

Making the Connection - How ADD/HD Affects the Family



Learning to Relate

There is much still to learn about ADHD and how its effects can trickle down from the person suffering to family members, friends, co-workers, and other relationships. This month we are bringing to you Native Remedies' latest addition... a **specialized newsletter focusing on ADHD-related issues.**



In this ebook we explore the **interrelationship between genetics and the disorder** - although the link is not explicitly understood, a strong correlation has been found in numerous studies.

New studies report that obese mothers actually increase their children's risk of developing the disorder, as **correlations have been found between the mothers' body mass index and a child's symptoms.**

Another study showed how the **physiological aspects of a person with ADHD predisposes them to other conditions**, as research shows that children with attention deficit hyperactivity disorder (ADHD) are nearly **four times more likely to be bullies** - and children who now exhibit ADHD symptoms now have a **ten-fold chance of having been a prior target of bullying.**

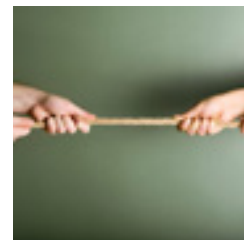
What's even more shocking is that while some children display signs of ADHD that carry with them into adulthood, many of them are being medicated very early... perhaps even prematurely. Imaging studies showed that **some youth with attention deficit hyperactivity disorder displayed normal patterns of brain maturation**, but with **delayed growth of up to three years** in the regions responsible for controlling judgment, behavior, planning, and attention... which means they could potentially "outgrow" the disorder altogether.

We bring you this information along with suggestions for how you can **implement simple lifestyle changes** that can exponentially help the development and growth of your child, as well as **bring advice for how to cope with your spouse or partner** who may be suffering from the disorder. The more you understand, the better equipped you are to manage the symptoms and enjoy the relationships you have.

Tired of the Tug of War with your ADHD Partner?

Helpful Tips on ADHD for Couples

While many people are familiar with the struggles of raising or interacting with children suffering from ADHD, when the problem extends into adulthood, fewer people are **knowledgeable about the proper way to cope**. Further, those in a relationship with a person with the disorder can face frustrations and difficulties caused by the common distractibility, impulsivity, and excess energy associated with the syndrome. Often these symptoms can **leave the partner tired, distressed, hurt, or misunderstood**.



Neglecting to address these pent-up emotions can lead to the demise or breakdown of what could be a healthy connection. However, there are **positive steps you can take to relate** to your spouse or partner to build a communicative, healthy relationship.

- Since many ailments mimic symptoms of ADHD, ensure that your spouse/partner receives a **proper diagnosis** before embarking on a treatment program.
- **Educate yourself** about the disorder so that you can have **empathy and compassion** for his or her seemingly erratic behavior.
- **Communicate openly with your spouse/partner** about how ADHD affects your relationship. When discussing problems, rather than place blame or criticize, suggest solutions that you can work through together. [PureCalm™](#) promotes a calmed mood and soothed nerves, and would work well for both you and your partner to find the peace!
- As you compromise, be sure to **assume a fair playing field**, staying away from the

controlling nag or the helpless ADHD victim roles.

-- **Use helpful reminders** such as notes or bulletin boards to assist in staying on task. [Focus ADDult™](#) helps to promote concentration, focus, and attention span in adults.

--Use **positive communication techniques** as much as possible. No relationship is perfect! Try to see the best of your spouse/partner.

-- **Never use ADHD as an excuse.** Both parties should accept responsibility for their behavior in the relationship. However, remember to become as knowledgeable of the disorder as possible, as this can lessen tension and help build empathy on both sides.

-- Suppressed tension can **affect other areas of your relationship as well**, including intimate relations. After working on improving communication, consider adding an aid to get your sexual life back on track. [Thanda Passion Booster™](#) for women and [Ikawe for Men™](#) both work in a supportive function to promote sexual desire and health.

