

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.**

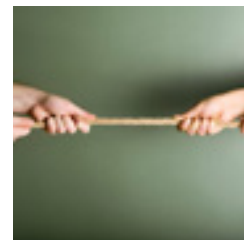
What's even more shocking is that while some children display signs of ADHD that carry with them into adulthood, many of them are being medicated very early... perhaps even prematurely. Imaging studies showed that **some youth with attention deficit hyperactivity disorder displayed normal patterns of 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

Does Your Child Suffer from Inattention or the Inability to Concentrate??

Concentration is one of the most powerful mental tools your child has - and yet, so few kids actually know how to use it to its full potential.

When your child's concentration is at optimal levels, their school work is easier, recall is quicker, homework takes less time and they tend to make fewer mistakes.

So often, concentration problems in kids are treated using conventional prescription medications that are laden with side effects, such as stimulants like Ritalin, Adderall and Concerta, as well as the non-stimulant drug Strattera.

Focus Formula:

Naturally maintain optimal mental focus, concentration, attention span and memory function - all without side effects!



Retail Price: \$43.95
Your Price: \$34.95



Read what other parents experienced when they used Focus Formula for their children!

"For the past few years, my son's behavior was so uncontrollable and as parents, my husband and I felt like throwing in the towel. We were fearful of possible side effects linked to some prescribed medications. He recently started kindergarten and within the first two weeks was in trouble more times than not! We tried everything to get him back on track but no luck. That was until my husband found Focus Formula. My son who just turned 6 has been taking Focus for about a month now but within the first week, we noticed a remarkable change. Now we don't have the teacher calling us to tell us what he did wrong in school but to give us glowing reports of how wonderful it was to have him in school! Yesterday he came home with a WOW! Sticker on his shirt for such GREAT behavior at school. THANK YOU SO MUCH. I am telling everyone I know about your wonderful products and you will have a customer for life!"

—Gerri, AK, USA

What is Focus Formula?

Focus Formula is a 100% safe, non-addictive, natural, herbal remedy that is formulated by our Clinical Psychologist to safely maintain health and systemic balance in the brain and nervous system.

Focus Formula contains a selection of herbs known for their supportive function in maintaining brain, nervous system and circulatory health. It has been used for many years to promote wellbeing.

Guaranteeing quality, effectiveness & safety

Native Remedies uses a superior set of standards and processes when creating all of their natural products. They combine high-quality raw ingredients, that are laboratory-tested, with good manufacturing practices.

Their Full Spectrum Approach uses the Whole Spectrum manufacturing method to guarantee that their products are of the highest quality, safety and effectiveness.

Focus Formula contains no animal products, gluten, artificial colors, flavors or preservatives, is suitable for lacto-vegetarians, is not tested on animals, and backed by the Native Remedies One-Year Unconditional Money-Back Guarantee.



Focus Formula

Buy Risk-Free NOW!

Native Remedies guarantees the quality, safety and effectiveness of all of their products. Review their one-year unconditional money-back guarantee.



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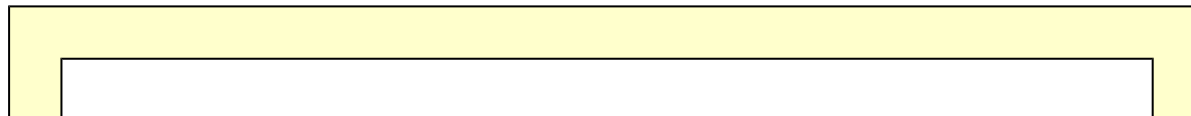


Does Focus Formula really work?

Both customer testimonials and an extremely high reorder rate indicate that Focus Formula is very effective. In fact, it has literally been sold to thousands of customers in virtually every country around the world with tremendous success!

How long has Focus Formula been on the market?

Focus Formula was created by our Clinical Psychologist - in conjunction with our expert team of homeopaths and naturopaths - who has been providing them to her clients, with great success, for more than ten years.



"...I have to admit I was not a whole believer in non-conventional medicine, but that has certainly changed..."

"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 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 me 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 the products that 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

"...The transformation is what every mother would desire..."

"I highly recommend your Focus product to every mother ' After feeling as if I had exhausted all options by trying numerous 'natural' approaches to address my 6 year old son's impulsivity, restlessness, difficulty attending, and the accompanying intense emotions.

FOCUS HAD IMPROVED HIS LIFE! Results were observable within a couple of days. We have been using Focus for 13 months. I feel it is a God send. He finally has some peace and calmness from within that is evident in his eyes and face. First grade was successful and he is loving second grade even more. He is still 'all boy', but the transformation is what every mother would desire. Thank you for a wonderful product."

- Debra, AZ, USA

Traditional medicine has been using natural remedies for thousands of years to support the healthy functioning of the brain and nervous system, and to help encourage normal and efficient concentration and memory functioning.

Recent research, including many published clinical studies, now demonstrate that there is a range of herbs capable of supporting normal brain and nervous system functioning. As well as encouraging the healthy flow of oxygen and nutrient rich blood to both the brain and its peripheries.

How can Focus Formula help your child?

Use Focus Formula to:

- Support the body's natural ability to concentrate, assimilate information and regulate emotion
- Help maintain a normal, healthy attitude during over-stimulation
- Naturally facilitate calmness and reasonable clarity of mind.
- Promote relaxation and balanced mood
- Encourage the healthy flow of oxygen to the brain

Does this sound too good to be true?

It isn't... We can prove it!

Native Remedies is so certain that you will be completely satisfied with their Focus Formula that they offer a One-Year unconditional money-back guarantee*.

Simply try Focus Formula for at least 30 days. If you are not completely satisfied - for any reason - return the product within 1 year for a complete refund (less



Retail Price: \$43.95
Your Price: \$34.95

shipping fees).



"...She seems much more focused and willing to try instead of giving up..."

“My 8 yr old daughter is doing wonderful. She has been on it for 3 months now. After the first month of her taking it in the morning and night she has improved in school dramatically. She seems much more focused and willing to try instead of giving up. I am so happy I ordered this for her. Thanks. ”

- Virginia, FL, USA

"...The teacher said it was like a light had turned on in her head!..."

“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 and her teachers. So glad I found this website.”

- Cindy, Canada

Focus Formula from Native Remedies is a very effective natural remedy for maintaining concentration and has a very high success rate!

Focus Formula - like all Native Remedies products - contains no animal products, gluten, artificial colors, flavors or preservatives, is suitable for lacto-vegetarians, is not tested on animals, and backed by their One-Year Unconditional Money-Back Guarantee.

Save even more! Take advantage of the Buy 2 Get 1 Free discount! All at NO RISK to you!

Order Today. Ships Today!

Please note that all orders are shipped the same day if placed by 3 PM EST Monday thru Friday.

Retail Price: \$43.95

BUY 1 NOW

Your Price: \$34.95

Retail Price: \$133.95

BUY 2 GET 1 FREE!

Your Price: \$69.90

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
-

*"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***