

# Keeping a *Watchful Eye* on ADD and ADHD



## The Health Gamble

As the research grows and the **link between ADD/ADHD and other disorders** becomes even more defined, there is more and more information available on how to manage the resulting effects.



The impact ADD/ADHD has on academics, work, and relationships is severe. Two recent studies have **uncovered even more disturbing news** about the health risks associated with the misdiagnosis or mistreatment of ADD/ADHD.

As if one of these disorders wasn't difficult enough to deal with on its own, a recent study showed that **young girls with ADD/ADHD are at a greater risk for developing eating disorders.**

However, like we wrote about in another ebook, girls are still vastly underrepresented in clinical studies to accurately diagnose ADD/ADHD... therefore putting them at an even higher risk of being **neglected with treatments for BOTH disorders.**

Another study unveiled new findings on the **effects of untreated childhood ADD/ADHD into adulthood**, showing that negative behaviors can severely impact all areas of life... and can even pose harm to others.

We have all done something someone would label as *wild, risky or crazy* at one time or another. But, research has shown that many risky **behaviors associated with the common symptom of**

**impulsivity result in dangerous choices**, often leading to lasting negative consequences.

**Developing a holistic approach to health** is something we believe to be very helpful in managing ADD/ADHD, but there are also practical things you can do. For instance, adopting simple lifestyle tips can be especially beneficial if you have **difficulty managing time efficiently**... a vital skill in school, the workplace, and at home in personal relationships.

# Can ADD/ADHD Lead to Anorexia?

## *Young Girls at Increased Risk for Eating Disorders*

Although we are finally beginning to understand the negative implications of improperly diagnosing [ADD/ADHD](#), the research on other disorders linked to ADD/ADHD is relatively new in comparison.

Researchers have recently discovered a **link between eating disorders and girls with ADD/ADHD**, recognizing yet another possible condition to contend with if ADD/ADHD goes untreated.

The study, led by University of Virginia psychologist Amori Yee Mikami, explains the psychological connections between the two disorders, explaining that **girls with [ADHD](#) are predisposed to impulsive behaviors**.

These impulses lead to difficulty in making healthy eating choices and maintaining a healthy weight-- often resulting in poor self-image (which can lead to [eating disorders](#)). In addition, many girls have been seen to **self-medicate with food similar to emotional eating**, temporarily calming [ADD/ADHD](#) symptoms and mental restlessness.

This study further compounds another recent study conducted which addressed the gender disparity issue regarding **neglecting to properly represent girls in [ADD/ADHD](#) clinical studies**, thus leading to fewer diagnoses-- and subsequently, treatment. If symptoms of the underlying disorder of [ADD/ADHD](#) are not recognized and addressed, **most likely eating disorders will go undiagnosed, too**.

As it is, the study suggests that **girls overall develop more emotional and mental health-related problems during adolescence** than their male counterparts, including [depression](#) and [anxiety](#).



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Eating disorders in particular affect girls 10 times more often than boys. While **many factors contribute to the development of any mental health disorder**, common factors for these particular illnesses include critical parenting and peer rejection.

Another study by researchers at the Harvard Medical School found that **girls with [ADD/ADHD](#) were 3.6 times more likely to develop eating disorders** than girls without ADHD.

The trend of not properly addressing girls with secondary disorders like [bulimia](#), [anorexia](#), and binge eating can pose life-long health threats and even death, due to **damage to internal organs and overall health**.

While all of these disorders are serious and should be properly evaluated by a licensed health professional, there are **many natural treatment options that can be explored** once a diagnosis is made. Getting help as early as possible is important when dealing with [ADD/ADHD](#), as well as [eating disorders](#).

Treatments such as psychotherapy, counseling and consultations with a nutritionist can **help restore healthy eating patterns and food behavior**. Once the [emotional root of the eating disorder is discovered](#), it is then possible to determine the best approach to help an individual attain a healthy weight.

The **best approach to combating any disorder is a holistic one** which incorporates various treatment options as well as healthy lifestyle changes such as daily exercise, a balanced diet and **constructive ways of dealing with symptoms**. In addition, natural remedies can be very beneficial when taken in conjunction with a healthy lifestyle to **achieve optimal wellness**.

## From the Kiddie Pool to the Water Cooler

*Do Child ADD/ADHD problems carry into adulthood?*

Misperceptions still surround [ADD/ADHD](#), with most of the population believing that the disorders affect only children.



