

Hope on the Horizon... New Views on ADD/ ADHD



Expanding Perspectives on ADD/ADHD

Summertime often creates **fresh perspectives in our way of thinking**. It can serve as a very inspiring time to evaluate how **we** as parents cope and help our children cope with [ADD/ADHD](#).

There's the old saying that "milk can do a body good"... but could fresh air have positive effects on the body and mind as well? New research shows that **children show less hyperactivity and distractibility when in natural surroundings**.



For children who have been properly diagnosed, **controlling symptoms can be a manageable and attainable task**. However, for children who have been misdiagnosed, the outcome can be frustrating for both child and parent. One of the latest discoveries of a study shows that **hyper vigilance caused by traumatic experiences can strongly resemble [ADD/ADHD](#)**.

And as research continues to demonstrate, **children are not the only ones affected by [ADD/ADHD](#)**... not surprisingly, the effects of adults suffering from an untreated learning disorder can have a serious impact on their lives. In fact, studies show that **adults with [ADD](#) lose as much as three weeks worth of work productivity annually** due to their inability to concentrate.

Nurturing Nature on Vacay & Everyday

How time outdoors helps settle ADD/ADHD children

With summer vacation in full swing, many families are still planning last-minute getaways or making final preparations for well-awaited vacations. However, for **parents with a child that has [ADD/ADHD](#)**, there are some recently discovered considerations to factor into travel itineraries.



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needs of your child.

When traveling, try to **anticipate places or activities that are likely to trigger undesirable behaviors**. Often times, these points can be avoided with a little preparation, such as doing a practice run-through of the airport with an [anxious child](#), or packing

Studies conducted at the Landscape and Human Health Laboratory at the University of Illinois, Urbana-Champaign by Frances Kuo, Ph.D., suggest that **[ADD/ADHD](#) children show less hyperactivity and distractibility when in natural surroundings**.

Whether planning a vacation around a natural setting or incorporating greenery into everyday activities, **exposure to nature has shown to be effective in reducing [ADD/ADHD](#) symptoms**.

While this may not be the case for all children with [ADD/ADHD](#), it may be helpful to **be aware of how certain environments may influence behavior** and modify activities accordingly in order to make the most of a trip or manage everyday activities.

First of all, **be realistic about how the child interacts in different environments**. Would the hustle and bustle of a big city cause too much stimulation, or would it be just the right amount of activity to sustain attention?

Parents, close relatives, or teachers have likely observed the child's inclination, behavior and tastes **from past experiences on family vacations or field trips**.

Keep those memories in mind when planning activities and either **tone them down or mix them up** to best suit the individual

Related Product

[BrightSpark™](#) Homeopathic remedy temporarily relieves hyperactivity, distractibility and impulsiveness in children

an item that **reminds them of comfort and safety.**

Remedy Reminder for a Successful Start 'Back to School'

As summer nears its close, it's time to begin **preparing your child to start off the school year** on the right foot. Hopefully you took our advice over the vacation break and either began your child on a **remedy program** or continued his or her proper **maintenance dosage** to receive optimum benefits.

However, **it's not too late to implement a plan of action!** If your child was previously on a natural remedy program for the previous school year, be sure to **stay consistent with dosage** over the vacation break so that the child continues to receive ongoing support.

In addition, while most conventional medicines work only to treat symptoms, **natural medicine strives to create holistic balance** in the body. Therefore, many customers report **full benefits after continued dosage** for a period of several weeks. By starting a program now, by the time the school year begins, your child will **already be receiving optimum results.**

As always, **Native Remedies is here to help** with advice, support and the best natural remedies for you and your family!

It is sometimes just the perception of having control that helps a child with [ADD/ADHD](#) adjust to new situations with greater ease.

When unavoidable situations arise- such as a flight delay, traffic jam, or long lines at an amusement park - dealing with an [ADD/ADHD](#)

child can become quite frustrating and draining. To **settle the child and restore peace**, keep a few no-fail distractions on hand like books, games, or portable electronics.

Try to **include time outdoors in the presence of nature in your child's daily routine.** Whether it's playing sports, volunteering in a community clean-up, helping out in the yard, or simply doing homework outside (ensuring that the setting isn't too distracting) **spending time outdoors on a regular basis has shown to have wonderful benefits** for [ADD/ADHD](#) children.