Other related products:

- [Focus Formula™](#) Support the body's natural ability to concentrate, assimilate information and regulate emotion
- [Brain Tonic™](#) Promotes brain health and maintains healthy concentration, memory and balanced mood in all ages
- [MindSoothe™](#) Promote balanced mood, emotional health and feelings of wellbeing

When ADHD Takes an Ugly Turn

How to mediate bullying behaviors associated with the disorder

A new Swedish study says that children with attention deficit hyperactivity disorder (ADHD) are nearly **four times as likely to become bullies.**

Conversely, the February issue of the journal of Developmental Medicine and Child Neurology states that children who now exhibit ADHD symptoms had a **ten-fold chance of having been a prior target of bullying.**



The study's co-author Dr. Anders Hjern, professor in pediatric epidemiology at the University of Uppsala in Stockholm, says the results show the **importance of paying attention to the interactions** between children with ADHD versus healthy children. It might explain whether it is the ADHD children who are causing difficulties, or rather if they are acting out as a result of the bullying.

[BrightSpark™](#) Aids in concentration, mental focus, and helps control tic disorders and anger outbursts.

The **bullies often need extra attention in other areas of emotional health**, as well. Depression is a likely condition linked to aggressive behaviors. In addition, the high probability of being a prior victim of bullying could also be a contributing factor to violent or hostile behavior now.

However, **treating the symptoms of ADHD will not help the bullying behaviors**, as behavioral-modifying drugs are in a separate classification than those which address symptoms of ADHD.

Studies further elucidate the grim reality of the prevalence in schools- **up to 30% of students report regular involvement in bullying**, particularly in grades 6 through 10. On a positive note, shedding light on the problem may facilitate **schools and parents to practice a more active role** in controlling the problem.

There are steps you can take to help resolve this issue. Consider the following ideas:

If you suspect your child is the problem:

- **Have your child evaluation for ADHD.** While symptoms can show as early as three years old, typically a child must be at least seven to distinguish between abnormal behaviors versus typical for that age range.
- With the proper diagnosis, you can then **research symptoms, how to cope, and treatment** options. Be sure to consider natural and homeopathic remedies, as they can provide effective, safe relief without side effects.

If your child is being bullied:

- **Speak openly with your child** about his or her encounters at school. It is often the "weakest" child being picked on. Encourage him or her to develop social skills to appear stronger and more self-confident.
- **Have your child discuss the bullying with peers.** While it may be embarrassing, your child may learn he or she is not the only one being picked on. With this knowledge comes power, as your child can group together with others. **Bullies will likely leave a pack alone** and find an easier target.
- **Never confront the bully's parents directly.** Leave the matter to the school to

Focus Formula[™]

Promotes concentration, memory and ability to focus attention without distraction.

Brain Tonic[™] Aids in cognitive processes including concentration, memory and attentiveness.

K-OK Kiddie Calmer[™]

Helps reduce nervous exhaustion, specific fears and phobias in anxious children.

Tula Tantrum Tamer[™]

Helps reduce tantrums, soothe fiery tempers and reduce frustration in young children.

handle, as you have no idea the consequences of those actions for the child, says Patrick Tolan, director of the Institute for Juvenile Research at the University of Illinois.

- **Encourage other parents to take action.** A single parent can be seen as an annoyance, but a **group is harder to ignore** and the school will be more likely to interfere and enforce disciplinary action on the bully.
- **If all else fails, consider moving your child to another school.** While the initial emotional impact of uprooting your child can be upsetting, the long-term effects from incessant bullying can be much worse.

Can Your Child "Outgrow" ADHD?

With an average of **three to four million children taking prescribed stimulant medications** to control symptoms of ADHD, the list of possible side effects is not only long, but daunting as well.

There are new studies that may provide some hope for sufferers and parents alike. However, research has revealed that perhaps parents will not have to medicate their children and expose them to prescription-related risks at all.

