

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

ADHD and Me

By Arthur Buchanan

What is Attention Deficit Hyperactivity Disorder?

Attention deficit hyperactivity disorder, also referred to as ADHD and formally called hyperkinesis or minimal brain dysfunction is a neurologically based syndrome characterized by any or all of three types of behavior: hyperactivity, distractibility, and impulsivity.

ADHD is usually diagnosed before age seven. It is often accompanied by a learning disability. It often create difficulties in school, at home, or at work.

Not everyone who is overly hyperactive, inattentive, or impulsive has an attention disorder. People with ADHD are excessive and have long-term periods of hyperactivity, inattentiveness and impulsiveness. Eating too much sugar does not cause hyperactivity. ADHD is due to a chemical imbalance in the brain.

How is ADHD Diagnosed?

ADHD is a diagnosis applied to children and adults who consistently display certain characteristic behaviors over a period of time. The behaviors must be excessive, long-term, pervasive, a continuous problem, and not occurring in other people of the same age.

What are the Symptoms?

The most common behaviors fall into three categories: inattention, hyperactivity, and impulsivity.

Inattentive.

Inattentive refers distraction by irrelevant sights and sounds or carelessness and inability to carry simple tasks to completion. People who are inattentive have a hard time keeping their mind on one thing and may get bored with a task after only a few minutes. They may give effortless, automatic attention to activities and things they enjoy. Focusing deliberate, conscious attention to organizing and

completing a task or learning something new is often difficult.

Some signs of inattention are: becoming easily distracted by irrelevant sights and sounds.

Failing to pay attention to details and making careless mistakes rarely following instructions carefully and completely losing or forgetting things like toys, or pencils, books, and tools needed for a task.

Feeling restless, often fidgeting with hands or feet, or squirming running, climbing, or leaving a seat, in situations where sitting or quiet behavior is expected blurting out answers before hearing the whole question and having difficulty waiting in line or for a turn hyperactivity.

Hyperactivity refers to feelings of restlessness, fidgeting, or inappropriate activity (running, wandering) when one is expected to be quiet. People who are hyperactive always seem to be in motion. They can't sit still.

They may dash around or talk incessantly. Sitting still through a lesson can be an impossible task. Hyperactive children squirm in their seat or roam around the room. Or they might wiggle their feet, touch everything, or noisily tap their pencil.

Hyperactive teens and adults may feel intensely restless. They may be fidgety or, they may try to do several things at once, bouncing around from one activity to the next.

Impulsivity.

People who are overly impulsive seem unable to curb their immediate reactions or think before they act. They may blurt out inappropriate comments. Their impulsivity may make it hard for them to wait for things they want or to take their turn in games.

What Causes ADHD?

The exact cause of ADHD is unknown.

How is ADHD Treated?

Treatment usually includes behavioral therapy and emotional counseling and medication. Two of the most common medications that are prescribed are: Stimulants and Antidepressants.

Stimulants decrease motor activity and impulsiveness and increase attention span and concentration. The usual dosage is 2–3 times a day.

Antidepressants can be used if the patient does not respond to stimulants. Antidepressants work by decreasing hyperactivity. Side Effects of Treatment? Antidepressants and Stimulants may cause headaches, upset stomach, loss of appetite, tiredness and difficulty sleeping.

Listen to Arthur Buchanan on the Mike Litman Show!

<http://freesuccessaudios.com/Artlive.mp3>

THIS LINK WORKS, LISTEN TODAY!

With Much Love,
Arthur Buchanan

President/CEO
Out of Darkness & Into the Light
43 Oakwood Ave. Suite 1012
Huron Ohio, 44839

www.out-of-darkness.com

www.adhdandme.com

567-219-0994 (cell)

Understanding ADHD

By News Canada

(NC)—The behavioural disorder Attention Deficit Hyperactivity Disorder (ADHD) has been recognized and treated since 1902. However, it is only in the last 20 years or so that research has demonstrated that it is a neurobiological disorder with far-reaching impact on children.

Originally it was believed that ADHD was a condition that children would eventually outgrow. We now understand that ADHD is not caused by poor parenting, poor teachers or schools, or family problems, but due to chemical differences in the brain. It is not surprising, therefore that as many as 60 per cent of children diagnosed with ADHD will continue to have symptoms into adulthood if not properly treated.

Despite increased awareness and identification of the disorder, many children are not provided with optimal treatment that provides continuous symptom relief. It is important to remember that ADHD is a disorder requiring treatment, not a set of behaviours requiring controls. Sub-optimal treatment can have serious consequences for children such as a lack of friends, accidental death, injury, sexually transmitted diseases, substance abuse, criminal activity, and causing marital difficulties for their parents.

Research indicates the greatest improvement in symptoms is seen with a combination of counselling and medical treatment. For many children and their families, ADHD diagnosis provides a welcome explanation for their difficulties and leads to appropriate treatment.

All medications currently approved to treat ADHD belong to a class called stimulants. A number of new

ADHD and Me

investigational ADHD treatments offer great promise and in the future Canadians will have more choice in ADHD treatment.

For more information on ADHD it's important to speak with your doctor.

– News Canada

News Canada

provides a wide selection of current, ready-to-use copyright free news stories and ideas

for Television, Print, Radio, and the Web.

News Canada

is a niche service in public relations, offering access to print, radio, television, and now

the Internet media, with ready-to-use, editorial "fill" items. Monitoring and analysis are two more of our primary services. The service supplies access to the national media for marketers in the private, the public, and the not-for-profit sectors. Your corporate and product news, consumer tips and information are packaged in a variety of ready-to-use formats and are made available to every Canadian media

organization including weekly and daily newspapers, cable and commercial television stations, radio stations, as well as the Web sites Canadians visit most often. Visit

News Canada

and learn more about

the NC services.

Understanding ADHD

Beyond ADHD... The Real Child

ADHD Beyond The Classroom

Tips On Coping With A Child With ADHD

Tips To Finding Articles And Resources About ADHD



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!