

ADDITIONAL PERSPECTIVES ON ATTENTION-DEFICIT/HYPERACTIVITY DISORDER - ADHD

Compiled by Kathryn Brewer, LMFT, LEP

The major symptoms associated with ADHD can be accounted for by other causes which do not fall under the category of "disorder", but instead are differences from the prevailing cultural norm. The following is a very brief outline of the primary symptoms and alternative causes.

Hyperactivity is necessary and useful to a person biologically programmed to function as a hunter. They seek the excitement of the hunt and must be ready to throw themselves into the pursuit using incredible amounts of energy (Thom Hartmann, *Attention Deficit Disorder: A Different Perception*). Hyperactivity may also be caused as a reaction to negative energy directed at the highly sensitive person that stimulates the physical "fight or flight" response (Dr. Elaine Aron, *The Highly Sensitive Person*). This can build up over time to the point of producing statements like "No one likes me." Hyperactivity may also be stimulated through the same body mechanism if the person has witnessed or experienced violence and therefore is constantly vigilant for threats. Sensitive nervous systems react adversely to toxins taken into or on the body such as food additives, artificially produced chemicals, stimulants and for some, sugar. The brain may actually be irritated and respond with excess activity (Dr. Ben Feingold, pediatric allergist).

Restlessness and distractibility is useful to a hunter to sustain high energy when in hot pursuit, to be able to change strategy quickly, and to be constantly monitoring their environment. For Highly Sensitive Persons (including those labeled "Indigo", etc.) it may be caused by the boredom that comes from already having holographically "downloaded" the information before someone is finished talking or reading, or from the person knowing their life purpose so well that they are clear that the information has no benefit to them in the future. It also may come from being a visual learner being taught primarily auditorily, and it may come from being highly creative without an outlet to express that creativity.

Impulsivity serves the hunter by keeping him/her ready for quick decisions and willing to join the hunt without thought of danger. In Highly Sensitive Persons it may be caused by the nervous system's response to intuition about negative energies to avoid or positive ones to embrace. The sensitive person may also have an urgency to move forward toward their life purpose, or need something right now to assuage the emptiness from not knowing their life purpose. The person may also have an unconscious (conscious for some) memory of creating instant manifestation and be very impatient with the slower process of most of us.

Kathryn Brewer has had over two decades experience as a School and Educational Psychologist and Marriage and Family Therapist. Her own healing journey has led her through many training programs in intuitive healing, energy psychology and the integration of science and spirituality. Her primary focus is with children and teens, especially those sometimes called the "new humans."

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ALTERNATIVE TREATMENT APPROACHES FOR PRIMARY SYMPTOMS OF ADD & ADHD

Hyperactivity:

Technique: Delete all food additives, especially colorings, from the diet; use skin, hair & cleaning products that are natural; try eliminating all simple carbohydrates such as sugar and white flour & check for “brain allergies” and brain toxins; increase protein & multivitamins.

Technique: Use essential oils: Lavender for calming & sleep rubbed on feet, shoulders or chest; Cedarwood for stimulating brain function & mental synergy rubbed on the forehead, neck or base of the skull or inhaled; Yerba Santa for calming & enhancing patience in interactions inhaled (young children) or applied on shoulders or neck for teens & adults—also helps with depression; Frankincense for improving mental functioning; Blends: Peace & Calming, Clarity, Brain Power (www.naturalmedicine.suite101.com/article.cfm/essential_oils_for_add_and_adhd)

Technique: Homeopathy and pure flower essences in combination with other approaches.

Technique: Exercises or brain/energy training systems like HeartMath (www.heartmath.com), Energy Medicine (innersource.net), Brain Gym (braingym.org; fitbrains.com), DaVinci Brainwave (davincimethod.com/meditation), neurofeedback, audio-visual stimulation (University of Texas, Galveston), meditation, Tai Chi or yoga.

Technique: Intense cardiovascular exercise for 20 minutes before school in the sun if possible.

Technique: Negative energy drain & cleansing into the earth through visualized roots from all parts of the body touching the surface nearest the earth.

Technique: Visualize a tube or bubble of pink light surrounding you from one to three feet from your body. The light is powerful love and sends love vibration to you and out to others, and allows only love vibrations to enter your space (for Highly Sensitive Persons).

Technique: Prayer to Archangels Raphael & Michael in The Care & Feeding of Indigo Children pgs. 75 & 84.

Restlessness:

Technique: Educate through home schooling or a school such as Waldorf, Steiner, Wilderness or some Montessori schools.

Technique: Be sure there is some creative activity in art, music, dance, building or writing available every day.

Technique: To assist sleep, teach energy clearing techniques, paint bedroom in colors such as beige, mauve, vanilla, cream w/ soothing images, have no mirrors by the bed, & no stuffed animals “staring” at them at night; do meditation or prayer just before sleep.

Impulsivity:

Technique: Teach and use Energy Medicine exercises, visualizations, and verbalizations to protect from environmental assault. If under the age of seven, encourage the child to find a trusted adult to be near when feeling threatened.

Technique: Exercises or brain/energy training systems like HeartMath, DaVinci Brainwave, neurofeedback, Tai Chi, meditation or yoga.

Technique: Therapeutic touch such as massage, Reiki, acupressure and acupuncture.

Technique: Allow the person to choose his/her own goals for the day, week, month or year and keep visual reminders as a guide for individual choices of the moment.

Technique: Planned exploration of life activities, careers, and artistic expressions, with as much project learning as possible around the subject of these explorations.

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