

Managing the Summertime Ups & Downs of ADD/ADHD



Summer Survival

We all like to relax - or try to at least - during the summer months and it is very common to **unintentionally neglect health routines** that are upheld during the rest of the year... including maintaining exercise, diet, or even taking your natural remedies.



While no two children (or families) are exactly alike, there are tips that will help parents decide **what is best for their ADD/ADHD children** during the summer break.

And always remember, you are not alone! **Native Remedies is here to help with advice, support and to provide the best natural remedies** for you and your family!

In addition, summer also **prompts parents to think about the upcoming fall school term...** and how to address ADD/ADHD issues both at home and in the classroom.

However, before heading to the doctor, be aware that the **American Heart Association issued a recommendation** for all children currently taking or scheduled to take prescription ADD/ADHD medication **to receive a thorough cardiovascular screening.**

This advice follows self-reports of heart complications in children, including death, stroke, heart attack, pain, and/or heart palpitations.

This precaution is intended to help **protect against the increased risk for cardiac complications** among those with underlying heart conditions and these medications.

What is so disturbing about the risk of heart troubles surrounding these medications is that **heart disease often goes undetected in children.**

Heart Screening Alert for ADD/ADHD Children

Do you know the risks of using prescription meds?

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.**



This warning follows last year's FDA 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 stimulants raise both heart rate and blood pressure.

What makes this discovery more disturbing in regards to the risk of heart troubles surrounding these medications is that **heart disease often goes undetected in children.** The AHA reports suggest that **33 to 42 percent of pediatric heart patients also have [ADD/ADHD](#).** From 1999 to 2004, the FDA reported 19 children on prescription ADD/ADHD medicine who died suddenly, and 26 showed signs of [heart complications](#), including [stroke](#), [heart attack](#), [pain](#), and/or [heart palpitations](#).

In addition, Health Canada (the Canadian version of the FDA) banned Adderall, a commonly prescribed drug for [ADD/ADHD](#), after a review of FDA records of self-reported deaths of 12 American children.

[ADD/ADHD](#) is the one of the most common disorders among American children, according to the American Heart Association, with more than **2.5 million children in the U.S. currently on prescription medications** for ADD/ADHD, and an estimated 4-12% with the condition itself.

[BrightSpark™](#) is a 100% homeopathic remedy to support concentration, mental focus, and balanced mood in children

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 identified as having [heart disease](#) via a thorough exam. The **AHA recommends obtaining** a detailed patient and family medical history, a physical exam with heart monitoring and [blood pressure](#), and an electrocardiogram (ECG). If the patient and parents agree to continue on with prescription treatment even with these identified risk



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factors, it is wise to consult a pediatric cardiologist and have the child receive check-ups every few months. While these extra precautions may seem unnecessary, **adding a stimulant to an existing heart condition could be deadly.**

While some children respond well to prescription [ADD/ADHD](#) treatment, it is **always best to consider an alternative or holistic approach to a child's health.** Especially since the safety factor of these conventional treatments continues to come into question, **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:

[BrightSpark™](#) - Support concentration, mental focus, and balanced mood in children.

[Focus Formula™](#) - Support concentration and attention, while maintaining normal energy levels in children and adults.

[MindSoothe Jr.™](#) - Supports balanced mood and stability in children.

[KiddieCool™](#) - Soothes irritability and restlessness, and promotes the effectiveness of child's

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

*"My 9-year-old ... forgets EVERYTHING you tell him. There is a big difference since he has been taking the [Triple Complex Brain Tonic™](#) - the other day he even reminded me about a school meeting. It is such a relief to find something that works..." - **Sandra G.***

"I have a 6 year old boy ... [who was] on every possible medication and it was to the point where nothing was working and he would be up all night long for 3-4 nights in a row and he was getting in trouble at school daily. I even lost my job due to the amount of phone calls I received from his school. I started him on the [Focus Formula™](#) and

natural cooling methods.

[PureCalm™](#) - Aids nervous system in stress resistance for balanced moods and feelings of well-being.