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### Mood & Behavior

While the National Institute of Mental Health



(NIMH) estimates that **between 3 percent and 5 percent of children in the United States has ADD/ADHD**, medical experts are still debating the number of adults that actually outgrow symptoms by the time they reach adulthood.

While symptoms may decline significantly with age as the brain matures and develops, it is estimated that **between 30 to 70 percent of children with a disorder will continue to have symptoms later into life.**

Not properly addressing the disorder early on in childhood can cause **severely negative effects on development**, as the child matures into the adolescent years. Impulsive and hyperactive behaviors associated with **ADD/ADHD can lead to risky behavior with life-long consequences** resulting in **moderate to severe harm or even death to themselves and others** -- including [drug and alcohol abuse](#), [sexually transmitted diseases](#), violence, and development of anti-social personalities.

Furthering the concept that **destructive behavior from untreated [ADD/ADHD](#) individuals can negatively affect others**, studies performed at the Medical University of South Carolina

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show that **teens and adults with ADHD have 2 to 3 times more auto accidents and twice the number of severe accidents** resulting in vehicle damage and bodily injury versus peers without the disorder. This can be attributed to coordination deficits, less skill in vehicular maneuverability in traffic, slower reaction times, and inattention.

When a child or adolescent suffers from only the **inattentive symptoms of the disorder**, the effects can still have very detrimental effects on advancement, as well. **Poor performance in school transcends into the workplace**, with adults in the office struggling to conquer the concentration problems that plagued them previously in the classroom.

Teens and adults with the disorder are **much more likely to suffer from [depression](#) and [anxiety](#)** as a result of this rejection and the difficulties ADD/ADHD has on both personal and professional relationships. Sufferers have much **higher rates of divorce and termination of employment** as a result of their behavioral interactions.

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- [Mood Tonic™](#) Optimizes

healthy sleep patterns

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While depression and anxiety can sometimes be nipped in the bud with early treatment, often the **root of the [emotional pain](#) in ADD/ADHD suffers runs quite deep**, as sufferers have often been repeatedly told that their efforts were sub par... when in fact, it was actually the disorder holding them back.

However, the **disruption to self esteem can lead to difficulties** in continuing education, holding work, and establishing healthy relationships... potentially even leading to [social anxiety](#).

Luckily, by tackling [ADD/ADHD](#) problems early, many negative **behaviors and [stress](#) from difficulties can be averted or alleviated**, allowing a teen to mature into a fully-functioning adult.

Natural remedies can **provide support for many of the aforementioned conditions**, from [mood](#), emotional, and sleep support to actually controlling symptoms of ADD/ADHD to allow for **less interference in school, work, and subsequent relationships**.

With ADD/ADHD, **no single treatment is the answer for everyone**. Each individual's needs and personal history must be carefully considered, and it is important to work with a health care professional/psychologist to determine the safest treatment. In addition, **always consider a holistic approach to health**, including diet, exercise, and other lifestyle factors.

# Tips for ADD/ADHD Sufferers

## *How to Prioritize Your Projects*

- **Work on One Task at a Time.**

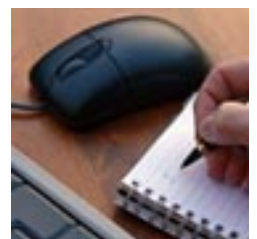
While some people excel at multi-tasking, often those with ADD/ADHD spend more time attempting to perform several functions at once, versus completing one project more efficiently at a time.

- **Write Reminders to Yourself.**

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Leave yourself notes to stay abreast of each task or project.

- **Keep an Eye on Time.**

Periodically evaluate your progress to ensure that you are on track to finish your task.

- **Minimize Clutter.**

Keep only the files of utmost importance on your desk to avoid confusion or sidetracking.

- **Stick to a Schedule.**

Developing routines can help you stay organized and calm.

- **Determine the Details.**

Plan your schedule in advance, drafting out even the smallest details, to minimize problems which might be distracting down the line.

- **Know Yourself.**

Determine your strengths and budget extra time into your schedule as necessary to complete more consuming projects.

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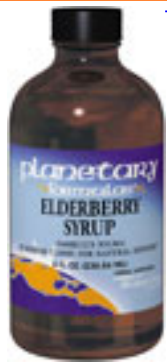


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