

Wellness Begins Within... This Season & Always



WHAT'S INSIDE?

Learn the **Dangers of Misdiagnosis**,

Plus...

Find Out How Cold Medicine
Can Affect ADD/ADHD



Alternative
Healing Academy

Home Study Certification
Programs in Reflexology,
Aromatherapy, &
Color & Crystal
Therapy



Falling Back to Nature

We strive to always bring you the latest information on ADD/ADHD news so you can make the best choices for you and your family's health - as well as provide insight onto how taking a **holistic approach to health** can reap many short and long-term wellness benefits.



In addition, **maintaining a strong immune system** means that you may be able to ward off illness. Especially for those with ADD/ADHD, adding a cold and flu remedy to the mix can potentially **aggravate symptoms**.

As optimum health occurs when all systems of the body are in balance, it makes sense that a balanced **diet plays an important role in maintaining brain health and functioning**, as studies show that what we ingest can directly affect behaviors.

Misdiagnosis continues to be a prevalent topic of concern, among the medical community as well as across demographic groups. From

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other disorders **exhibiting symptoms appearing as those of ADD/ADHD** - from sleep apnea or post-traumatic experience-related hypervigilance - to the dangers associated with taking medications for ADD/ADHD, health professionals and parents alike are voicing apprehensions with the **consequences of misdiagnosis**.

In addition, more alarming news reports that almost **40% of elementary schools in the United States have cut out recess** from their scheduled curriculums. For students suffering from ADD/ADHD, the cut may mean **more disruptive behavior**- as well as potentially being **forced into unnatural methods of treatment** to stifle excess **energy that could just naturally be expended** by half an hour of playtime.

Colds, the Flu, ADD/ADHD & YOU

Can OTC cold & flu medicine can affect symptoms?

Although staying healthy as seasons change is important for everyone... it is especially true for those with ADD/ADHD. Did you know that adding a cold and flu remedy to the mix can potentially **aggravate ADD/ADHD symptoms?**



Most common **cold medicines have some side effects** on the central nervous system, which can be unpredictable. While some people may experience drowsiness, dizziness, insomnia, or upset stomach, others may experience a **rapid heart beat or hyperactivity**.

Over-the-counter cough and cold medicine can be dangerous if more than the recommended amount is used, if it is given too frequently, or if more than one cough and cold medicine containing the same active ingredient are being taken at the same time.

Drug interactions between cough and cold medicines and any other medication that a child might be taking must always be considered, **especially medications for ADD/ADHD**, depression, or anxiety. Always consult your doctor or pharmacist.

While **prevention is the best method** - from boosting immunity by exercising, eating right, and controlling stress- the body is better able to fight the germs it

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[FluGo™](#) Homeopathic



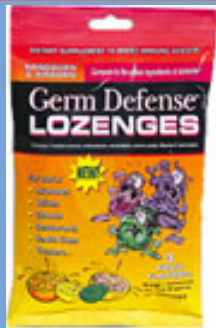
[Zenergize Immunity, Citrus](#)

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



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



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Germ Defense Lozenges are dietary supplements used to boost your immune sys



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encounters. However, if and when you or someone in your family gets sick, **prevent further spreading of infection and viruses** by washing hands often, disinfecting common surfaces, getting plenty of rest, and being considerate of others (including staying home from work or keeping children out of school until the contamination period passes).

remedy temporarily relieves symptoms of the flu or cold including cough, runny nose, fever, sore throat and fatigue.

Related Products

[Sniffly Sprinkles](#)™ Helps maintain easy breathing, clear noses and open chests in children.

[Congesto-K Pillow Spritzer](#)™ Promotes clear airways and entire respiratory tract health in adults and children.

[Congesto-K KiddieRub](#)™ Promotes nose and chest clarity in children to maintain relaxed, easy breathing.

[ComfiCoff](#)™ Promote comfort in the throat and chest - suitable for children and adults.

[Throat and Tonsil Dr](#)™ To soothe the throat, promote tonsil health, support immune functioning.

[KiddieBoost](#)™ Promotes healthy immune functioning in children.

[ImmunityPlus](#)™ Promotes healthy immune system functioning in adults.

