" to Ritalin" - both interesting and informative.

Treating ADD and ADHD

Increase Brain Function Naturally, Don't Medicate & Mask the Symptoms

With summer vacation more than half over, the start of the new school year is quickly approaching. As anxious parents start the preparations for getting their children back-to-school, the parents of children with learning disabilities cope with the added pressure of a potentially rocky transition from an easy summer schedule to the structured school environment.



This transition can be very difficult for children diagnosed with Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD) because they often have **tremendous difficulty behaving in a structured environment, performing well academically and even simply getting schoolwork completed.**

The hardest part for children with learning disorders like ADD and ADHD is that they genuinely want to be able to focus, do their work and learn without distraction like their peers, but it is simply too hard for them to achieve on their own.

In many cases, **these children become extremely frustrated**



Great Health Sites

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[Natural Herbs & Remedies](#)

[Akobi Natural Health Database](#)

[Natural Pet Health Blog](#)

[Anxiety Depression Info](#)

[ADHD Info](#)

[Mom's Blog](#)

[Natural Men's Health](#)

[Men's Health Zone](#)

[Women's Health Nurse](#)

[Bowtrol Colon Cleanse](#)

[Herbal Health Buy](#)

with learning because regardless of the effort they put forth, they oftentimes cannot stay focused or retain the necessary information.

Experts are constantly striving to better understand learning disorders like ADD and ADHD, and recently scientists and specialists at the Organization for Human Brain Mapping in Minneapolis discovered a very important link. They linked ADHD to problems with memory, finding that the condition may actually cause the sections of the brain devoted to memory retention and recollection to under-perform.

The OHBM recorded: "Besides attention problems, children with attention deficit hyperactivity disorder (ADHD) often show deficits in working memory functions. Working memory maintains and manipulates information and is crucial for every-day functioning."

This interesting discovery serves as an important reminder. ADD and ADHD are commonly thought to affect a child's ability to concentrate, focus or "sit still", and oftentimes teachers and medical professionals will recommend heavy medications as the initial treatment for ADD or ADHD simply to mask these "disruptive" symptoms. However, if a child is dealing with memory troubles in addition to these symptoms, it only makes it harder for them to overcome their disease.

It is important to recognize that **prescription medications carry the potential risk of side effects** and do not treat the child's condition as a whole. Merely treating the symptoms of ADD and

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ADHD will not help your child to truly overcome their condition.

Native Remedies advocates a natural approach to ADD and ADHD treatment. There are numerous natural medicines, herbs and homeopathic remedies available that have been used for thousands of years to improve brain functioning, increase concentration and improve the ability to focus.

Unlike the commonly prescribed stimulants and amphetamines which only treat the symptoms of ADD and ADHD, ***natural remedies can help improve the overall health of the child, by strengthening the power of their brain and its function.***

These natural remedies actually help increase the brain's ability to recall and retain information by increasing the flow of oxygen and blood within the brain. They have proven to be extremely effective and carry a very low risk of side effects – especially when compared to prescription medications.

- [Focus Formula](#) improves concentration and attention, and calms high energy levels.
- [BrightSpark](#) improves concentration, mental focus and calmness, and helps to overcome behavioral problems.
- [Focus ADDult](#) improves concentration, focus and attention span in adults.
- [StudyPlus](#) improves concentration, mental clarity, memory and brain function.

The OHBM is an extremely important entity in the field of ADD and



Natural Remedies

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ADHD research and awareness. Their study highlights the fact that children with ADD and ADHD are not unable to learn or concentrate on work because they are unable to sit still; but instead that **ADD and ADHD actually inhibit the brain's ability to function at its fullest potential.**

By encouraging the brain to actually heal itself, **natural and herbal remedies can help children overcome the difficulties they have, instead of just masking them.**

- [Brain Tonic](#) improves concentration, memory and balanced mood in all ages.

As the new school year approaches, you can help your child cope with their ADD or ADHD in a healthy, natural and effective way. By treating their condition as more than simply the sum of their symptoms, you can help them mature into healthy, confident and well-adjusted young adults.

