Successfully overcoming ADD!

TMA - Supplements, Diet and Classes

Jill is 13 years old and in seventh grade. Her mother, a school principal, brought her to Options to help Jill focus. She had ADD and trouble reading.

Jill's mother feels the Skills assessment was right on target and helped explain the reasons for Jill's problems. She heard about Options through one of her coworkers, a school teacher, who had brought her daughter to Options.

Jill took classes to develop positive attitudes. Her mother's greatest joy with the class was seeing how good Jill felt about herself. Her mother says, "Success breeds success." The class made Jill a happier and calmer person. The program really challenged Jill. She loved the thinking skills techniques. Jill was often surprised that she could have fun while working so hard. She made the comment that it would have been nice if class had been longer than an hour. Her most prized compliment from her Options' teacher was, "You did well." Everyone who worked with her agreed that she did do well.

It was difficult for Jill to follow the diet with her sports and social activities. All the same, she did very well knowing the recommended diet and making wise choices.

If you would like to communicate with Options, please feel free to email - options@mtco.com.

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