[Brain Tonic™](#) - Supports brain health and maintains healthy concentration, memory and balanced mood in all ages.

[StudyPlus™](#) - Supports brain health, healthy concentration, mental alertness and memory function.

[A+ TestCalmer™](#) - Promotes calmness and confidence in children and teenagers prone to test anxiety.

[BrightSpark™](#) about 2 weeks ago, and at first thought it was going to be a waste of money but I was wrong. After about 3 days I got a whole new son. He's eating every time I turn around, already gaining weight, has a new personality without the "drugs" and his teacher even called to ask if I put him on something new and said he was completely different in class, almost as if she got a new student!!! This REALLY works, trust me, I'm the most skeptical person out there and here I am writing my very own testimonial!! It's a miracle, I have my son back and he has his "mind" back. Thank you!!!" - **April, PA, USA**

Summer is No Time to Slack (on your remedies)

Preparation Tips for ADD/ADHD Parents

With vacations and a more laid-back mindset the norm for many families during the summer months, **it is easy to neglect health routines** that are upheld during the school year... including maintaining exercise, diet, or even taking remedies.



Of course, both parents and children **need vacation time to unwind and relax** in a less structured (and arguably more creative way) than

they are able to do at school. The long summer break offers an ideal opportunity for all of these essential activities!

However, many parents of children with concentration and behavioral problems such as [ADD/ADHD](#), ODD, anxiety, [Autism](#) and [Asperger's Syndrome](#) report that vacations can be stressful for children as well as parents. When they are over, children often take weeks to settle back into the routine of school.

Many times vacations seem to "undo" all the progress achieved during the school term. And then there is the issue of medication - should it be continued or should children give their systems a 'break' from medication during the summer?

Because **consistency in any holistic health plan** is so important for supporting health, **continuing regular dosage of natural remedies** should be a part of any vacation preparation.

While no two children (or families) are exactly alike, here is some advice



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Designed with products to complement each other,

that I have given my own clients over the years to help them to **decide what is best for their [ADD/ADHD](#) children** during the summer break. This advice is often just as useful and applicable for parents of children with other learning, behavioral or emotional problems, as well.

1. [Don't let go of the established routines and rituals.](#)
2. [Don't let diet go out of the window.](#)
3. [Don't overdo TV and computer games.](#)
4. [Do spend quality time with your child.](#)
5. [Do continue with their health supplements, herbal and homeopathic remedies.](#)
6. [Do encourage reading and fun-filled, yet educational activities!](#)

1. Don't let go of the established routines and rituals.

For most children, vacation is a time when they can be free from the boring routine of the school term. No more fixed bed times, bath times and meal times. No more rules and no more homework - just loads of fun! While this is okay for most children, **those with concentration and behavioral problems need routine and structure** in order to provide a safe and predictable framework within which they can operate.

Depending on the age of the child, try to maintain the usual bedtimes, bath times, mealtimes and even the same rituals (e.g. bedtime stories) as much as possible. Remember that these were probably difficult to establish in the first place and will be **even more difficult to re-establish once you have let them slip.** [ADD/ADHD](#) children do not cope well without structure - even if they fight about it! Without being completely inflexible, **try to keep things as steady as possible.** When you do have to break with routine, explain this clearly in advance to your child, including the reasons for the change - as well as the fact that things will return to normal the next day.

2. Don't let diet go out of the window.

As far as is possible, **try to continue the good eating habits** (we hope!) you have established during the term. Vacation time often brings with it loads of candy, many junk food meals and TV dinners. While a break from 'healthy food' now and then is not the end of the world, remember that many [ADD/ADHD](#) children are especially sensitive to food additives and a high fat, high sugar diet. They usually do best on regular 'steady energy' or low GI meals.

