



Lifestyle Letter

Wellness News

ADD & ADHD

Dr. Edward M. Hallowell is a world renowned expert on ADD and ADHD and has written several books on the subject and co-founded a certification course for chiropractors called "SHINE for Doctors". Dr. Hallowell answers commonly asked questions on a misunderstood condition that effects many individuals and their families.

Q. What is ADD and ADHD?

A. Attention deficit hyperactivity disorder (ADHD), or just attention deficit disorder (ADD) refers to a syndrome found in both children and adults characterized by distractibility, impulsivity and restlessness or hyperactivity.

Q. What are the positive qualities associated with ADD?

A. People with ADD typically are creative, intuitive, original, and full of positive energy. They tend to be independent thinkers. They are persistent to the point of being stubborn. They usually are quite sensitive, but often cover over this with bravado. They are big-hearted and generous. They often have charisma or a special something, a twinkle in the eye, a zany sense of humor, or an ability to inspire others.

Q. What are the negative qualities associated with ADD?

A. People with ADD typically have trouble paying attention and focusing, especially when they are not interested. On the other hand they can be super-focused at times. They can also be impulsive and sometimes hyperactive and disruptive. They can have trouble getting organized, prioritizing their activities, managing time, and completing tasks. They can be forgetful, inconsistent in follow-through, and are often late.

Q. What types of treatment are there for ADD?

A. Treatment should start with education. You need to learn what ADD is and what it isn't. Once you learn its positives and negatives, then you can get to work with a good coach, guide or therapist and take a strength-based approach to making positive changes in your life.

Q. What is the single most important element to a successful treatment program?

A. Above all, what matters most is taking a positive approach. Seek a professional who is highly knowledgeable and experienced. But you want to make sure you see a professional you like, a person you feel understands you or your child and a person you can be open and real with. Treating ADD takes time, often years, so you want to be sure you are in the hands a person you trust implicitly and who cares for you and your family.

Q. What distinguishes your approach to treating ADHD/ADD from other approached?

A. We see ADD not as a disability or as a deficit, but as a trait, a way of being. It is characterized by a host of qualities, some positive some negative. Our job is to promote the positive qualities, while limiting the damage done by the negative. The standard medical approach looks at ADD entirely as a disorder. By disregarding the positive attributes, this approach looks at ADD entirely as a disorder. This approach often creates fear, loss of hope, lowered self-esteem and broken dreams.

Q. How do you view the role of Ritalin as a treatment method in the model that you use?

A. People ask me if I believe in Ritalin and my answer is, "It's not a religious principal." It's not a matter of belief, it's an option that's available, and obviously chiropractors are offering an option that does not include medicine. This is great, because many, many people are eager to find solutions without using medication. There's a great deal of need these days for effective interventions, effective treatments that do not involve medication.

Be Fit.

Warming up and Cooling down

In the past several years, fitness experts have discovered that there is a much more effective and healthy way to stretch before a workout: the dynamic stretch. Dynamic stretching is basically stretching with motion, so your body gets a chance to warm up the muscles slowly and in a functional way. You warm up your body, get your heart rate up, and stretch all at the same time.

Some examples of Dynamic stretching are:

High-Knee Walking - bend your hips and knees, stretch your glutes and hamstrings and warm up your arms and calves. The Dynamic is to drive your knees up as high as possible, get up as high as you can on your toes; and drive your arms with each step.

Trunk Rotation - to stretch your lower back. The Dynamic is to start slowly, as you get going you go a little faster with more rotation.

Buff Kicks - Stretch your quads. The Dynamic, done as a walk or jog is to exaggerate the knee bend so that you are trying to kick yourself. The higher you get your heel the more of a quad stretch you'll get.

Arm Swing - to stretch your pectoral muscles and loosen your upper back. The Dynamic is to cross your arms right over left and left over right so that you get equal stretching on both sides.

Think Well.

Massage and Emotional Wellness

Massage can provide stress relief for just about anyone, from pre-term babies to the elderly. Moderate-pressure massage for as little as 15 minutes may offer relief from depression, anger and anxiety. Massage therapy decreases the amount of stress in the body by relaxing muscles, flushing out the waste products from the muscles and increasing the feel-good hormones.

Emotional Health Benefits

Massage therapy can improve a person's emotional health by reducing stress and stress hormones by increasing serotonin and thereby reducing depression and pain. Massage enhances the immune function which can reduce bacterial and viral illnesses. Research has shown that massage can also relieve stress for pre-term infants in the neonatal intensive care unit.

Massage therapy has proved to be helpful for trauma victims. Aside from physical pain, victims of trauma past or present, will often hold memories of such events in their muscles tissues. By receiving massage from a trained professionals one can get back in touch with their body and be able to access the held emotions.

So feel free to indulge in massage regularly - it's good for your emotional well-being and your physical health.

Eat Right.

Grilled Greek Chicken Salad Recipe

Ingredients

- 4 chicken, breast, skinless, boneless halves
- 1 tablespoon lemon juice
- 1 tablespoon oil, olive
- 1 tablespoon oregano, fresh, or 1 teaspoon dried
- 2 clove(s) garlic, minced
- 1/4 teaspoon pepper, black ground
- 3 medium cucumber(s), seeded and coarsely chopped
- 2 medium tomato(es), red or yellow, coarsely chopped
- 1/2 cup(s) onion(s), red, sliced
- lettuce, mixed greens
- 1/3 cup(s) dressing, reduced-calorie creamy cucumber
- 1/2 cup(s) cheese, feta, crumbled
- 1/4 cup(s) olives, Kalamata, pitted

Recipe Tip:

Marinate 4 to 24 hours.

Preparation

1. Place chicken in a resealable plastic bag set in a shallow dish. For marinade, in a small bowl, combine lemon juice, oil, oregano, garlic, and pepper. Pour over chicken. Seal bag; turn to coat chicken. Marinate in the refrigerator for 4 to 24 hours, turning bag occasionally.
2. Meanwhile, in a medium bowl, toss together cucumbers, tomatoes, and red onion.
3. Drain chicken, discarding marinade. Place chicken on the rack of an uncovered grill directly over medium coals. Grill for 12 to 15 minutes or until tender and no longer pink (170°F), turning once.
4. Transfer chicken to a cutting board; cut into bite-size pieces. Toss with cucumber mixture. If desired, serve on salad greens. Drizzle salad dressing over. Sprinkle with feta cheese and olives.

Per Serving: Cal. 328, Sat Fat. 3g, Fiber 7g, Carbs. 15g, Protein. 37g., Total Fat 13g.

Be sure to visit "My CreatingWellnessSpace" for more recipe ideas!