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Testimonials

"I will be ordering [ImmunityPlus](#) from you for the rest of my life... It is the cheapest insurance a senior citizen can buy! Native Remedies is like having your own in-house doctor at a fraction of the fees and high costs. You might give it some thought to have a "Fan Club Room"... a place where we can post our success stories... keep up the great work!!" - **R. J., Stuart, FL, USA**

"My children in daycare have been very healthy this year (aged 2 & 4 years). The only thing I can [attribute it] to is [KiddieBoost](#) as I haven't changed anything else; I started giving it to them 3 months ago. Thank you for a great product." - **Nicole J.**



Great Health Sites

[Natural Holistic Health Blog](#)

[Natural Herbs & Remedies](#)

[Akobi Natural Health Database](#)

[Natural Pet Health Blog](#)

[Anxiety Depression Info](#)

[ADHD Info](#)

[Mom's Blog](#)

[Natural Men's Health](#)

[Women's Health Nurse](#)

*"**Sniffly Sprinkles** should be a standard requirement for every mother's medicine cupboard! They have helped my children time and again. I even took some to my neighbor for her little girl, and I made a friend for life!"*

- Mrs J.O.

Are the Foods You're Eating Doing More Harm than Good? Find Out...

The old adage *You Are What You Eat* is rings even truer when you consider that the foods you eat can be **doing your body more harm** than good.

While prescription medications are often used even though they can cause significant side effects, most people are not aware of **the importance of nutritional intake**.

Studies show that **the foods you eat can have significant effects on behavior** and can work for you or against you. This is especially true if you are struggling with ADD/ADHD.

Making changes in diet may be a trial and error process to uncover the best approach. People may be affected differently from additives to sugar, which can cause mixed behaviors, from **hyperactivity to cognitive functioning**.

Most of us can relate to the effects food can have on behaviors from comparing how we feel after eating a meal consisting of fresh, unprocessed foods like vegetables or broiled fish versus a high-fat, sugar-laden meal from a fast food chain.

Often after eating the latter, our body feels sluggish, weak, and often plagued by indigestion. For someone suffering from symptoms of ADD/ADHD, it can thus be seen how increasing intake of substances that alter behaviors in a negative way is thus detrimental.

Furthermore, since food is such a **factor that we have relatively high control over**, why not consider experimenting



Related Products



[Brain and Nervous System UltraPack™](#) -

Designed with products to complement each other, when used together, **they provide the maximum benefit for the brain and nervous system** to:

- Maintain healthy concentration and mental focus
- Support attention

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with it?

Especially this time of year-with Halloween candy galore-pay attention to some of the biggest culprits. **Sugar and artificial additives** are the two biggest contributors that may allegedly exacerbate the effects of ADD/ADHD.

A former research scientist and current clinical nutritionist at Stanford University Medical Center, Marcia Zimmerman explains that the foundation of a **food-based approach to brain health** of ADD/ADHD kids and adults is **stabilizing blood sugar levels**, which includes not only eating the right foods, but also eating smaller, healthy meals throughout the day to **maintain a steady flow of energy**.

As the brain needs glucose to function, if too much sugar is ingested, the body does not know how to function with the overload. Following the food pyramid and including healthy amounts of proteins, carbs, dairy and whole-grains may be a good start for getting the recommended daily values of nutritional needs to **maintain balance and processing of glucose** in the system.

In addition, the debate continues **whether or not food additives actually add to the symptoms of ADD/ADHD**. A couple of British studies found that certain food dyes and preservatives may be linked to adverse effects on behavior, as they interfere with concentration.

Even if there isn't a direct link back to ADD/ADHD, ingesting anything **genetically modified, artificially created, or raised with hormones can still cause negative effects on overall health**, as the body is likely not getting enough vital nutrients.

Healthy eating provides the brain with the nutrition it needs to function at its best, as many **herbs and vitamins that promote mental focus** can be attained through diet. **Deficiency in the minerals and vitamins** that are essential for health, even if a healthy diet is followed, can result in poor health or even disease.

Related Products

While many recognize this problem and supplement with daily vitamins, there are other nutritional building blocks that are overlooked yet are vital components for

- span and energy levels
- Maintain balanced moods and soothed nerves
- Support regular sleep patterns

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Brain and Nervous
System UltraPack](#)
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[Triple Complex Brain](#)

Tonic™ - Promotes brain health and functioning including concentration, memory and balanced mood in all ages.

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Safe for All Ages

cellular health, namely minerals or tissue salts.

Tissue salts, also called cell salts or biochemic salts, are composed of **minerals that occur naturally at a cellular level** in our bodies and all organic matter on earth (plants, rocks, and soil).

Each tissue salt plays a different yet vital role in maintaining **cellular health in the organs and systems** of the body. Ensuring the healthy functioning of all brain and nervous system cells **enhances the bioavailability of supplements, remedies, and even nutrients** in your diet.