"We finally found the answer - with NO side effects! Our son is now 12. We have been struggling since pre-school with teachers, family, doctors and almost every ADD prescription out there. We called it quits when they wanted us to try the one where he would have to have his blood pressure taken throughout the day! The following is a note from our son's 6th grade teacher just one month after using Focus and BrightSpark:" Hello! Well, I've seen a bit of an improvement since my last e-mail 2 wks ago. Again, I see

Special Message

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Wellness


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no side effects

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him smiling and happier! Sometimes he doesn't need any reminders to get to work! I actually just passed out an assignment and he is sitting and working on it!! He still gets a bit squirrely, but his disruptions to the class are very minimal! He seems to be doing his assignment notebook without me telling him. Or, at least he has it filled out and ready to go when I ask him... it used to be blank! He still has some blank moments when I ask him about an assignment and he doesn't remember it right away. When I give him clues, the light bulb goes on! Overall, whatever has been done, I believe it to be extremely positive! I truly believe that if you continue and keep up whatever you are doing, he will get a brand new start next year and it will be a good year! He is a great kid and I truly did enjoy having him in class! " - **Happy As Can Be, WI , USA**

"I ordered Focus Formula for my daughter who couldn't focus or concentrate on her school work. The teacher said it was like she was in her own little world especially when it came to doing subjects that were boring to her and had a hard time understanding. [I] can't believe the difference since she had been taking Focus. The teacher said it was like a light had turned on in her head! She said that she is so tuned in now. (We didn't tell her that she was taking Focus, we wanted to see if she had seen any difference in her). Thanks for the wonderful product. We didn't like idea of putting her on medication so it was so nice to find something natural. Wish we had discovered it years ago. It would have save a lot of frustration and tears on our part, our daughters



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LIVE A HEALTHY LIFE!



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100% Natural Herbal and
Homeopathic Remedies
for You and Your Family

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*and her teachers. So glad I found this website." - **Cindy, Canada***

*"Hi guys, today is probably one of the happiest days of my life. My 8 year old son is on Focus and BrightSpark' he has taken the above 2 for the past 5 days. His teacher left a message on my job and home phone until he finally got me on my cell phone during his lunch break, I was so scared that my child was ill or fell or something else negative. Needless to say he was calling to tell my he was blown away in the difference with my child. He was attentive, involved, sharing, and focused during class. He then asked my what was going on? I then mentioned your company and the items my son was taking. When I came home, I played the teachers message over and over again. I was so happy I actually started to cry. I have to admit I was not a whole believer in non conventional medicine, but that has certainly changed. I will very happily recommend Native Remedies to everyone. Thank you and God Bless You. " - **Suzan C., NY, USA***

Are You at a Higher Risk for Developing Alzheimer's Disease?

The coverage of Alzheimer's disease (AD) has recently been increasing in the media and for good reason. Although scientists and researchers are still trying to decipher the riddle of causation for this curious disease, the prevalence of Alzheimer's disease is increasing at a very rapid rate!



New scientific projections suggest that **by 2050 more than 13.2 million aging Americans will suffer from the debilitating effects of Alzheimer's disease**, and without an emphasis on prevention, this number could realistically grow even higher.

Alzheimer's disease is a devastating neurological disorder that gradually destroys the memory, the ability to learn and make judgments, and ultimately hinders sufferers from performing the daily functions necessary to leading a normal life. Classified as a type of dementia, **Alzheimer's disease generally occurs during the senior years due to the deterioration of brain cells**, though occurrences of early-onset Alzheimer's (defined as development before 65 years of age) have risen in recent years.

Alzheimer's disease is one of the most pressing health issues facing our country today. Since sufferers require such a great deal of care, the disease often creates a significant financial strain on families, as well as on health care systems.

Recently, the Johns Hopkins School of Public Health released a report citing that the current rate of growth in cases of Alzheimer's disease suggests that **during the next 40 years the number of Alzheimer's sufferers worldwide will have skyrocketed to 106 million.**

The study also indicates that among those sufferers, roughly 43% will have advanced cases that will require a high level of care, equivalent to that of a nursing home or hospice.

