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

What Is ADD & What Natural Remedies Can Help Alleviate Symptoms

By Gray Rollins

ADD, or Attention Deficit Disorder, is a growing problem facing children today. ADD is a type of hyperactivity disorder most commonly found in children, but it can also be present in adults. It is currently the most commonly diagnosed behavior disorder in children and is believed to afflict more than two million children. Ritalin and similar stimulating drugs are often used to treat this illness. However, studies indicate use of these drugs may have long-term effects on the brain long after its effective use is over. Because of this, many parents seek out use of homeopathic or natural remedies for treatment. Use of non mainstream treatments is heavily debated and studies showing effectiveness are largely inconclusive.

Diet

Modification of the diet is reported to have lasting positive results on children suffering from ADD. The popularity of this theory was advanced by Dr. Benjamin Feingold who claimed the increase in children diagnosed with ADD directly coincided with the increase in artificial sweeteners and preservatives in food. Reducing the amount of these in the diet can produce the desired outcome. Sugar, artificial sweeteners, preservatives and caffeine can all contribute to undesired behavior evident in children with ADD. Reducing the amounts of these types of food items will be beneficial and help with overall health as they have little or no nutritional value.

Vitamins

Using vitamins such as B6 have been reported to increase alertness in children suffering from ADD, though no conclusive studies have been accepted. Zinc was also a popular vitamin to use to assist in reducing the behavioral effects of ADD. Currently, using multivitamins to enhance the diet is reported to be the best option.

Herbal Remedies

Caution should be used when mixing herbs as certain doses of herbs and certain combinations can cause harm. It is suggested to consult with a homeopath for advice on which herbs to use before

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treatment. Use of Pycnogenol, an extract of pine tree bark, is claimed to improve the attention span; however studies have been inconclusive. Improvements in attention, blood flow to the brain, cognitive retention and stress relief are reported to be available in certain herbs such as ginkgo, ginseng, brahmi, green oats and gotu kola.

Audio Visual Stimulation

There have been reported cases of great success using audio video stimulation. A process called entrainment is used to alter patterns of brainwaves. This method is not yet widely popular but has reported significant successful treatments. It is an inexpensive treatment; however it is not covered by most insurance companies.

Research all available treatment options for ADD before committing to one. Using various herbs and drugs can have a negative effect, so use with caution and under the supervision of a physician or

homeopath. With the growing frequency of ADD diagnoses, finding effective cures is of utmost importance.

Gray Rollins is a featured writer for

<http://www.hyperadd.com/>

. To learn more about natural Attention

Deficit Hyperactive Disorder treatment, visit

<http://www.hyperadd.com/naturaladhd/treatment/>

Herbal Remedies For Menopause

By Mary Davis

People becoming educated about the efficacy of herbal remedies for many medical conditions ranging from migraines to skin conditions. Many women have found more success using herbal remedies to combat their menopause symptoms than they did with prescription drugs suggested by their physicians. There are many different options available to women seeking herbal menopause remedies. It is important to learn which ones are most effective and provide the most relief for your particular symptoms.

Menopause symptoms are resultant from decreased estrogen and progesterone production in the ovaries. These hormone fluctuations can wreak physiological havoc on a woman. Among the symptoms a woman may experience are hot flashes, mood swings, night sweats, unexplained weight gain, exhaustion, and insomnia. Contain these symptoms is often very difficult and stressful. Prescription drugs can alleviate some of these symptoms; however, the prescription medications have

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drawbacks. Some have side effects so serious that they can be worse than the symptoms themselves. For example, some of the prescriptions made to treat hot flashes cause itchy rashes that cover the body. Other prescription medications have long term side effects, including diseases such as cancer. Often treating your symptoms with a safe, natural, herbal remedy is the optimal method for coping with menopause.

When you begin searching for an appropriate menopause symptom remedy, it might surprise and overwhelm you to see the vast quantity of available products. It can be difficult to Choose the right product. There are several people you might want to consult as you begin searching. Begin with a visit to your gynecologist. They will be able to advise you as to which herbal remedies are safe and appropriate for you. Moreover, they can also share information with you as to which methods have been effective for their other patients and which have not. In addition to your doctor, you might speak to a consultant in your local herbal store. More than likely, they have talked to other women who coping with the same symptoms. Based on this knowledge, they may be able to point you down the right path.

Black Cohos is one of the most popular herbs used to alleviate symptoms of menopause. This herb is effective for a number of different menopause symptoms including anxiety, hot flashes, and night sweats. The extensive studies on this herb suggest that is very effective. Pasque Flower has also shown itself to be a beneficial herbal remedy for coping with menopause symptoms. It offers a mild sedative-like effect. An herbal combination called MellowPause might also be helpful for some symptoms. It has a soy base, and mixes the power of Black Cohosh and Pasque flower to help you fight hot flashes, night sweats, mood swings, and insomnia. Menocore is yet another herbal combination that deals with the same symptoms. It contains a mixture of different natural herbal products.

One final product that might be successful on your symptoms is Triatone. The ingredients include Isoflavones, Black Cohos, Dong Quai, Chasleberry, and Licorice Root. This product not only alleviates many symptoms, but it may also leave you with an overall sense of well-being. You might also desire to contact your local natural food or herb store and to find out what natural supplements they carry. In addition to their side-effect free effectiveness, they tend to cost far less than the available prescription options.

Mary Davis contributes to several web sites, including

<http://dukof.com>

and

<http://femik.com>



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