

ADD or ADHD

Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD) are becoming more and more prevalent in diagnoses. Let's look at these disorders a little bit. The disorders are real, however, there are a lot of misdiagnosed cases out there. (Just a quick note, if you have Adult ADD or Adult ADHD, just pretend you're a child as you read this article, the same stuff applies.) In order to diagnose ADD or ADHD a psychiatrist uses a checklist like the following. Does the child exhibit most or all of the following behaviors: doesn't always listen to directions, fidgets and won't sit still, daydreams in class, butts into situations that are none of his business, is slow getting ready for school, shows off when other children are around, or is more physically active than the other children in his class. If you ask me that's a checklist for what constitutes a normal child's behavior!

If I were a kid today I would probably be diagnosed with ADHD, my nickname was WW; it stood for Wiggle Worm. I was always up and about, doing this and that, into this and that; there was just no stopping me. Mom tells of taking me to the doctor when I was sick and having the doctor ask why on earth we were there. I wasn't sick; I was lively and wouldn't sit still. Mom would say, look at her eyes, there's no life there, she's sick. She knew me well enough to know the difference. Even today I have difficulties sitting still, I'm always thinking about at least two different subjects, multi-tasking at least five different things (one of which is generally looking for what I misplaced because I got side-tracked on my way to finish something). Generally speaking, I have most of the signs of someone with ADHD. However, I do have control over myself and what I am doing, and can sit still and concentrate on only one thing when needed. I constantly marvel at the kids who are being diagnosed with ADD or ADHD who will sit for hours in front of a TV/computer screen playing games. I'm lucky to pay attention long enough to play a game of solitaire. If I'm watching TV I'm also reading health articles, playing mind games (Sudoku, word puzzles, etc), or working on some other project. I meet parents every day who are asking me what to do with their kid who has been diagnosed with ADD or ADHD and their kid (who isn't on meds yet) is sitting there happily playing with a Game Boy. From what I can learn, throw out the list of symptoms of ADD/ADHD and look for one sign, can the child concentrate on one thing if needed; if they can, they don't have ADD/ADHD. But, that doesn't mean that we can't use the same procedures to help slow them down a little.

Society today teaches us that we must go faster, do more things, and accomplish more in less time. That's what our children see in the home, that's what they see on the TV, and that's what they are learning as they observe the world around them. Teachers, on the other hand, expect kids to sit still and learn, they don't want them texting, e-mailing, playing games, etc. while at school. Kids today are taught to be in constant motion, except while at school where they are expected to sit silent and still for hours at a time. This is not in the general make-up of a child. Kids need to run and jump and wiggle and move and use some of that energy they are blessed with. I read an article in the newspaper just yesterday about a school in Idaho that is experimenting with some new desks, the heights are adjustable so that if the child wants to stand while he does his math problems he can, if the child next to him likes to swing their feet they have stools with stirrups for the feet that enables the kid to swing their feet, or they can just sit still. The teachers have said these new desks are really helping, the kids interviewed all said they liked them because they didn't feel cramped and locked in. (This article was in the Herald Journal, June 8, 2010). I know that every health article I read for adults talks about how if you work at a desk all day you need to stop and stretch at regular intervals, get up and walk about every hour, pump your feet every 15 minutes or so, and so forth. These things are taught to adults, but denied to our children in school. So, step one is to realize that our children need to move about; they need to be able to wiggle and squirm. If your child has a teacher who does not understand that I encourage you not to resort to drugs, but to look into having the child changed to a different class instead.