The Johns Hopkins predictions are alarming, but we should take special concern because as of yet, there is no cure for this devastating disease. ***Scientists are still busy trying to figure out the mysteries surrounding this disease***, and have determined that there are several links between certain conditions and the eventual development of Alzheimer's disease. Researchers and experts have discovered that these early signs could be very telling about the nature of the disease.

For example, scientists have ***discovered a definite link between high levels of stress and anxiety and an increased risk for the development of Alzheimer's***. Robert Wilson, an expert on the disease from the Rush University Medical Center in Chicago, remarked that the two are directly correlated.

"Not only are these individuals losing cognition, but they are showing many of the changes in the brain that are associated with Alzheimer's disease. We now see that chronic distress is related to the first clinical manifestation of Alzheimer's disease," said Wilson.

Right now, it seems ***the best way to fight Alzheimer's is to take proper preventative measures to maintain brain health*** before you reach the age where Alzheimer's typically becomes a problem. ***Avoiding stress in your everyday life can therefore be a very effective way to ward off Alzheimer's disease later in life.***

Fighting stress and anxiety can be as simple as eating a healthy,

balanced diet, and getting plenty of sleep and exercise. Maintaining an active lifestyle is one of the keys to relieving stress and strain, not to mention its benefits to the system as a whole.

Natural remedies can help to maintain blood and oxygen flow, as well as nervous system health, which are essential to maintaining healthy functioning of the brain. ***Many beneficial herbs have been used to improve memory and aid the brain for centuries, and using them can be an excellent way to keep your system healthy,*** so that you do not develop the symptoms of Alzheimer's and other degenerative neurological diseases.

- [MemoRise](#) - Supports healthy cognitive functioning including memory, concentration and attention span.
- [Nerve Tonic](#) - Promotes nervous system health, maintains balanced mood and worry free mind.

Additionally, there are also a wide range of herbal remedies and natural products available to help you deal with stress and lead a more calm and relaxed life.

- [MindSoothe](#) - Promotes balanced mood and feelings, as well as healthy levels of serotonin and other neurotransmitters.
- [PureCalm](#) - Aids nervous system in stress resistance for balanced moods and feelings of well being.
- [Mood Tonic](#) - Optimizes nervous system health and promotes balanced mood and peacefulness.

While leading specialists press on in the search for a cure for Alzheimer's disease, it is important to take preventative measures which can significantly decrease the risk of developing it.

Getting or staying in peak mental and physical form with the help of exercise, nutritional supplements and natural remedies will not only help you fight Alzheimer's disease, it will also keep you feeling happy and healthy!

"My memory was getting worse and worse and I thought 'Oh Well - that's just old age creeping up on me.' My wife put us both on MemoRise and my mind feels clear again for the first time in years. I can feel a big improvement in my circulation as well. There is still some life left in the old boy it seems!" - John, Canada

"I was very worried that I was developing early signs of Alzheimer's which had affected my mother so badly. I had to write everything down and the words were always at the tip of my tongue. I am glad to say that after taking MemoRise for 5 weeks these symptoms have very much improved. I also find that I have more energy - thank you!" - Grace, South Africa

Native Remedies ADHD Success Story featured in The Tennessean

Jared Engen's Family says "No" to Ritalin

The following article ([Parents Take Different Paths to Abate ADHD](#) by Joy Buchanan, Staff Writer for The Tennessean) concerning

three different families' approaches to the treatment of ADD and ADHD recently appeared in the online edition of The Tennessean.

Some local residents have taken treatment for their children's ADHD into their own hands, sometimes leaving doctors out of the process entirely.

ADHD, or attention deficit hyperactive disorder, is a range of behaviors such as consistent inattention, hyperactivity or impulsiveness that interferes with normal life, school and social activities.

A recent study from the Centers for Disease Control and Prevention showed that 10 percent of Tennessee's children have been diagnosed with the condition, higher than the national average of 7.8 percent, and that most of them are taking medication, such as Ritalin, to manage their symptoms. Some studies show that ADHD is neurological and may be genetic. Boys are more than twice as likely as girls to be diagnosed with ADHD, and white children are more than twice as likely to be diagnosed with it as are Latino or black children.

These three families have tried myriad therapies for their children and have chosen holistic and herbal remedies, homeschooling and activities tailored to the child's interests and conventional medication. Each family says that the decision shouldn't be taken lightly and that every family has to try different things to find what works best for them.

