

## CarolinaAramburoAndFriends TOPIC OF THE WEEK

### Hello Health, Fun and Well-Being Partners!

In this 87th Newsletter, I want to talk to you about **ADD and ADHD** and its impact on our bodies and well-being.

In order to put the rest of the **newsletter in context**: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause and go back and watch them. You can also read all of the articles in full [HERE](#).

### ADD and ADHD COULD BE TREATED AS A GIFT!!!

Attention deficit disorder (ADD) and attention deficit hyperactive disorder (ADHD) commonly occur when a person is young as hereditary or during **development!** In this newsletter, I want to focus on ways to keep you in top condition and how to recognize any problems before they happen!

This week on our Fan Page, we have provided links and information about **ADD and ADHD** that will help encourage a healthy lifestyle. These articles will provide information on how ADD or ADHD may affect your physical, emotional, intellectual and spiritual well-being.

ADD (and ADHD) ranks among the most common **neurological disorders** among American children, affecting up to **7 percent** of children and more than **4 percent** of adults. In fact, in every classroom in the United States you can expect to find at least one child with ADHD. While it is not itself a specific learning disability,

ADHD can interfere with **concentration and attention**, making it difficult for a child to do well in school and in social situations. Boys may be more likely to develop ADD or ADHD than girls.

One prominent neurologist stated: "No single cause has yet been identified for ADHD. In fact, ADHD will probably one day prove to be an **umbrella term for a number of associated disorders**." While a definite ADHD cause has not been discovered, it is currently believed that this condition is a genetic disorder, although this has yet to be proven. The current data is that **35 percent** of adults who have children diagnosed with ADD/ADHD have the disorder as well. However, one-fifth of those diagnosed with ADD/ADHD are thought to have acquired this disorder through **environmental** toxins or physical trauma.

Symptoms of ADD or ADHD may not be obvious at first but may become more evident over time. These can include a **lack of attention**, hyperactivity, and/or impulsive behavior. Those children who show only a lack of attention may be diagnosed with ADD rather than ADHD. Signs of inattentiveness can include failure to pay close attention to details, making careless mistakes in school or at home, seemingly **unable to listen** when being spoken too, inability to pay attention even during playtime, inability to follow-through on tasks or directions, failure to finish tasks such as homework, chores, etc, difficulty in organizing things, **dislikes mental activities** such as school or reading, loses things often, or is easily distracted. These symptoms can point to ADD.

In ADHD, **hyperactivity** may also play a role in a person's actions. These symptoms can include fidgeting with hands and feet, inability to sit still, disobeys instructions to sit and gets up instead, runs around or climbs in unwarranted situations, has difficulty



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playing quietly, talks a lot, and can't seem to stop moving.

In diagnosing ADD and ADHD, looking for symptoms can be the first clue. Often, symptoms will appear before the age of seven. Children should have at least **six symptoms** of inattentiveness and hyperactivity each, and they should continue for at least six months in order for there to be concern of ADD or ADHD. The symptoms will be severe enough to **cause problems** in different situations such as at home or in school. A doctor can administer more tests to determine the diagnosis.

Though many experts do not agree on the cause of the condition, the mainstay of conventional treatment of ADD/ADHD is medication; usually stimulant medications. When **stimulants** are not effective, children may be given tricyclic antidepressants.

It's no wonder that millions of parents across the United States are overwhelmed and feeling **trapped** within a very bad situation: Not only have their children been diagnosed (Cont. on next page)



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## ADD and ADHD COULD BE TREATED AS A GIFT!!! (Cont.)

as having ADD/ADHD, but the prescribed treatment usually consists of powerful **stimulant drugs**. Short-term learning benefits have been achieved with these medications, but no lasting improvement has been shown.

I have ADHD, and have had it since I was a toddler, and have done **extensive research** my entire life about this "disorder" and I have found that a big majority of the "children and adults" that have it, happen to be extremely gifted intellectually, artistically and **spiritually**. Some spiritual "experts" say that maybe a big majority of children that have it have it because their electro magnetic frequency is **too high**.

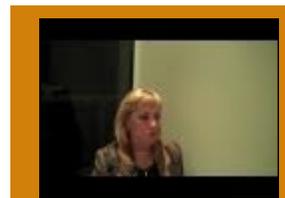
I have found also that the majority of us

that have successfully managed it have done it in a **natural way** (not using chemicals) using a lot of intellectual, physical and nutritional discipline.