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While we're thinking of drugs, please, please, please research any behavior changing drug (prescription) before placing your child on it. Don't take the doctor's word for anything. Ritalin is the most commonly prescribed. Did you know that the manufacturer of Ritalin (Ciba-Geigy) acknowledges in the Physician's Desk Reference that it does not know how Ritalin works or how its effects relate to the condition of the central nervous system? They also admit that its long-term safety use is unknown. It should not be used with children under the age of six. The most common side effects include nervousness (isn't that part of what we're trying to avoid?), insomnia (again, people giving this to their children are trying to calm their children down so they can sleep), loss of appetite (I talk to mothers constantly who are worried their children don't get enough nutrition, and now you want to decrease their appetite?), nausea (every mother's dream come true), dizziness (always a pleasant, calming experience, note my sarcasm here), headache (yep, let's make them cranky because of pain), drowsiness (a lot of people who use this complain that they have to constantly adjust the medication because the kids are up when they're supposed to be asleep and asleep when they're supposed to be up), weight loss and stunted growth (at a time in their life when they're supposed to be growing). Then you have the serious side effects (meaning those I already listed aren't serious?). These can include suicidal thoughts, confusion, chest tightness, chest pain or heart palpitations, shortness of breath, depression, more outgoing or aggressive behavior than normal, strange behavior, hallucinations, agitation or restlessness, fainting, seizures, uncontrolled movements of the head, neck, mouth, arms or legs, and allergic reactions. Then you have the rare side effects which may include but are not limited to hepatitis (liver malfunction), hair loss, and anemia. Finally, if you have seizures, heart problems, or mental problems, Ritalin can aggravate all of these. While you're googling Ritalin side effects you can also learn that it is highly addictive (categorized with cocaine) and that emergency room visits of children between the ages of 10-14 for Ritalin intoxication or overdoses are increasing (in 1996 they equaled those of cocaine). SUPER IMPORTANT NOTE HERE: if you have a child taking a prescription (or other) behavior modification drug and weren't aware of these side effects and I just scared you, whatever you do, DO NOT HAVE THE CHILD QUIT TAKING THEIR PRESCRIPTION. Careful supervision is required in order to decrease the dosage and finally eliminate the drug.

Okay, now we've got the background stuff done, down to what you can do to help the one with ADD or ADHD. I've put off writing this health article because I've been researching and trying to pin down a "cause" of these disorders. I've been reading and listening to lectures and I think I've finally come up with the common thread—mineral deficiency. I'm seeing this over and over in both mainstream and alternative articles. (The one that is most often specifically mentioned is Magnesium, but you need Calcium and Vitamin D in your diet in sufficient amounts to process Magnesium, too.) In addition, unless you're not paying any attention, you know that we have fewer minerals (and vitamins) in our fruits and vegetables due to misuse of the soil they are grown in. More and more people are suffering the effects of mineral deficiency. There's a quick and easy fix for this, drink Masaji™ (a super food produced by Be Young) (3/4 ounce) every day. It contains your minerals, your vitamins, your antioxidants, your superfoods, your spirulina, and even some of the very best essential oils. This does wonders for your kids (and adults) who are experiencing behavior difficulties. Note, do not give it to them just before bedtime because the B vitamins can make them stay awake, try to give them their dose in the morning or afternoon, oh, and make sure you shake the bottle well or those B vitamins will sink to the bottom and you'll get a super dose when you're at the end of the bottle.

Now, we've got the kids (preferably everyone in the house) drinking Masaji™, what do we do while we wait for those mineral imbalances to even out? Here are some more immediate things you can do. The number one essential oil is the Be Young blend called Quiet Scent. This blend was designed to help the mind slow down and relax. It helps calm down that constant neurochatter in the mind (it's a great oil for all of us over-stressed, over-worked adults out there, too. If you have insomnia because you're too busy worrying about the list of things you need to get done tomorrow, give this oil blend a try.)

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- Apply Quiet Scent blend neat (undiluted) on the back of the neck at the hairline and on the top of the ears. If you are in a schooling situation where you are dealing with a child you do not have permission to apply the oil to, you can apply the oil to yourself (like a perfume) and then stand near them or (if allowed) give them a hug. This will allow them to smell the oil and receive many of its calming benefits. Just be careful you don't break any rules and get yourself in trouble.
- Lavender is an essential oil that is well-known for its calming properties. Again, apply to the top of the ears and the back of the neck at the hairline.
- Brain Gem essential oil blend (also by Be Young) can help with bi-polar disorders as well as ADD and ADHD. It can be a little strong for serious disorders. You apply it the same as Quiet Scent, but start out with only every third day and have the child smell the bottle the days in between until you know how the child reacts to it.

