

Lessons of the Heart ... the Mind-Body Connection

WHAT'S INSIDE?

Transformation Through Transcendental Meditation?
Heart Health Hazards ... *How to Stay Safe*

plus...
Tips to Help Every Heart



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Is Easing ADHD as easy as Omm, Two, Three?

Recent studies on groups of students showed **positive results following the incorporation of Transcendental Meditation into their daily routines** twice a day during school hours for three months, according to the Current Issues in Education journal.



As **stress can impair functioning and behavior**—thus affecting working memory, impulse regulation, mental sharpness and coping strategies—lessening its effects can have highly beneficial results not only in **alleviating ADD/ADHD symptoms** (which are exacerbated by stress) but also helping develop healthy life coping skills.

Meditation thus may be a helpful resource if properly followed for those struggling to achieve desired outcomes from conventional routines—or for those wishing to further supplement effective natural treatments.

Transcendental Meditation is a simple technique which individuals strive to let the

"I have two special needs children (they are six and seven years old). We have been using [PureCalm™](#) and [Focus](#)

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

mind move from active, focused levels of thinking to silent, expanded levels of consciousness, with minimal effort.

Regardless of whether an individual is trying to harness wandering attention spans from ADD/ADHD or daily stressors, any **stress management program** can help improve one's locus of control, self-concept, and ultimately appropriate coping strategies.

As many students suffer from chronic stress, which can manifest into self-injury, substance abuse, or behavior problems if not managed well, techniques which help **normalize the stress response** can be very valuable.

Especially since students with ADD/ADHD experience greater levels of stress, this extra boost can **greatly improve their natural inclination to act impulsively**. However, these techniques can be utilized for ADD/ADHD sufferers of all ages.

Students of the study—which included middle schoolers and children K-12—practiced this meditation technique twice a day for 10 minutes, with researchers finding a **50 percent reduction in stress and anxiety** as well as **improvement in attention, memory, organization, and behavior regulation**.

Teachers, parents, and students measured their results from a standard ADHD assessment to reach their findings.

***Formula™** on both of them for about 8 months and their teachers are amazed and tell us to keep doing what we are doing! ...I recommend PureCalm to any parent..."*

- Richard, NV, USA

Related Products

Focus & Attention

- [BrightSpark™](#)
- [Focus Formula™](#)
- [Focus ADDult™](#)

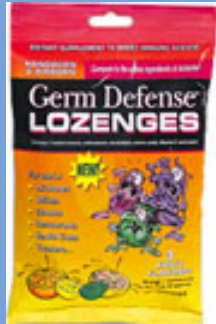
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VRL-X

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



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Protecting the Heart from the Start *Are ADD/ADHD Medications Compromising Health?*



Heart health is an important health issue to follow, particularly for those with ADD/ADHD—as reports have linked **prescriptions for the disorder to heart problems.**

With **heart disease the leading cause of death for Americans,** taking precautions to **prevent and control factors that put people at greater risk,** including proper nutrition, sleep, exercise, and stress control, can greatly help.

Monitoring intake of potentially harmful medication may also be a key factor in staying healthy and avoiding heart problems.

The American Heart Association **issued a recommendation for all children** currently taking or diagnosed to begin taking prescription ADD/ADHD medication to receive a thorough cardiovascular screening, **as heart disease often goes undetected in children.**

This suggestion follows the FDA's ordinance to ADD/ADHD drug manufacturers to include warning labels on drugs regarding the **increased risk for cardiac complications** among those with **underlying heart conditions,** as prescription ADD/ADHD

Health Stats

- The AHA reports suggest that **33- 42% of pediatric heart patients also have ADD/ADHD.**
- More than **2.5 million children in the U.S. are currently taking prescription medications** for ADD/ADHD, with an estimated 4-12% with the condition itself.
- From 1999 to 2004, the FDA reported 19 children on prescription ADD/ADHD medicine who died suddenly, and 26 showed

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stimulants raise both heart rate and blood pressure.

Since so **many heart conditions in children go undiagnosed as symptoms are rarely exhibited**, the

importance to screen a child on

medication or about to begin treatment

is necessary to help **prevent against these potential risks**.

Many children have been properly diagnosed with **heart disease** via thorough examination.

Herbal and homeopathic remedies can provide effective, safe relief without compromising health or risking serious side effects.

Natural remedies have been used in traditional medicine for thousands of years to support the healthy functioning of the brain and nervous system, helping to **encourage normal and efficient concentration and memory functioning**.

As most conventional medicines work only to treat symptoms and problems in isolation, natural medicine strives to **create holistic balance** in the body to **support systemic health, relieve ailments, and prevent future disease**.

Incorporating changes in a number of areas including **diet, lifestyle, surroundings and emotional elements** can also be very beneficial in promoting overall health.

Related Products

Learning & Concentration

- [BrightSpark™](#)
- [Focus Formula™](#)
- [Focus ADDult™](#)

Study Aids

- [StudyPlus™](#)
- [A+ TestCalmer™](#)

"I developed [BrightSpark™](#) as a homeopathic remedy to assist me in the treatment of children in my clinical practice. This remedy has been

signs of **heart complications**, including **stroke, heart attack, pain, and/or heart palpitations**

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very effective in helping children who presented difficulties in concentration and appropriate classroom behavior due to a tendency to be impulsive, overly stimulated and restless, often along with irritable mood and a resistance to parental discipline. Many of these children went from being the classroom clown to willingly settling down to complete tasks, while still retaining brightness and creativity - to the great relief of parents and teachers alike!" - Michele Carelse, Clinical Psychologist

How Healthy is Your Heart? *Everyday Tips for an Essential Organ*

Whether you or your child suffers from ADD/ADHD, **improving heart health benefits everyone.** Your heart works hard day in and day out to pump blood through your entire body.



Every cell in your body needs the oxygen and nutrients carried by your blood in order to live. Thus, a **healthy heart influences the symptoms of ADD/ADHD**, as the systems of the body are so interrelated.

You can take action and **lessen your risk for heart problems** and have your **body working at its optimal performance level.**

1. Keep your blood pressure in check

High blood pressure or hypertension can lead to a variety of cardiovascular complications and is a risk factor for heart attack and stroke. It's important to have your blood pressure checked at least once every two years, even when you don't feel like anything is wrong.

Related Products: [High-Rite™](#) & [Aqua-Rite™](#)

2. Keep blood vessels open by controlling cholesterol and triglycerides

High blood cholesterol can lead to a build up of plaque in the artery walls and narrow your arteries (atherosclerosis) which can make it harder for blood to flow through your heart and body, putting you at increased risk of circulatory problems, heart disease and stroke.

Unhealthy levels of blood fats, cholesterol and triglycerides, can also cause cardiovascular disease.

Related Product: [Cholesto-Rite™](#)

3. Lifestyle changes and medication can help lower your risk factors

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Wellness

- Anti-aging
- Scientifically Formulated
- ALL NATURAL
no side effects

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MORE INFO

Choices than can help you lower your heart disease risk include:

- Eating healthier
- Getting and staying active
- Using alcohol only moderately
- Stopping the use of tobacco products
- Reaching or maintaining a healthy weight

4. Manage your blood sugar

Keeping your blood sugar levels within optimal ranges can prevent or delay blood vessel damage.

The best way to assess your blood sugar level over time is the hemoglobin A1C test. It reflects your average blood sugar control over the last three months.

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