THERESA & JAY LODE, FRANKLIN

When Daniel Lode was 2 years old, he removed all the electrical outlet covers in the house with a screwdriver. When he was 5, he removed a circuit board from an old TV and held onto it the way other children might carry a teddy bear or blanket. He always wore sweatpants — he called them "squishy pants" — because harder fabrics, such as denim, irritated him. His mother, Theresa, didn't think anything was unusual until she noticed that her other children, Molly and Caleb, were totally different from Daniel.

Diagnosis

Sunday school was the first clue. Daniel wouldn't sit at his desk. Teachers called the Lodes out of church service to get him. He had the same problems during a brief stint in preschool. Crowds agitated him and loud noises stressed him. "I get ticked off by very little things," he said. When he was 4, a doctor told the Lodes he had ADHD and immediately prescribed Ritalin.

Therapy

Daniel, now 12, took medication for a very short time, but Theresa Lode said it "took the life out of him." He got weepy for no reason and still couldn't sleep. "I just remember thinking, 'This isn't right,'" she said. Behavior management was their therapy of choice.

They targeted specific behaviors that needed help.

Chosen Method

Daniel is not actively treated for ADHD. They home-school their

three children, organizing their schedules to minimize stress for Daniel.

Effect Achieved

Daniel is calmer and has less trouble sleeping. He focuses on things that interest him. The Lodes called Daniel's condition a gift.

Bottom Line

Theresa Lode, a freelance writer who has written articles about ADHD, wrote a short e-book about the family's experience with different therapies. It's called *A Parent to Parent Chat on ADHD*, and she sells it online at theresalode81@yahoo.com.

DEBBIE & DAVID ENGEN, NASHVILLE

Their 5-year-old son, Jared, either sat in time-out in kindergarten or was sent home for disrupting the class. He was nearly expelled for raising his fist to punch another child. He also fought often with his 2-year-old sister. "We tried to get him to calm down and be nice," said Debbie Engen.

Diagnosis

When the Engens took Jared to the pediatrician, she immediately recommended the Regional Intervention Program (RIP), a state-sponsored program for children up to age 6 and their families.

Parents learn how to identify problem behaviors and use positive discipline strategies. Debbie Engen was skeptical. "We were looking for something that would help him. We knew how to parent," she

said. David Engen, who has ADHD and took Ritalin as a youngster, didn't want Jared to take drugs.

Chosen Method

Without recommendations from the family doctor, the Engens tried herbal therapies. Debbie Engen chose products from a company called [Native Remedies](#), in part because of the parent testimonies on the Web site. "They were exactly what I was going through," she said. "They almost made me cry."

Effect Achieved

Jared takes [BrightSpark](#), a chewable pill, three times a day, and several drops of a liquid called [Focus](#) (main ingredient ginkgo biloba) twice a day. She said his behavior is dramatically improved.

Bottom Line

Debbie Engen said discipline for ADHD children isn't the problem.

ANGIE & CARL JONES, THOMPSON'S STATION

The Joneses have two sons with ADHD: Benjamin, 15, and Samuel, 8. Their 6-year-old twin daughters, Faith and Sarah, do not.

Samuel had been expelled from two preschools because he hit other children when frustrated, was easily agitated, rarely paid attention and frequently threw tantrums. During kindergarten, he spent much time at the principal's office. It wasn't easier at home.

"He was really intensely wild," Angie Jones said. "It was a hard way to live."

Diagnosis

Samuel had been diagnosed with Asperger's syndrome, a form of autism, when he was 3. He was officially diagnosed with ADHD two years ago. The family went through six months of behavior training in the RIP program, learning to handle tantrums, teach Samuel to share and calm himself down. The Joneses thought the program was excellent, but it didn't completely help Samuel. Reluctantly, the family tried drugs.

Chosen Method

Samuel takes Concerta, an ADHD stimulant, once a day.

Effect Achieved

He now does well in school, had not been to the principal's office and no longer hits other children. "It's like night and day," she said. "He's like a different child."

Bottom Line

Angie Jones said medication is not about avoiding discipline.