

Wrapping Up the Year with Wellness

Whats Inside:

Are You Ready to Handle the Holidays?

Plus...

Is there Calm in Your Cupboard?

Out of Class AND Out of Trouble - Top 10 Tips for Kids



[Sign up for our](#)  [Email Newsletter](#)
[& Receive a Free](#)
[Health Ebook!](#)

The content of this ebook is intended for informational purposes only.

It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical

Alternative
Healing Academy

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



Stress Less - Even with ADD/ ADHD

The **holidays** can be stressful, *especially* for a person suffering from ADD/ADHD. However, with a little planning, you can **take control** over situations that may interfere with the festivities!



With kids on vacation from school, that extra amount of free time can easily turn into any parent's nightmare. Check out our **handy guide** for fun ways to keep them busy during the holidays.

While we recommend incorporating **stress-relief techniques and natural remedies** into your daily routine everyday, it's likely that holiday stress may encourage you to reach for that chamomile- if you haven't already!

Juggling Holiday Pressures with ADD/

advice or delay in seeking it because of something you have read in this ebook or on ANY website.



[Elderberry Syrup](#)

Created for Planetary Herbals by licensed acupuncturist and clinical herbal



[Mushroom Glyco Nutrients](#)

NOW® Mushroom GlycoNutrients is a nutritional supplement designed to support

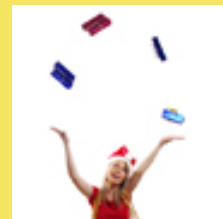


[ZeneGize Immunity, Citrus](#)

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

ADHD

Unfortunately, stress has become synonymous with the holidays - and if you or a family member has ADD/ADHD, a **little simple planning** is crucial to surviving *and* enjoying the season!



Maintain a Schedule

Loss of routine is often the biggest challenge for individuals and families alike, as **ADD/ADHD sufferers function best with structure**. Of course, patterns will deviate as kids are off from school, people travel, and guests come and go. By determining big events and timetables, you can **create a sense of security** accompanied by knowing what to expect, which helps to create a flexible schedule to follow - thus **eliminating the feeling of chaos**.

Don't Mess with Dosage

Maintaining consistency with natural remedies as well as prescription medicine should be a part of any vacation plan. Furthermore, as herbal and homeopathic remedies work to support balance in the body, **taking a 'break' may leave you or your child at a disadvantage when school or work begins** again, with the first few weeks spent trying to get back the full therapeutic effect. In addition, consider **having extra doses of remedies when additional support is needed**, especially during late nights.

Keep Waiting to a Minimum

The holidays are filled with **events that require patience**, which is not a trait that comes easily to ADD/ADHD sufferers. Shopping, extended religious services, opening presents, large (and drawn-out) family meals, and waiting on performances can wreak havoc on an ADD/ADHD individual. **Try and minimize wait times** when possible - have others save seats in advance, do online shopping to avoid long lines, and avoid restaurants during high traffic times when longer wait times are inevitable.

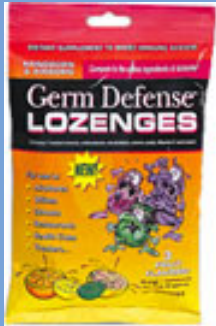
Simpler Pleasures

Use breaks from work or school to **enjoy activities that are relaxing** - not stress-inducing. Sometimes travel or vacationing can be more taxing and draining than staying home. In addition, it's easier for parents to **maintain established rules and boundaries** when kids are in familiar, comfortable environments. However, when travel is a required, be sure to **set expectations in advance**, have remedies on hand, and always



[VRL-X](#)

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



[Germ Defense Lozenges](#)

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



[Click to join NaturalHolisticHealth](#)



Great Health Sites

remember to have fun!

Natural Remedies Can Help

Focus & Attention

- [BrightSpark™](#) (homeopathic)
- [Focus Formula™](#) (herbal)
- [Focus ADDult™](#) (herbal)

Remember: Herbal and homeopathic remedies work best together to support balance in the body

Mood & Behavior

- [MindSoothe™](#) / [MindSoothe Jr.™](#) (herbal)
- [Triple Complex Mood Tonic™](#) (homeopathic)
- [Tula Tantrum Tamer™](#) (herbal)

Stress & Tension

- [PureCalm™](#) (herbal)
- [Triple Complex Nerve Tonic™](#) (homeopathic)

Testimonials

"I wrote to you in October to tell you about the overnight success of Focus Formula for my 6-year-old .. It's now mid-December and yesterday he came home with a Student of the Month Award. :) ... It's very clear how amazingly well this works. Thank you so much!" -*

Jennifer, CT, USA

"...Your Triple Complex Mood Tonic has been great. I feel like I am on a more even path with fewer bumps in the road, its amazing!" -

Hilton D.