Imaging studies at the National Institute of Mental Health (NIMH) say that **some youth with attention deficit hyperactivity disorder displayed normal patterns of brain maturation**, but with **delayed growth of up to three years** in the regions responsible for controlling judgment, behavior, planning, and attention.

What does this mean for our kids? "Finding a normal pattern of cortex maturation, albeit delayed, in children with ADHD should be reassuring to families and could **help to explain why many youth eventually seem to grow out of the disorder**," said research team leader Dr. Philip Shaw, of the NIHM Child Psychiatry Branch. With this finding, parents can delay beginning ADHD meds on young children, and first see if their child will "outgrow" the disorder with age.

Prior studies neglected to see the developmental delay since they were studying only the relatively large lobes of the brain. The new imaging measured the thickening and thinning of thousands of cortex sites in hundreds of children and teens. The studies showed both **those with and without the**



[**Focus Formula™**](#) to support the body's natural ability to concentrate, assimilate information and regulate emotion

[**Brain Tonic™**](#) to promote brain health and maintains healthy concentration, memory and balanced mood

[**StudyPlus™**](#) to promote mental alertness and clarity for best study results, academic performance, and help to maintain memory concentration and optimum performance

disorder displayed a similar back-to-front progression of brain maturation, with various regions peaking in thickness at different times.

However, the **studies are not suggesting that parents immediately rely on imaging alone** to support a diagnosis. Although cortex developmental delay was marked, predicting the outcome from a single individual versus a group study is not enough. Further, **ADHD diagnosis remains clinical**, based on personalized information from the child, family, and teachers. Do not assume the child will outgrow the problem. Early understanding and diagnosis is the first step.

In addition, **not all children will outgrow the disorder**. Researchers at the NIMH Child Psychiatry Branch are still testing theories to uncover the differences between those that have a good outcome and those who do not.

In the meantime, there are many safe, natural alternatives available to promote brain health and functioning in children. Perhaps considering adding these supplements to your child's daily routine can eliminate entering the routine of a life-long dependency on unnecessary prescription medication, which have been linked to many cardiovascular-related symptoms.

*"When my son was in 2nd grade, we were told he had great difficulty paying attention in class. We looked for a natural alternative to the sedative-like drugs used to calm kids. We tried **Focus Formula** on him. The results are amazing. There are still moments when we have to make him sit and focus on what he is doing, but no more running around in class, kicking the next kid in their desk, blurting out answers. We love this formula and have several friends who have also put their children on it from seeing the improvement in our child. Thanks from the whole family." - **Danette Alario***

"The teachers complained that my daughter wouldn't wait her turn at school and she bullied the other kids and started to scream whenever she wanted a toy. How terrible is that for a

[**BrightSpark™**](#) to promote systemic balance to support concentration, mental focus, and balanced mood in children, thus lessening impulsive, restless and erratic behavior

[**Tula Tantrum Tamer™**](#) to reduce tantrums and restlessness, and promote calmness in children

[**A+ TestCalmer™**](#) to support cognitive function such as clarity and focus in the healthy brain

[**K-OK Kiddie Calmer™**](#) to promote healthy attitudes towards separation and adjustment to new situations

[**MindSoothe Jr.™**](#) to promote balanced mood and stability in children

mother to hear? Even my neighbor complained about the screaming every day and she has five kids!! Since she has been taking **Tula Tantrum Tamer** there is such a big improvement. It feels so good to be able to be proud of my child when I pick her up from school!" - **Rose W.**

"We were told that my six year old son had a problem controlling his behavior... My six year old is now taking **Mood Tonic** and **MindSoothe Jr.** He is a pleasure to be with, always smiling and so inquisitive of everything around him - Thank you! " - **Maryann, NJ, USA**

Is Your Weight Putting Your Child at Risk?

Over the past four decades, the **number of children with chronic health conditions has risen considerably** and the question that rises to the forefront of every parent's mind is - why?