There are also **alternative solutions for ADD and ADHD** available. While making simple changes in diet, sleep, exercise, and

routine can help, trying more involved approaches like **incorporating relaxation therapies** such as guided imagery, meditation techniques, or yoga can also be beneficial.

What's very important to remember and consider is that wellness is not limited to one aspect of life... both **psychological and physical health are dependant upon each other**, and a proper balance must be found for optimum health to be achieved.

Related Products

BrightSpark™ Aids in concentration, mental focus, and helps control tic disorders and anger outbursts.

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

Focus ADDult™ Helps maintain optimal mental focus, concentration, attention span and memory function.

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

A+ Test Calmer™ Promotes calmness and confidence in children and teenagers prone to test anxiety.

Special Message



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Wellness

- Anti-aging
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- ALL NATURAL
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Natural Products

MORE INFO

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

[Kiddie Flourish™](#) Promotes nervous system health and helps stimulate and maintain child's appetite and mood.

[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.

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

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

[MemoRise™](#) Reduces mild memory problems associated with aging.

[MindSoothe™](#) Supports balanced mood, emotional health and feelings of well-being.

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Testimonials

"I have found your [Focus ADDult™](#) and [Triple Complex Brain Tonic™](#) to be excellent products. Although I am intelligent, I have always found it difficult to study and could never achieve my full potential. These two products have helped me to study for longer periods of time and there is definite improvement in my ability to retain what I have learned. I also notice an improvement in organizing my thinking. Thanks for all your help!" - Chris

"...We tried [Focus ADDult™](#) 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 A.

Prescription Risks + Labeling Concerns = A Diagnosis Disaster



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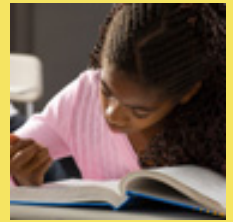
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100% Natural Herbal and
Homeopathic Remedies
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Recent estimates show **at least one in three children are wrongly diagnosed** with the ADD/ADHD, says a group of senior medical experts from Australia. This goes a long way to demonstrate that the **misdiagnosis of ADD/ADHD** is a mounting problem.



These researchers indicated that there is **no proven evidence** of the long-term benefits of typically prescribed medications for ADD/ADHD. With all the **possible side effects caused by prescription medication**, this truly gives ADD/ADHD sufferers, or their parents, something to consider.

In addition to the **health dangers** imposed on children from needlessly taking medication, being improperly labeled as a child with a "learning disability" can have a **detrimental effect on self-esteem and social development**, and can even affect other children.

There is also a **lack of sufficient diagnosis procedures** currently established for general practitioners to follow to properly identify the disorder.

Since schools often place children classified with ADD/ADHD into special classes or programs, an overabundance of students in this category leads to **schools competing for proper funding**-leading to children who may *really* require the extra assistance to not receive the help they need.

This is a problem rampant not only abroad but also in the United States, affecting children with not only ADD/ADHD, but also **disorders like autism and cerebral palsy**-who end up competing for the same grant pool and teaching time.

Related Product



BrightSpark™ is a 100% homeopathic remedy to temporarily relieve hyperactivity,

Further, researchers conclude that **ADD/ADHD is too complex a disorder to be flippantly diagnosed** in a general practitioner's office by a quick analysis of symptoms. There is **no single test that will identify ADD/ADHD**, and there are no specific genetic or biological indicators that will lead to a diagnosis.

Instead, it is necessary to consult a doctor who will **conduct a comprehensive evaluation** which will include extensive examination of past behavior, and should also **include a physical exam** to rule out any

distractibility and impulsiveness in children.

[Learn More About BrightSpark](#)

other possible source of the symptoms.

Before concluding that your child might have ADHD and needs expert help, it is important to **assess the behavior of your child over a period of time**, which should be at least six months and under different situations.

And if your child is actually diagnosed, or you would just like to **support learning and concentration**, there are many natural remedies that can **maintain brain health and optimize functioning**.

Related Products

[BrightSpark™](#) - Homeopathic remedy temporarily relieves hyperactivity, distractibility and impulsiveness 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 a child's natural cooling methods.

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

[BrainTonic™](#) - 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™](#) - Homeopathic remedy temporarily relieves nervousness, worry, shyness and separation anxiety in children.