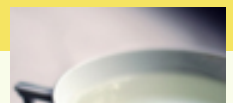
"I have two special needs children (they are six and seven years old). We have been using PureCalm and Focus Formula on both of them for about 8 months and their teachers are amazed and tell us to keep doing what we are doing! ...I recommend PureCalm to any parent..." -

Richard, NV, USA

Is There Calm in Your Cupboard?

Natural Relaxation Remedies for Fast Relief

For those with ADD/ADHD, managing seasonal



[Natural Holistic Health Blog](#)

[Natural Herbs & Remedies](#)

[Natural Pet Health Blog](#)

[Anxiety Depression Info](#)

[ADHD Info](#)

[Mom's Blog](#)

Alternative
Healing
Academy



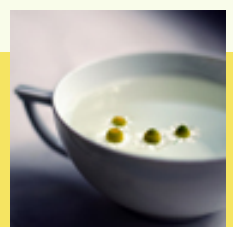
Home Study
Certification
Programs
in Reflexology,
Aromatherapy,
Color & Crystal
Therapy



Click Now
to Start
Learning
Today!

Detailed Lessons
Fully Illustrated
Free Tutor Support
Learn at Home!

stressors is especially important, as tension can manifest into **exacerbated symptoms and holiday weight gain**.



Maintain control and stability through the season with the support of natural remedies known to relieve stress and anxiety!

1. Peppermint

Properties of this herb found in many seasonal treats such as flavored coffees and candy canes offers **amazing health benefits** such relaxing tight muscles (which can trigger headaches), soothing nervous tension, and relieving digestive distress such as indigestion and dyspepsia.

Check out our products containing peppermint: [DigestAssist™](#), [CanTravel™](#), [Digesto-K Sprinkles™](#)

2. Passion flower

Passion flower has been used to naturally **maintain a positive demeanor and balanced emotions** - with no harmful side effects! It can also be used to settle the nerves and ease minor worries, supporting mental and emotional health.

View our products containing passion flower: [MindSoothe™](#); [MindSoothe Jr.™](#); [PureCalm™](#)

3. Chamomile

Chamomile not only **soothes the nerves**, it has also been used since ancient times to **treat digestion and stomach complaints** (also very common around the holidays). Chamomile is known to **boost the immune system, and maintain blood pressure** within the normal range. The homeopathic version of chamomile, known as "Chamomilla," is also used for a number of ailments.

See our products containing chamomile: [Mom's Magic Trauma Sprinkles™](#); [iBaba™](#); [Focus Formula™](#)

4. Schizandra chinesis

Schizandra chinesis is an effective adaptogen, supporting the body's ability to **cope with stress** and improving overall systemic functioning. It can be effective in helping promote calm to help support healthy sleep.

Products containing schizandra chinesis: [ImmunityPlus™](#); [Serenite-LT™](#)

Out of Class AND Out of Trouble

Free Tutor Support
Learn at Home!

[Mountain Rose Herbs](#)

[BioSonics - Healing With Sound](#)

[Natural Health Ebooks](#)



Natural Remedies

[Native Remedies](#)

[Natural Health Supplement Shop](#)

[PetAlive Herbal Remedies](#)

[Xtend-Life - Natural Health Products](#)



Top 10 Ways to Keep Kids Busy

1. **Have kids make their own holiday cards.** Stock up on crayons, markers, stencils, etc. and plenty of plain paper
2. **Let 'em loose on the wrapping paper.** Teach them how to help you with gifts, or use the extra paper for origami projects.
3. **Get busy baking.** Kids love getting their hands dirty in the kitchen, so let them help with low-key projects like making cookies, cupcakes, etc. or let them decorate your creations.
4. **Create an activity 'station'** where the kids can go to make a mess whenever they want, complete with board games, coloring books, toys, books, etc.
5. **Simplify your schedule** by making arrangements with other parents to take turns watching the kids so you can go run errands, or just have a little "me" time.
6. **Buy grab food or make healthy snack packages** - that way they can feed themselves when they get hungry.
7. **Beat bad weather outside** - get some classic or new movie rentals and hot cocoa to keep the kids occupied for a couple hours if you need to focus on indoor activities.
8. **Create a chore chart.** Let the kids take care of some responsibilities now that they have a little break from school - have them clean their rooms, rake leaves, etc.
9. **Check out local community activities/events.** Often libraries, recreational centers or museums have monthly or seasonal special events going on for little ones to participate in.
10. **Get them moving.** If the weather is pleasant but chilly, bundle the kids up and let play outside for 20 or 30 minutes, or go ice skating. Also consider sports like racquetball, basketball, or bowling, which can be played indoors or at a gym.



Natural Remedies to help with Mood and Behavior

- [K-OK Kiddie Calmer](#)™ (homeopathic)
- [Tula Tantrum Tamer](#)™ (homeopathic)
- [Mom's Magic Trauma Sprinkles](#)™ (herbal)
- [MindSoothe Jr.](#)™ (herbal)