Too much junk food during vacation often leads to an over-stimulated system, which could take weeks to settle down. Hyperactivity, 'bad' behavior, impulsiveness, aggression, mood swings as well as allergies are often the result. While it may be difficult to put your foot down, **remember who is in charge here!** Your children are in no position to decide for themselves when it

when used **together, they provide the maximum benefit for the brain and nervous system** to:

- Maintain healthy concentration and mental focus
- Support attention span and energy levels
- Maintain **balanced moods and soothed nerves**
- Support regular sleep patterns

[Learn more about Brain and Nervous System UltraPack](#)

comes to junk food and it is **important for parents to maintain the balance** and provide tasty, healthy alternatives (as well as set a good example!). Keep mealtimes and snacks regular, nutritious and fun!

3. Don't overdo TV and computer games.

I often say that **TV and computer games have taken over the role of the family** and the extended family in today's society. Instead of playing with a cousin or taking a walk with Grandma while Mom is preparing dinner, many children sit in front of the TV for companionship and recreation. Parents who have to juggle home and work often turn a blind eye to the number of hours their children spend watching TV or sitting in front of a computer - especially while they are on vacation!

While **we all know that moderation is best**, it is very tempting to 'let sleeping dogs lie' - especially when it means that kids stay out of mischief and a little welcome peace and quiet reigns for a change! **Children who tend to have a short attention span or who cannot sit still are often surprisingly passive in front of a screen, which seems to soothe and calm them. However, remember that there comes a time when all that pent up energy has to come out!** Usually when it does, it is accompanied by uncontrolled, difficult and overactive behavior.

Too much time in front of a static screen can also **affect hand-eye coordination** and **weaken the muscles of the eyes**, as well as their **ability to track moving objects** and **follow the lines of printed text** in books. Weakened muscles in the upper torso will make it **difficult for children to sit in their desks and write comfortably** once they return to school. Hours of inactivity will **reduce the amount of oxygen to the brain** and therefore further **affect cognitive activities** like concentration and memory. Wise parents will provide a variety of active outdoor play, different non-TV indoor activities and reading - and allow their children to **watch only a few selected programs** on TV. While this applies to all children, it is particularly important for children with concentration and learning difficulties!

4. Do spend quality time with your child.

Children need **quality time with their parents** and now is the perfect opportunity! The more they are able to bond with you and with the family, the **less vulnerable they will be to peer pressure** as they grow up. **Spending time with your children gives you the opportunity to show them you love them, to teach them the values and beliefs that are important to you - and to have fun with them!** Before you know it, they will be all grown up and you will be able to **look back with fondness** at the good times that you had together!

5. Do continue with their health supplements, herbal and homeopathic remedies.

Parents are often advised to give their children a break from prescription drugs for [ADD/ADHD](#). There is a very good reason for this, as these **stimulant drugs are in fact harmful to the child's system** (which is why they have such a high schedule rating). It therefore makes sense that they should be **reserved only for times when they are really necessary** - during the term time when children

need to be able to focus on their school work. Doctors recommend that weekends and vacations remain drug-free to **minimize the negative effects of prescription stimulant drug use.**

Unfortunately, many of these **drugs are also addictive** and many children **spend the first few weeks of their vacation suffering withdrawal symptoms** - mood swings, tearfulness, erratic behavior - even headaches and insomnia. Many parents interpret this as a sign that their children 'need' the drugs, not realizing that they are actually **witnessing a drug withdrawal process!**

If your child takes prescription [ADD/ADHD](#) drugs and becomes moody or difficult when they are stopped, reduce the dosage slowly to minimize the withdrawal symptoms. Better yet, use the vacation to try out natural alternatives! While you may not be able to see the results as easily as you would in a structured classroom environment, you would certainly have the opportunity to have a good **trial of the natural remedies**, and by the time school starts, they would have had time to **reach therapeutic effectiveness.** Write to our [Ask Us](#) team for any advice you need!

