

Q: Can Chiropractic Care Help My Child With ADD/ADHD?

A: It is growing ever common to hear that someone's child has been diagnosed with ADD/ADHD. These children are highly active, easily distracted, and deemed "hard-to-control." Hyperactivity is the most frequent justification for giving children prescription medications. These are given to help calm and make the child more manageable to parents and teachers.

The over diagnosis of this disease has led to a disturbing increase in the use of drugs with children. The number of prescriptions written for Ritalin in the past 15 years has increased by nearly *five* times. According to the U.N., the U.S. produces and consumes **85% of the world's production** of Ritalin!

So, what are some options for parents wanting to explore natural solutions? Changes can come from simply altering day-to-day life. Increasing play and activities that encourage imagination provide an outlet to release energy. Making specific activities and goals will create specific expectations and consistency. With the entire family, reduce the amount of refined, processed, and pro-inflammatory elements in your diet. This will allow your child to function with the best fuels.

While chiropractic does not "treat" ADD/ADHD, it does have a significant impact on the child's ability to function. By treating the child's nervous system, it allows the entire body to regulate and function optimally. In a study comparing chiropractic care versus prescription drugs, it was found that chiropractic was **24% more** effective than prescription drugs!

In a society that is inundated with prescription drugs with abounding evidence that these are not helping, why not start simple and explore natural health care solutions and option? Chiropractic, diet, and daily structure are a fantastic place to start making a difference in your child's life. Call **278-YOST** today, where family wellness care is our specialty and our doctors have **advanced degrees in pediatric care**.

---Written by Dr. Lindsey Calvert
www.YostFamilyChiropractic.com
Urbandale Living Magazine – July 2009