I consider myself an empirical expert in this arena, since as a child I was diagnosed with an **extreme case** of it and my parents supported me in learning to live successfully with it, without medication and actually use it to my advantage instead of my disadvantage. If I had a child I would not give them any chemicals to deal with it (as the majority of people do). I would teach them to **manage their mind** and eat in a particular way (my vegan diet its not just vegan its customized to balance out the ADHD). I would also support them in designing the **exercise regime** that its best for their

level of ADD or ADHD. My exercise plan its totally designed for that (please email me if you need support on this matter I actually have a looooooot of **natural solutions** to share with you that, frankly, don't fit here in these few pages).

I actually consider my ADHD **part of my gifts**, given I can concentrate in many things and in a very high level more than most people. And the challenge to keep focus and not let my energy explode (be out of control) is a balancing discipline that was very hard to achieve as a child but has **served my entire life**.



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### YOUR DIET CAN IMPACT ADD and ADHD IN MANY WAYS!!!

ADD and ADHD has been diagnosed for hundreds of years, but more recently has become more prevalent due to the increased use of **chemicals, pollutants**, or heavy metal toxicity (such as lead, mercury, and cadmium).

Although genetics, infections and brain damage (trauma) have been cited as causes of ADD and LD (Learning Disabilities), these cases are quite rare compared to causes like a dysfunctional home, **heavy metal** toxicities, nutritional deficiencies, and food and chemical allergies. The majority of cases are caused by an immune defect and allergies to food additives, preservatives, chemicals, or inhalants.

Good nutrition during pregnancy and in the early years of the child's life may help in preventing ADD. Eliminating **processed foods**, artificial flavorings, colorings, preservatives, and sugars have been shown to help the hyperactivity aspect of the affliction. Also avoid **animal milk, sugar**, chocolate, and cheese. These same things will make a difference with adults with ADD and ADHD.

There are lots of studies that prove that nutrition dos have an impact on ADD and ADHD. For example:

1. A 1994 study at Purdue University found that boys diagnosed with ADHD had lower levels of the **omega-3 essential fatty acid** DHA (American Journal of Clinical Nutrition)
2. A 1997 study found that 95% of ADHD children tested were defi-

cient in **magnesium** (Magnesium Research 10, 1997)

3. A 1996 study found that ADHD children had **zinc** levels that were only 2/3 the level of those without ADHD (Biological Psychiatry 40, 1996)

Since most people don't get enough DHA, other **types of fats** are incorporated into the brain, but they do not function as well because they are the wrong shape. Also, the body, from dietary sources, manufactures the all-important **neurotransmitters**. In order for these neurotransmitters to function well, the B vitamins, magnesium, zinc, and Vitamin C must all be present in sufficient amounts. Some studies have shown a relationship between fatty acid deficiencies and ADD, learning disorders, and behavior problems.

Here are some natural diet and nutritional suggestions for ADD and ADHD:

- Supplement with natural concentrated nutritional supplements containing **antioxidants**, anti-inflammatory nutrients, vitamins, and essential minerals. The goal is to improve synaptic cell-to-cell communication.
- Provide **essential fatty acid** (EFA) supplements (flaxseed oil, DHA / EFA supplements, primrose oil).
- Eat **good fats** which are olive oil, canola oil and flaxseed oil; reduce all others.
- Eliminate, or at least reduce as much as possible, **trans-fats**.
- Avoid **food additives** and highly (Cont. on next page)

If you are parent of a ADHD or ADD child, and want support please email, because I have it that you can either: 1) "put it aside" and they **will suffer** it as a "disorder" and that will limit their lives; 2) treat it as doctors say with chemicals and thus create a **chemical addicted** person that will live the unbalanced life that chemically treated ADHD and ADD children grow up to have; or 3) you can naturally find the way to support them to **use that gift** to create a life as successful, fulfilled and amazing as mine.

Cherish your body and the bodies of your children with all of its imperfections, **NOT DISPITE THEM BUT BECAUSE OF THEM** as I speak about on my Health Proposal # 1. Listen to your body and train your children to listen to theirs and follow the healthcare providers that naturally guide you to take care of your physical, emotional, intellectual and spiritual balance. I honor you and request you honor your whole body as it is all a part of your **precious-SELF!!**

## YOUR DIET CAN IMPACT ADD and ADHD IN MANY WAYS!!! (Cont.)

- processed foods.
- Reduced intake of **sugar**, refined foods, and foods with chemical additives (food dyes, preservatives, MSG, etc.)
- Eliminate **animal milk** and other dairy products
- Eat plenty of **cooked vegetables** and whole grains, along with moderate amounts of protein and organic unrefined oils.
- Take 50 mg of **B-complex** vitamins and
- 100 to 200 mg of **flaxseed oil**
- Herbs that calm, soothe and nourish the nervous system include lemon balm, **chamomile**, hops, passion flower, skullcap, brahmi, valerian, and St. John's Wort.

