

Attention Deficit Hyperactivity Disorder

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According to a 2010 report from the Center for Disease Control, 1 in 10 U.S. children have the diagnosis of Attention Deficit Hyperactivity Disorder (ADHD). *An estimated 2.7 million children, ages 4-17, are taking medication for their ADHD.* The rates of this disorder have increased by 22%. According to the United Nations, the U.S. consumes 85% of the world's methylphenidate, the drug used to treat ADHD. Long-term use of this drug has been related to memory issues and depression.

We are *overmedicating* our children and putting a huge *Band-Aid* on something that at some point will wreak havoc on the generations to come.

So, why does ADHD exist? ADHD is a neurobehavioral disorder that can affect attention, hyperactivity and compulsiveness. There are several contributing factors, but the most critical influences are genetics, diet, and social and physical environments. With naturopathic medicine I work with my patient's body to find what might be aggravating their nervous and digestive systems.

More often than not, what you are *putting in your body* affects your mood more than any "neurotransmitter problem" ever does. When you feed yourself food that nourishes your body, it naturally has the ability to balance your mood. Nervous system imbalance can be supported by eliminating environmental stressors such as food allergies, food additives, chemical exposure, and life stress, just to name a few.

No two people with ADHD are the same, so it is important to assess where your symptoms are coming from and why your body is reacting with imbalance. There are a variety of ways to support balance with natural medicines, diet, and lifestyle changes. Please don't wait any longer. It is important to make changes as soon as possible, so that you can live a *thriving* life *without* the side effects of long-term medication use.

<http://www.pbs.org/wgbh/pages/frontline/shows/medicating/drugs/stats.html>
<http://ritalinsideeffects.net/>

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