[BrightSpark™](#) is a 100% homeopathic remedy to support concentration, mental focus, and balanced mood in children



[Learn more about BrightSpark](#)

Parents who have already **chosen the natural route for their children** often ask whether they should also stop the herbal and homeopathic remedies during the summer - to give their kids a 'break'. Because these remedies (including our Focus and BrightSpark) are especially formulated to improve health in a number of areas (including brain functioning and mood), the answer is clearly 'NO'! Unlike the pharmaceutical drugs, the natural ingredients in the remedies are there to **support health and functioning** (rather than artificially suppress symptoms) and we recommend that they are **continued throughout the year.**

Furthermore, **some children take longer to respond** to natural medicines than others. This means that taking a 'break' may leave your child at a disadvantage when school begins again, with the first few weeks spent trying to get back the full therapeutic effect. Similarly, health supplements like **vitamins and minerals should also be continued during the summer** to make sure your kids start off the new academic year on their best foot!

6. Do encourage reading and fun-filled, yet educational activities!

Children with [ADD/ADHD](#) and learning problems need more practice than their classmates. Although they may be just as (or even more!) intelligent as their peers, **concentration, perception, listening abilities and reading skills do not always come easily to them.** Taking a long break from the activities of the classroom may cause children with ADD/ADHD to lose ground and their hard-won classroom skills may become rusty.

While it may be unfair to subject your children to schoolwork during their summer break, try to be creative! **Use your imagination to provide different fun-filled activities which use the same**

skills needed for classroom work. Jigsaw puzzles, memory games and even card games all require concentration, focus and calculation. Take your kids to the shop and let them help you to add up the cost of the purchase - and then allow them to pay the cashier themselves. Bake cakes with them, getting them to measure out the ingredients. Get them involved in interesting art and craft work that needs hand-eye coordination. Provide exciting books to read as a special treat! There are **many ways to keep kids busy** with activities that are 'good' for them and which will help them to **retain the skills necessary to succeed in the classroom!**

Finally, **remember that parents need a break, too** - particularly parents with children who have special needs! During the school year, things can become hectic, and **parents are often stressed by multiple demands** and by trying to keep up with children who may try them to their limit!

As your child's primary caregivers, **you play a major role in the management of [ADD/ADHD](#).** Taking care of yourself will also help your child. Being the parent of a child with ADD/ADHD can be tiring and trying. This can test the limits of even the best parents! **Take time out for yourself to recharge your batteries.** Learn stress-management techniques to help you respond calmly to your child. Try and **maintain healthy eating and sleeping patterns.** Begin a hobby or even a yoga class. All your efforts will be rewarded by more patience, better energy reserves and superior coping skills - which **will benefit both you and your children!**

And lastly - remember that you are not alone! As always, **Native Remedies is here to help with advice, support and the best natural remedies** for you and your family!

[PureCalm](#)™ is a 100% safe, non-addictive herbal remedy to support the brain and nervous system to maintain soothed nerves and balanced mood



[Learn more about PureCalm](#)

Related Products for Kids:

[BrightSpark](#)™ - Support concentration, mental focus, and balanced mood in children.

[Focus Formula](#)™ - Support concentration and attention, while maintaining normal energy levels in children and adults

[Brain Tonic](#)™ - Supports brain health and maintains healthy concentration, memory and balanced mood in all ages.

[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.

[Mom's Magic Trauma Sprinkles](#)[™] - Promotes comfort in children with distress due to shock, trauma and general upset.

[MindSoothe Jr.](#)[™] - Supports balanced mood and stability in children.

[KiddieCool](#)[™] - Soothes irritability and restlessness, and promotes the effectiveness of child's natural cooling methods.

[PureCalm](#)[™] - Aids nervous system in stress resistance for balanced moods and feelings of well-being.

[StudyPlus](#)[™] - Support brain health, healthy concentration, mental alertness and memory function.

[A+ TestCalmer](#)[™] - Promotes calmness and confidence in children and teenagers prone to test anxiety.

Related Products for Parents:

[PureCalm](#)[™] - Aids nervous system in stress resistance for balanced moods and feelings of well-being.

[Triple Complex Nerve Tonic](#)[™] - Promotes nervous system health, maintains balanced mood and a worry-free mind.

[Triple Complex Mood Tonic](#)[™] - Optimizes nervous system health and promotes balanced mood and peacefulness.

[The Calm Within CD](#)[™] - Offers professional relaxation, visualization and affirmation techniques for self-help and stress relief.

*"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