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Testimonials

"I feel I must write to tell you what a help [Tula Tantrum Tamer™](#) has been - my daughter became a real terror when she did not get her way (especially around bedtime). We have noticed that she is willing to listen and open to working things out in a calmer way!" - Diana

"...My son who just turned 6 has been taking [Focus Formula™](#) 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

"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 with 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

Reigning in ADD/ADHD with Recess

How the benefits extend far beyond exercise

According to a recent report from the National Association of Early Childhood Specialists, almost **40% of elementary schools have cut out recess** (in the United State) from their scheduled curriculums.



For students suffering from ADD/ADHD, **the cut may mean more disruptive behavior-** as well as potentially forcing children into unnatural methods of treatment to stifle excess energy that could just naturally be expended by half an hour of playtime.

The rationale behind the modified or deleted time for unrestricted play is to allow more classroom time for core subjects like reading, math, and science. However, research has shown that **ADD/ADHD children who are allowed an allotted time for recess:**

- Perform better academically with an increased ability to stay focused and on task
- Are less fidgety
- Show improved overall behavior

However, the **benefits of recess apply to all children**, including those who do not suffer from learning and concentration difficulties. Movement

and playtime allow for the **physical and social development** of all children, helping fight obesity, maintaining positive mood by relieving stress, and improving relationships-which therefore have a great **impact on self-esteem and emotional happiness**.

By omitting recess, not only are children losing out on all the benefits physical exercise can provide, but they are also having to contend with **medications forced upon them** by their **inability to settle down** (which distracts other students).

Just as adults aren't forced to adhere to non-stop work days, **students shouldn't have such unrealistic expectations placed upon them**, either. In addition, many schools that do still allow time for recess aren't scheduling it for the **most effective time**-many curriculums fit it in before or after lunch, or as the last period of the day. Shorter **breaks throughout the day** proved to be much better at helping children relax, expend energy, and then refocus attention.

While you may or may not be able to fight the school's decision whether or not to allow recess (or its scheduled time), there are still **effective natural solutions you can implement** to help provide your child with a successful time at school.

Herbal and homeopathic remedies can encourage normal and efficient concentration and memory functioning without compromising health or risking serious side effects. In addition, it often takes a **combination of treatment methods** to find a **complete solution for learning** and concentration challenges... and not just finding a "quick fix", masking symptoms and disregarding the root of the problem.

[Learn more about how herbal + homeopathic remedies can provide a complete solution](#)

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 **provide safe, effective support** for learning and concentration difficulties.

Incorporating changes in a number of areas including **diet, lifestyle, surroundings and emotional elements** can also be very beneficial in promoting overall health. For instance, you can encourage your child to **participate either in organized sports or solo recreational play** after school before beginning homework, allowing time for a mental break and release of energy.

In combination with a healthy lifestyle, natural remedies can help both children and adults to maintain **healthy consistent behavior, clear focus, and optimum performance** by providing a sound platform to support wellness and vitality.

Related Products

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

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

[Focus ADDult™](#) - Helps maintain optimal mental focus, concentration, attention span and memory function.

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

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

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

[K-OK Kiddie Calmer™](#) - Helps reduce nervous tension, 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.

[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.

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Testimonials

"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 A.**

"We were told that my six year old son had a problem controlling his behavior... My six year old is now taking [Triple Complex 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**

"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 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.**

Fight for Your (Child's) Right... for Recess!

As we have read, even with strong medical evidence indicating that **exercise positively impacts a child's ability to concentrate**, parents still struggle with schools to keep recess in the schedule.

For parents hoping to **advocate recess in their local school districts**, there are strategies that may help.

- **Change begins at home.**

In order to best educate policymakers and form the best platform in favor of recess, it's critical that you educate yourself with all vital information, research, and statistics available.

- **Communicate with other parents.**

The more vocal you are about the benefits of recess, the more a "win by numbers" approach may work.

- **Back up your battle.**

Often a lack of knowledge is what hinders communication between parents and policymakers. By informing your local school decision makers of valid reasoning behind your argument/requests, your words become more powerful and potentially effective. This includes attending PTA meetings, local school board meetings, etc. and voicing your concerns.

- **Advocate with the experts.**

While parental support is important, aiding your argument with expert testimony from professors specialized in childhood education and child psychology can help you attain the clout you need to get taken seriously.

- **Always have a "plan B".**

While all your efforts may be completely forthright and justified to elicit a favorable response, sometimes you just cannot beat the political system behind many schools. Do not take the rejection personally; rather, consider **alternative remedies you can implement to help support the health of your child regardless.**