Dr. John Ott, the pioneer in light-deficiency disorders, proved an associa-

tion of natural light deficiency with ADD in the school system in Sarasota, Florida many years ago. Replacing your lights with **full spectrum lights** will help with that.

Getting **enough sleep** may be crucial to managing ADD or ADHD. Often, children diagnosed with these problems may be misdiagnosed due to their sleep patterns or behavior.

## MASTERFUL BUSINESS & PERSONAL COACHING

Using various methodologies, I have been coaching both **large groups and one on one**, since 1991. This includes, but is not limited to Landmark Education's Ontological Methodologies, Silva, that of J. Rohn of Herbalife, and MY OWN.

In 1999 I began coaching people in Landmark Education inside of various leadership roles using Ontology (Landmark Education's methodology). In the years that I was leading the Landmark Forum, I coached, 3 weekends a month, different groups in rooms filled with 150+ to 1200 people, in many different cities and countries. I coached **individual people** who came to the microphone for coaching on their personal lives and professional performance. I coached and lead the group as a whole producing a common "simultaneous **UNPRECEDENTED**

transformational shift", for every group no matter what their circumstances. In addition to this, I coached teams of people who worked with me in both group and individual settings. These mostly included **managers, supervisors and leaders**. This coaching/consulting was mostly on business performance and production.

Thus, after 20 years of **outstandingly successful practice**, and after coaching hundreds of thousands of people and consistently **exceeding their expectations 94% of the time**, I have the confidence to say that I can coach anyone, in anything, and under any circumstance and have **YOUR SUCCESS in ANY ARENA** be a foregone conclusion while also having it be a deliciously fun and **FULLFILLING ADVENTURE!!**

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## EMOTIONAL. INTELLECTUAL AND SPIRITUAL BALANCE IS THE ANSWER TO ADD and ADHD!!!!

Attention deficit disorder (ADD) or attention deficit hyperactive disorder (ADHD) can make things feel **complicated** and as though it takes twice the effort to accomplish simple tasks as opposed to others who may not be affected with the problem. **Focusing your attention** may take longer and more effort, and you may at times feel stressed about accomplishing your goals.

Those of us with ADHD are drawn to **new activities**, adventure, and change. Yet we're balanced by the opposite: activities that are **calming, relaxing, and nurturing**. We need regularity and structure to counter the natural tendency toward chaos: a regular time to do homework, work, exercise, relax, eat, go to bed, and wake up to begin a new day. Here's some advice about how to create a calming environment for either a child that has ADD or ADHD or for you:

- Create a routine** that works for you and stick with it.
- Relax and/or meditate**. Pay particular attention to your breathing. The idea is to relax and deepen your breath, which helps your central nervous system (CNS) switch from a sympathetic mode, which is a "fight-or-flight" state, to a parasympathetic mode, which is a nourishing and restorative state. Try this; when you are the most over stimulated.
- Utilize massage**. Oil is the quintessential balancer. Use organic unrefined oil such as olive, almond, and sesame oils, which are especially grounding. This bedtime activity will help you sleep.
- Unplug**. Constant electronic stimulation not only fragments your attention but also exposes you to electromagnetic radiation (EMR) at potentially harmful levels. For those of us who are sensitive, this exposure agitates our nervous system.
- Do whatever you need to do to **love, nourish and ground yourself**.

Often, for those with ADD or ADHD it is difficult to hear the **quiet voice of your soul**. But with practice and attention you can train yourself to **calm and be present** and connect to your higher self, which is always your most perfect GPS to guide you through whatever you are dealing with. **Allow yourself the gift of that connection**. Remember you are a gift and you can receive gifts as well.

If you would, please go to this link and give us/me your feedback:

[CLICK HERE OR SEE http://carolinaarambom](http://carolinaarambom)

That will make a major difference for me/us. We are not selling you anything. The commitment is **giving and receiving of information** and we appreciate your contribution. Thank you so much for the opportunity to learn together.

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