

Stepping Out of A.D.D.

You live with it day and night—ADD! Schedules are hectic enough as parents without the extra burden of an ADD child. Is there any help that doesn't cost an arm and a leg (literally!)? "YES!" Here's the strategy we have used and shared with thousands of other families.

Step One: One step at a Time

The most frequent response parents hear to their request of a child is, "I can't!" Can you hear that whiny little voice saying, "I can't!" The most common response I get from parents about getting their child healthy is also "I can't!" I have come to believe that the whiny "I can't" voice impacts people of all ages.

If you feel an attack of the "I can't" coming on (from you or your child), then I have good news for you. You can do it. How? One step at a time. The most common mistake is to believe you have to do everything...all at one time...today. The next fatal belief is that if you can't do everything, you might as well do nothing. When nothing is done, the ADD monster wins the round. Every race ever run, was won by taking the first step.

By Cheryl Townsley



Step Two: It Takes Two

The most commonly accepted response to ADD is Ritalin. Yet, few parents know that Ritalin is a controlled substance from the same family as cocaine. Often I test children on Ritalin and can see that the child is there, but his or her stare is vacant. Behavior may be “improved” but at what cost?



I have found two natural approaches to be of immense help to ADD symptoms. Flaxseed oil (an essential fatty acid) and phytochemicals (an immune builder) have helped hundreds of families. My favorite sources are Barlean's Flaxseed Oil (great in a fruit smoothie) and Mannatech's Phyto Bears (phytochemicals in gummy bear form). Both are child proof and child approved.

Essential fatty acids (EFAs) form the myelin sheaths of the neurotransmitters. In simple words, this means that they help brain functioning, especially in the area of focusing. Research abounds for the benefits of EFAs for the heart,

Smooth Playing for ADDers (a.k.a. Fruit Smoothie with Phytochemicals)

- 1 1/2 c. natural fruit juice or soy milk
- 1 frozen banana
- 3-5 frozen strawberries or other favorite fruit
- 1 Tbl. flaxseed oil

• Blend in blender. Pour into child's favorite cup. Surround with Phyto bears.
• Serves 2 children or 1 adult.

skin, liver, weight loss, fluid retention and hormones to name only a few. Flaxseed oil is one of the most efficient, pure and concentrated sources of EFAs. Barlean's high lignin contains each of the oils—Omega 3, 6, and 9 and is available in any health food store.



Phytochemicals are “plant chemicals.” We all know we should eat 4-5 serving of fruits and vegetables each day to build our immune systems, yet less than 20% of Americans do. Even fewer are getting their produce in a vine ripened state which is the richest source of phytochemicals.

Power Pops!

Frozen Fruit Popsicle Treats!

- 2 cups fresh fruit, mashed
- 2 cups plain yogurt
- 1 Tbl. flaxseed oil
- 9 Phyto Bears

Mix together and pour into molds. Freeze. Makes about 9 pops. Serve with a bear (Phyto Bears, of course).

Add real time, not virtual time to your child's routine.

Phyto Bears contains the flash dried juices of broccoli, Brussels sprouts, cabbage, carrot, cauliflower, garlic, kale, onion, papaya, pineapple, tomato and turnips (just what your kids love to eat!) in a gummy bear form (which your kids do love!). The bears are enhanced with glyconutrients (the leading immune builder) with natural sweeteners and no food dyes. Phyto Bears are available from any Mannatech distributor.

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These two supplements are easy for children to take and not a hassle for parents to give. We have seen many children experience a loss of ADD symptoms by adding these two supplements. Additionally, it is helpful to eliminate or reduce the intake of refined sugar, food dyes (especially the red dye) and any allergenic foods. These topics are covered in detail in the book *Kid Smart!*

Step Three: Three Make a Home

Add real time, not virtual time to your child's routine. Both parents must spend real one-on-one time with their child since ADD is an "attention" deficit problem.

Working through conflict and actually spending time as a family breaks down barriers and builds new memories. Time can change the brain-roads in your child.

Don't let ADD subtract years from you and your child's lives. Begin stepping into health—one step at a time—and let the good years roll along. ●

Cheryl Townsley

Cheryl is a nationally known author and speaker. She has published seven books, including *Kid Smart!* She is a frequent guest on national radio and enjoys being a MOM. She is known for her humor and practical approach to health. For more information call Lifestyle for Health at 303-771-9357.