Natural remedies can also provide quick relief. The herb Cina has been used homeopathically to relieve irritability, increase tolerance, and prevent temper tantrums.

Chamomila and Aconite also have similar soothing properties for children who are irritable and difficult to please, and help to promote balanced mood and lessen agitation.

Combined with conventional and natural remedies, time outdoors enjoying nature can be an **effective addition to the lifestyle of a child with [ADD/ADHD](#).** There are no side effects, no costs, and it is relatively easily to implement.

Why not experiment with the **most natural approach possible?** Both your child and yourself could greatly reap the rewards!



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Related Products for Children:

[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 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.

[Tula Tantrum Tamer™](#) - Helps reduce tantrums, soothe fiery tempers and reduce frustration in young children.

[K-OK Kiddie Calmer™](#) - Helps reduce nervous exhaustion, specific fears and phobias in anxious children.

Related Products for Parents:

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

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*"Thank you for helping my son ...Your [K-OK Kiddie Calmer](#) remedy has soothed him and aided his natural confidence that I knew was inside him somewhere!" -- **Mark, South Africa***

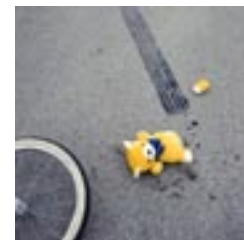
*"...We tried [Focus Formula](#) on him. The results are amazing ...We love this formula and have several friends who have also put their children on it from seeing the improvement in our child. Thanks from the whole family." -- **Danette***

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

Trauma Troubles Can Lead to ADD/ADHD Misdiagnosis

Signs and symptoms to catch & compare

While it is quite common for children to be misdiagnosed with [ADD/ADHD](#), parents are often shocked at the number of conditions that display almost identical symptoms. Take for instance one of the latest discoveries... that **hypervigilance caused by traumatic experiences can strongly resemble [ADD/ADHD](#)**. For many this comes as a surprise, since most people may not even realize that their child has been exposed to a traumatic event.



However, studies show that by age 16, **nearly 70% of children have been exposed to at least one disturbing, traumatic experience** such as a car accident, natural disaster, death of an immediate family member, or child abuse.

Traumatic events greatly affect different parts of the brain, leading to a number of abnormal behaviors.

While children may not suffer from full-blown post traumatic [stress](#) disorder (PTSD) as a result of a traumatic experience, they may have attributable symptoms that may cause a "fight or flight" response of [fear](#) in association with movements, noises, or other stimuli. Such responses **may appear to resemble [ADD/ADHD symptoms](#)** such as distractibility, inattention, aggression, [increased activity](#), or dissociated behavior.

A study of preschoolers who had suffered multiple traumatic events concluded they had **16 times the chance of displaying attention problems-- in addition to an increased disposition to other emotional conditions** such as [depression](#) and [anxiety](#)-- compared to children who had not experienced traumatic events.

A thorough medical examination and evaluation of a child's history by a trained professional should be able to distinguish between the disorders. On the other hand, it is possible in some instances that a child is suffering from *both* conditions, as [ADD/ADHD](#) has been associated with an increased risk for PTSD.

Regardless of the condition diagnosed, there are many **natural remedies available to address the symptoms** associated with both disorders to help promote a

Related Product

[MindSoothe Jr.](#)™ is a 100% safe, non-addictive natural remedy that supports the brain's natural ability to regulate mental and emotional health in children



[Learn more about MindSoothe Jr.](#)

healthy, balanced mood and manage behavior in children. In combination with a healthy lifestyle, diet, exercise, and counseling if necessary, a holistic approach to wellness can **significantly improve a child's quality of life and help them live up to their full potential as adults.**

Related Products:

[K-OK Kiddie Calmer™](#) - Helps reduce common exhaustion, specific fears and phobias in children.

[Tula Tantrum Tamer™](#) - Helps reduce tantrums, soothe fiery tempers and reduce frustration in young children.

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

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

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

[BrightSpark™](#) - Support concentration, sharpen mental focus, and promote calmness.

[Focus Formula™](#) - Supports concentration, memory and ability to focus attention without distraction.

