

# Working Towards Peace & Proper ADD/ ADHD Diagnosis



## The Ongoing Battle

In this ebook we explore deeper the effects ADD/ADHD can have on not only the sufferer, but also the family. Many **misperceptions still exist in society**, as demonstrated by the results of a random poll regarding the prevalence of ADD/ADHD in girls versus boys, as well as continued misdiagnoses of the disorder itself.



Understanding these mistaken beliefs is very important, as they may lead to **fewer specialist referrals and under-representation** in clinical-based studies. In addition, the survey also polled children living with ADD/ADHD, which revealed that **gender has a great impact in diagnosing and treating** the disorder.

While girls and boys differ in their remedy needs, both need to begin any treatment with a proper diagnosis. Do you **pay attention to your child's sleeping habits**? If not, it's important to start and even consider getting your pediatrician involved too because some rare disorders can **display symptoms that can resemble ADD/ADHD**.

Finally, be sure to take a moment to **analyze the dynamics of your family since the ADD/ADHD diagnosis**. Has it changed? Often the disorder can place a strain on once-good relationships, likely due to miscommunication and pent-up frustrations.

# The Great ADD/ADHD Debate: Girls vs. Boys

Which gender has a **greater prevalence of [ADD](#) and [ADHD](#)** -- girls or boys?

Results of interviews conducted online by Harris Interactive of the general public, teachers, and sufferers of ADD/ADHD show that the **majority of respondents believed that boys are affected more**, most likely because girls with the disorder seem less likely to display disruptive behaviors such as [aggression](#) or [hyperactivity](#).



This misconception is a bigger problem than it may seem as it leads to **fewer specialist referrals and vast under-representation** in clinical-based studies. It also blurs the line between which gender is perceived to have the higher number of ADD/ADHD cases and which gender actually does. This is because the number of girls diagnosed with ADD/ADHD is reduced by this lack of specialist referrals.

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Girls reported to have lower self esteem, and were **3 times more likely to be taking medication for depression** preceding their ADD/ADHD diagnosis. Other responses included gender-specific differences in personal experiences, as girls were more likely to report inattention, distractibility, organizational planning, and time-management issues.

And while **some children's brains may develop out of hyperactive-type behaviors**, these behaviors more commonly experienced in girls only **worsen with puberty**, furthering the need to address these problems that can severely affect **daily functioning later in life**.

While **overcoming these misperceptions** will require more research and effort to increase general awareness of the disorder, the healthcare community has made **progress in the diagnostic criteria for ADD/ADHD**, which has and will continue to help identify problematic individuals so that they can **receive proper treatment**.

In addition, as more people are becoming educated on the disorder and **recognizing that there are alternatives** to harsh

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prescription medications, a greater awareness of **natural remedies and lifestyle adaptations** is emerging.

Especially in the case of girls, **medications will only help alleviate problems with inattention and distractibility**, as organization and time management are learned processes, not treatable by drugs. However, **natural remedies can aid in [concentration](#), mental focus, memory retention and attention**, as well as promote overall brain and systemic health which can therefore help support overall systemic functioning.

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*"I have to say, my husband and I struggled with the decision to try an herbal remedy on our 10-year-old son. Since kindergarten, we have received numerous calls, notes, etc., about his [behavior]. All I can say is that I wish someone would have told me about [[Focus Formula](#)] sooner! I was afraid it would alter his personality and make him like a zombie... He is totally himself, only 100% improved. It has been wonderful... This is a wonderful product. Thank you. " - Karen, VA, USA*

*"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 who suspects that their child has a runaway mind and can't slow down enough to have a proper childhood." - Richard, NV, USA*

*"I am overjoyed as the parent of a 10 year old girl to find an herbal product that has made such a difference in her outlook and*

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

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

[MindSoothe Jr.™](#) - Promotes emotional and psychological health and balanced mood in children.

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

[PureCalm™](#) - Aids nervous system in stress resistance for balanced moods and

approach. A couple years ago she started moping about and always had her lip on the floor. She would dwell on certain issues, such as her brother going away to college, or her dad's health. We just wanted her to be more easy-going - like she usually was. Then I found [MindSoothe Jr.](#)! From the very first dose, I noticed a definite improvement; she seemed more settled and the twinkle in her eye was back! She even speaks about the future in such a positive way. My bubbly little girl is the life of the party, and she doesn't fret as much about school. Everyone with a troubled teen should somehow be made aware of this amazing product. I can't say enough about it. A prayer has definitely been answered." - **Karin, TN, USA**

"We were told that my six year old son had a problem controlling his behavior. Then my wife found this website. What a stroke of luck! 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**

# Beyond Bothered...

## *The Strain of ADD/ADHD on the Family Unit*

ADD/ADHD are disorders with **far-reaching negative effects if they are not managed well** -- extending out to [conflict with academics](#), personal and [career development](#), as well as peer relationships.

However, often **those closest to the sufferer are affected the most** - the immediate family members. This group is often overlooked, yet they can be the **ones that struggle in silence**, all the while harboring many detrimental emotions.

Though not widely studied, researchers at Duke University and the Council for Relationships-- among others-- found that **frustrations caused by interactivity with an [ADD](#) and [ADHD](#) relative** in close proximity significantly **affected parent and sibling relationships**, and even marital dynamics.

feelings of well being.

[Serenite Jr.](#)™ - Promotes healthy sleep patterns and peaceful nights, even for teething babies.



[PureCalm](#)™ - Aids nervous system in stress resistance

**Common stressors included** conflict based on poor communication, [hyperactivity](#), social immaturity, physical and verbal [aggression](#), [academic underachievement](#), and an overall chaotic living situation due to the impulsive behavioral tendencies.