All good parents want to improve the health and wellbeing of their child, and certainly becoming a leading cause of the child's problem is the last thing they want. But research is showing that genetics play such a significant role in the development of a child that even the mother's weight matters.

James M. Perrin, MD, and professor of pediatrics at Harvard Medical School and Massachusetts General Hospital in Boston, explains that **asthma, obesity, and ADHD have been linked to genetic influences** -- although genetic factors do not completely explicate the dramatic rise in problems. **Social, family, and environmental factors** and changes also play a part.

While outside influences can be difficult to control, since **genetics do have a substantial impact on ADHD**, it is important to recognize some of the developments in research that can **help control this prevalent problem.**

New Nordic studies report that obese mothers actually increase their children's risk of developing the disorder, as **correlations have been found between the mothers' body mass index and child symptoms.** In addition, links were found not only in those cases where the mother suffered from **marked obesity, but also in cases where the women were only slightly overweight.**

What's more, **obese mothers who continued to gain excessive weight** throughout

pregnancy had an **even greater risk** of bearing a child with ADHD developmental problems, **versus women at a healthy weight** prior to pregnancy but gained during the term.

While the exact cause of the correlation is still under determination, a likely explanation is that as a whole, **overweight women experience more complications** during pregnancy. Also, **stress hormones and environmental toxins** are **stored in fatty tissue**, thus having excess in the mother's body can be problematic to the sensitive fetus.

Given the new light on this issue, properly planning for pregnancy by **preparing the body** before conception is of utmost importance to help bear as healthy a child as possible. This includes not only maintaining a healthy weight, but **adopting a holistic approach to overall wellness**, such as detoxing the body, creating systemic balance in bodily functions and systems, building immunity, and stabilizing mood and emotions as pregnancy itself can be a stressful life event!

Related products:

For help achieve optimal body weight and detox:

- [EcoSlim™](#) to promote healthy metabolism, liver, thyroid and digestive functioning
- [Slimmer's Assist™](#) to assist the body with metabolism, digestion and the healthy breakdown of dietary fat
- [Detox Drops™](#) to promote the body's natural cleansing function and ability to eliminate toxins
- [Natural Moves™](#) to help maintain healthy bowel movements and regular open bowels

To help promote overall systemic functioning and balance:

- [Conception Flower Essence™](#) to balance emotional well-being, remove negative energy and open creative life forces
- [Aqua-Rite™](#) to promote water balance to maintain blood pressure, cardiovascular, liver and gallbladder health
- [ImmunityPlus™](#) for full immune system support for adults and teens
- [Mood Tonic™](#) to Optimize nervous system health and promotes balanced mood and peacefulness

To promote optimal fertile conditions in the body to support conception and pregnancy:

- [Fertile XX™](#) to support hormone balance, a healthy uterus, ovaries, fallopian tubes and reproductive function. For optimal health for your partner, visit [Fertile XY™](#), which promotes healthy functioning of male sexual organs, sperm and testosterone production.
 - [Endo-Ex™](#) promotes female hormonal balance, normal comfortable periods and a healthy endometrial lining
 - [Dong Quai™](#) promotes a healthy reproductive system, premenstrual, menstrual and menopausal health
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*"I have followed your weight management program along with **EcoSlim** drops and **Slimmer's Assist** and have already lost 7 kg in the past month - even though I must admit I cheated a bit as well. I feel very motivated to carry on and firmly believe that your products have helped to correct an imbalance that has been causing me to put on weight even when I ate a healthy diet. I am also very grateful for all your help and support" - **Janine, CT, USA***

*"Becoming parents has always been very important to my husband and I so when we decided it was time to start our family we wanted to do everything perfectly... I thought I would try your **Conception Essence** to help overcome these worries and the next month- you guessed it- I was pregnant! My husband and I are thrilled and relishing every moment of the experience!" - **Excited parents-to-be, CA, USA***

*"... I came across your website. **Fertile XX** is a God-send... Thanks for the wonderful product, you guys... A+++." - **GA Girl***