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

[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.

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*"I have been using [Mom's Magic Trauma Sprinkles](#) at home for all sorts of little things. Sadly, a few months ago, I lost my mother very unexpectedly. My children were very close to her, and I knew that it would be difficult to break the news. With the help of your Magic Sprinkles, they were easier to console and we were able to deal with this extremely emotional time just that little bit better." -**Thankful Mom, CT, USA***

*"Thank you for your reply... we have a very long and complex story behind our seven yr. old - the short of it is that in just 24 hrs, we noticed a very positive change in him from both of these products. Unbelievable to both my husband and myself. At this point, in the very initial stages of the products' use, I cannot even begin to explain how pleased we are with the results - you have NO IDEA from whence we came! Thank you more than you'll ever know." -**Rebecca G***

"I have a child who finds it very difficult to communicate his emotions with me without fuss and upset. ...We have used the [MindSoothe Jr.](#) for a few weeks and I just wanted to tell you of the big improvement, making it easier for me and my wife to inter-act with him. I also notice that he does not flap his hands around so much and he used to pick at his skin which is much less now too - only when he is very tired." -**Danny, CT, USA**

Don't Let ADD/ADHD Compromise Your Job

Tips for Adults in the Workplace

Teachers aren't the only ones suffering effects from their students with [ADD/ADHD](#)... **employers also feel the consequences** of the 3 to 4 percent of adults worldwide with the disorder. Studies from survey data from the Harvard Medical School in Boston show that on average, **adults with ADHD lose three weeks worth of work annually** due to their inability to maintain focus and concentration



[ADD/ADHD](#) can lead to sub par quality of work and lost productivity as a result of typical symptoms of the disorder, which include chronic [hyperactivity](#), [forgetfulness](#), and impulsiveness. In addition, the disorder can severely affect interactivity with other employees, and even lead to **loss of employment** - which can result in subsequent disorders such as [depression](#) and [anxiety](#).

However, the following tips combined with **natural remedies can provide support** for [ADD/ADHD](#).

- **Get a thorough medical screening.** According to the World Health Organization's recent study, more than 3 percent of working adults do not even know they have the disorder.
- **If you have been diagnosed, acknowledge your disorder.** Many adults still carry the viewpoint that [ADD/ADHD](#) is just for kids... but the effects can be even more detrimental than some mental health disorders, as it can be very persistent.
- **Let your employer know.** If your work performance has been suffering, it may be beneficial to have a discussion with your employer now that you have recognized the difficulties... and to provide them assurance that you are addressing the issue.
- **Take a holistic approach to health.** Diet, lifestyle, surroundings, and emotional elements all support the health of an individual as a whole. By adapting these to what works best for your condition, you can help maintain focus naturally.
- **Consider natural remedies first.** To reduce the risk of side effects, many herbs and homeopathic remedies can provide the same results as conventional remedies, including Gotu cola, Asian Ginseng, and Ginkgo Biloba, to name a few.

Even though it's not easy to accept the reality of being diagnosed with adult [ADD/ADHD](#), knowledge is

power -and the more you know about your condition, the better able you will be to understand and manage your symptoms so you can get on with your busy life.

Related Products:

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

[Triple Complex Brain Tonic™](#) - Promotes brain health and functioning, including concentration, memory and balanced mood in all ages

[Focus ADDult™](#) - Support brain functions including concentration, focus, and attention span in teens and adults

[MindSoothe™](#) - Supports common feelings of 'the blues' experienced in adults

[MemoRise™](#) - Support brain and memory health in mature adults

"...Luckily I gave [Focus ADDult](#) a try! I can highly recommend it for anyone who wants to (support) study skills and concentration." -Felicity (27 Years Old)

"...I stumbled upon this website and decided to give the [Focus Formula](#) a try. For the first couple of weeks, I didn't think these drops were going to work but I decided to stick with them and give them some time. I am happy to say that after three weeks on the drops, I noticed a dramatic improvement! ...Thank you so much for a great product!" -Stacy, AK

"My memory was getting pretty awful, and I thought, 'Oh well, that's just old age creeping up on me.' My wife put us both on [MemoRise](#), and my mind feels clear again for the first time in years." - John, Canada



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