These daily disruptions **resulted in an environment almost always ridden with conflict** -- which evolved into an [exhausting](#) situation for everyone involved, as the family members were expected to accommodate the ADD/ADHD person.

The taxing effects of this [stressful](#) accumulation of negative emotions therefore can **begin to interfere with family members' daily activities as well**, resulting in severe cases to [depression](#), sleeping disorders, and other [mood-related conditions](#).

### Tips to Restore Peace & Salvage Sanity

- Properly **addressing the person with ADD/ADHD** is the first step in resolving family conflicts.
- Consider exploring the many **natural alternatives** available to harsh prescription medications for the sufferer-- which can be safe and **effective without harsh side effects**. Lessening the unpredictable, provoking behaviors can have a significant impact on bettering family relationships.
- Remember, it is important that caregivers and others in the household **heed concern for themselves**, too-which can also include natural remedies. In order to give the extra support needed to manage ADD/ADHD, one must be **strong, healthy, and with balanced mood** to deal with sometimes difficult situations.
- Finding ways such as meditation, exercise, or talking with a trusted listener can help to **release stress and tension and maintain a positive outlook**.
- Always keep positive lines of communication open, and **reward positive behavior** with praise and recognition.

for balanced moods and

feelings of well being

[Nerve Tonic](#)™ - Promotes

nervous system health,

maintains balanced mood

and worry-free mind

[The Calm Within CD](#)™ -

Offers professional

relaxation, visualization and

affirmation techniques for

self-help and stress

reduction

[Mood Tonic](#)™ - Optimizes

nervous system health and

promotes balanced mood

and peacefulness

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*"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*

"We have used the [MindSoothe Jr.](#) for a few weeks and I just wanted to inform you that [our son] is much less restless and seems calmer than before, making it easier for me and my wife. " - **Danny, CT, USA**

"I want to take this time to thank Native Remedies for changing our lives. My husband and I were at the end of our rope with our son's behavior. He was always very "high strung" and very impulsive in his behaviors ...I decided on a leap of faith to purchase the BrightSpark and Focus Formula for our son. Needless to say, within a week, we began to notice a difference in him... In addition to the BrightSpark and Focus Formula, I also ordered the MindSoothe Jr., the [Nerve Tonic](#), and the Detox Drops. He has now been on a combination of the above products, and let me just say, we have a completely different little boy! He is forming wonderful relationships with his peers in school, and is a true pleasure to be around! I thank God for your products!!! THANK YOU, THANK YOU, THANK YOU!!!!!! Your faithful customer for a lifetime..." - **Simone J., FL, USA**

"After listening to the [[Calm Within](#)] CD I feel relaxed and ready to face the world with a clear head. I don't know how I ever lived without it!" - **Carine V.**

# Incorrect ADHD Diagnoses?

## *Poor Sleep Could be the Cause*

How much attention do you **pay to your child's sleeping habits**? Most parents agree that it isn't much-- unless there is a noticeable problem. Now, there is evidence showing that perhaps parents should closely monitor their child's sleeping patterns because the result of poor sleep can closely resemble the symptoms of ADHD



A child's sleeping habits are so important that parents should even consider getting their pediatrician involved to **screen for obstructive sleep apnea**. While mostly obese youth are affected, sleep apnea **affects 2 percent of children**.

Because the **symptoms of sleep apnea often closely resemble those of ADHD** -- it continues to be a rarely discovered ailment, and is often incorrectly diagnosed.

### **Studies show children with sleep apnea:**

- Display [hyperactivity](#), [impulsivity](#), and [inattentive behavior](#)
- Show overall behavior and mood disturbances

If untreated, **sleep apnea may affect the part of the brain** involved with learning— which can therefore take a toll on cognitive

[Serenite Jr.](#)™ - Promotes healthy sleep patterns and peaceful nights, even for teething babies.

[Sleep Tonic](#)™ - Helps

functioning and [academic performance](#). In addition, **poor sleeping can contribute to other disorders**, such as [depression](#), [anxiety](#), and [obesity](#).

Therefore, properly diagnosing your child's condition is very important, as a misdiagnosis of ADD or ADHD could lead to an **unnecessary lifelong dependency on prescription drugs**. While no single test exists for diagnosing the disorder, a healthcare provider can evaluate your child and **determine best treatment options**.

Once a conclusion is made that sleep apnea is in fact the cause of your child's behavior problems, you can then explore natural remedies to **address the underlying cause and the symptoms**. Many natural remedies help to promote healthy sleep patterns, which can help with weight control issues, depression, and other side effects that can result from poor sleep.

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*"I just wanted to let you know that for once in my life I was not scared to death when I walked into that exam room. I took your [StudyPlus](#) every day like you said. On the morning of my exam I felt a tiny bit nervous, and you told me to take 15 drops of PureCalm and I did that. I calmed down straight away! I wrote my exam without worrying and I really did my best! "* - **Thelma, UK**

*"We have twins and have always been reluctant to use anything that might harm their health. We tried [[Serenite Jr.](#)] on a friend's recommendation and have been very impressed from the very first day. Peace reigns in our house in the evenings once again!!!"* - **Bill and Karen, Cape Town, South Africa**

*"I took your [Triple Complex Sleep Tonic](#) while I was pregnant*

maintain a healthy balance of all hormones involved in healthy sleep patterns.

[MindSoothe Jr.](#)™ -

Promotes emotional and psychological health and balanced mood in children.

[JuniorSlim](#)™ - Promotes

safe weight loss and management for children and preteens.

[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.

[Brain Tonic](#)™ - Aids in

cognitive processes

and have continued ever since because it really helps me to sleep well. I have also used it in a little bit of warm water for my baby and for my three year old son... It is truly wonderful to find a product which does so much good without the risks attached to the drugs that are usually prescribed!" - **Lindi B**

including concentration, memory and attentiveness.

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



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