

## **Some Frequently Asked Questions on ADD and ADHD**

### **Question**

Which of your products would you recommend for my son of eleven - nearly twelve (Focus or BrightSpark). He has been diagnosed with ADHD and other stuff (he is on Adderall at the moment). His doctor wants to put him on another product (Concerta), but is having him tested for his heart murmur before putting him on it. I do not want him to go on another prescription drug, but his school insists that I do something to calm him down

### **Answer**

The safest medication to use would be a homeopathic one as this would definitely have no effect on his heart. Focus is probably quite safe, but one would like to take every precaution possible. I would suggest the BrightSpark ADHD formula.

### **Question**

My age is 53. I had a look at your site on ADHD. I prefer herbs, better than chemical stuff. The herbs you mention on your site (Focus ADHD formula (50ml)), are those herbs mixed in one medicine? or do you have to buy them each separately?

2. What can be the side effects -on my age- of for example Ritalin if your liver is sensitive.

### **Answer**

1. The Focus ADHD Formula is a blend of the herbs listed on the site - you only need to order Focus itself to get the benefits of all of those herbs. The formula was especially created to provide therapeutic dosages of each herb so that you can get the maximum benefit without having to buy multiple herbs and guess the right mix!
2. The manufacturers of Ritalin claim that it is perfectly safe to take it. However, there are studies which suggest that Ritalin can have an effect on liver functioning and also on the small vessels of the heart, especially in people who have a predisposition to liver and heart abnormalities.
3. Since you mentioned a problem with liver functioning, I would also suggest that you take our ImmunityPlus drops on a regular basis which includes a liver tonic and contains a wide range of ingredients to tone and strengthen the immune system.

Focus can be of major help to someone with ADHD, with none of the side-effects of Ritalin. . What we have found as well is that many people who buy Focus, also buy PureCalm for Stress & Anxiety, which helps to soothe and calm them, with a positive effect on attention and concentration.

### **Question**

My daughter does well all during the term in her studies but unfortunately when it comes to exam times, her grades do not support this. What I noticed with her is that when we explain something to her she picks it up quickly and will remember for a day or two but just as quickly she forgets. Her teacher also pointed out to us that when it is exam time she is very anxious and tense. We have never given her cause for anxiety and always encourage her though at times we are disappointed but will not let her know. Is there something that you can recommend that will help her retain stuff in memory as well as eliminate the nervous anxiety she has when exam times comes? Thank you.

**Answer**

It sounds like your daughter is suffering from performance anxiety. She seems to be able to retain her work well during the term, but becomes anxious at exam time.

I recommend that she take K-OK Kiddie Calmer on a daily basis as prescribed to help her to overcome her anxiety and to improve confidence. If she is very nervous before her exam, you can give her 10 drops of PureCalm in a little water on the morning of her exam or class test (we recommend one drop per year of age for children) in addition to the K-OK Kiddie Calmer. If her exam or test is in the afternoon, she can repeat the dose again at midday. Both K-OK Kiddie Calmer and PureCalm are 100% natural and non-addictive remedies specially formulated by a Clinical Psychologist to treat anxiety and stress without harming your child's health.

Besides this, your daughter needs to rehearse her work as much as possible at her age in order to consolidate it in her memory. Have her go over new work every few days in a fun and relaxed way, maybe using something like a star chart as a reward every time she remembers her work.

Once she is 12 years old, she will also benefit greatly from our StudyPlus remedy, a brain tonic which improves cognitive functioning, memory and concentration.

**Question**

Please send me some information about the medicine for ADHD, my son is 12 years old.

**Answer**

As you saw from our site, we offer two products for ADHD. One is a homeopathic remedy for children up to 12 only, and the other an herbal remedy for all ages. Since your son is 12, I would recommend the herbal remedy, Focus, which is very effective in helping to:

1. Reduce hyperactivity and restlessness - both at home and at school, where many ADHD children tend to be very disruptive in the classroom, creating a problem with other kids as well as school officials
2. Calm, soothe and reduce mood swings - and this is a far better outcome than many of the prescription drugs, which tend to have side effects such as making the kids angry.
3. Improve concentration, memory and attention span - this should help him at school especially, as I am sure that his teachers must be struggling to help him do better
4. Improve alertness and mental focus
5. Calm over-active minds - this will help him focus better on a task by task basis
6. Reduce impulsiveness and aggression

Our remedy has been created by a clinical psychologist, Michele Carelse, who has had years of experience treating kids with ADHD. It is proven and successfully used by thousands of her clients, and contains 6 different herbs, in specific therapeutic dosages so that the combined effect is effective in all of the above areas.

**Question**

I ordered Focus, ImmunityPlus, PureCalm and Ikawe. Is there any problem with taking these together?

**Answer**

No problem with the combo. Looks like you will be a good strong, healthy relaxed lover who is able to listen carefully to your partner.

**Question**

My son has ADD and is not Hyper. He is on Ritalin. I don't want him on any drugs at the age of 9, what other choice do I have? How do I really know if he is ADD?

**Answer**

You are quite correct to query the prescription of Ritalin for your son, especially if there is some question of whether his diagnosis is correct or not.

As your son is not hyperactive, one only has to devise a management program for the problem he has with concentration and maintaining attention.

For his age group I would recommend our homeopathic BrightSpark formula, which is suitable for both ADD and ADHD as it is not at all sedating. There are no side effects and the formula is non-addictive.

**Question**

My son is 12 years old and has what I believe to be ADHD. I would like him to take something herbal. Is your herbal supplement safe for a 12 year old boy? If so how much should he take?

**Answer**

Before embarking on any program I would suggest that you have a psychologist who specializes in diagnosing ADHD do an assessment on your son to determine if his symptoms are related to ADHD and not something else. Doctors also do not do an assessment - this is done by a psychologist. Doctors may just ask the parents for the symptoms and then prescribe the meds. Even children who have not been assessed can be helped with our remedies provided that other factors like diet and junk food are taken into account.