Because of the mineral imbalance we also know that there are other challenges occurring in the diet so start the child (and yourself) on the Liver Cleanse (1 drop of Be Young Peppermint essential oil, one drop of Be Young Lemon essential oil, and 1 teaspoon to 1 tablespoon of fresh lemon juice, taken each morning upon rising).

There are also some lifestyle adjustments that you want to address. Adjust the diet to remove processed and synthetic foods. Prepare more fruits and (raw) vegetables. (Please make sure you are washing them, the pesticides that are sprayed on them will contribute to your problems.) I have parents tell me all the time that their kids won't eat these things, but you know, I prepare a lot of fruit and vegetable platters for parties and I never take home leftovers. When helping to clean up in the kitchen I prepare a lot of sweets for people to take home. Okay, most kids don't get real thrilled with a salad, but if I put out a plate with bite size fruits and veggies on it when there are kids around they will disappear. Just don't put out the plate of cookies and brownies, too. If the cookies and candies aren't there, the kids will chomp down on watermelon, grapes, carrot sticks, etc. Eliminate caffeine from their diets. (Do I really need to say that?) If you have seen the movie "Supersize Me" you may remember where they talked about the school that was for kids who all had behavior difficulties, they changed the foods served in the cafeteria to all healthy, cooked from scratch not a can foods and most of the emotional difficulties the kids had went away. (If you haven't seen that movie I highly recommend it.)

The other common thread that I see in my studies is emotional. This can be something as easy as talking with the child to discover that there's a bully on the bus or at school that is causing them to act up. We are also seeing more and more problems associated with single parent homes, especially if you're dealing with a boy who is being raised by his mother. The root problem seems to be that you have a boy dealing with all those male hormones with no male authority figure in his life. See if you can get him in a classroom with a male teacher. This will often make changes in his behavior. Boys deal with manly hormones and aggressions that women don't always understand (and the flip flop for girls). Sometimes they just need an authority figure in their life who understands them on a more chemical level. If you aren't in a single parent home, try having the father (or mother if the problem child is a girl) spend some more quality (that means you actually interact with the child, not just watch TV while in the same room with them) time with them. Interacting in a physical fashion, especially one that helps them build their self-esteem is especially noteworthy. (Please note, when I say help them build their self-esteem I am not saying let them win all the time, I'm saying to point out the positive and help them work on areas that are lacking with patience. If you have a problem with the patience aspect, may I recommend some Bergamot oil, works wonders on temper problems.)

Finally, especially if the child is hyperactive (ADHD) look at food additives (colors, flavors, preservatives, stabilizers, etc). Dr. Feingold (chief of the allergy clinics of the Kaiser Foundation in California) discovered that these are the principal contributors to hyperactive behavior. His work has been duplicated by many others. It has

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also been shown that food allergies can contribute to as much as 75% of hyperactivity in children. (Food allergies are a sign that you are over toxic and need to give your liver some help, remember when I said to start the Liver Cleanse.)

In summary, regardless of whether or not your child (or yourself) has been correctly diagnosed with ADD or ADHD the actions you need to take are the same.

1. Adjust the diet to exclude processed and synthetic foods and food additives. Eat more fruits and vegetables. (Make sure you wash them.) Prepare more of your foods yourself. Eliminate caffeine.
2. Drink Masaji™ daily (preferably in the morning or afternoon).
3. Use Quiet Scent essential oil blend and/or Lavender essential oil to help deal with the excess energy while you wait for the minerals levels and diet problems to be corrected. The Brain Gem essential oil blend can also be beneficial.
4. Begin doing the Liver Cleanse.
5. Spend some quality time with your child and make sure they have both a positive male and female authority figure in their life.
6. Remember that children fidget and need time to run and jump and play.

To order, for class information, or if you have questions contact:

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