Decatur Mother Uses Hair Analysis to Decrease Son's ADHD Symptoms

TMA – Supplements and Diet

Tracy's son Colin is now eight years old. Tracy describes him as having ADHD symptoms early on -- impulsivity, fidgeting, anxiety, irritability, short attention span etc.

Tracy first got his eyes tested, which showed that Colin had some visual acuity and processing difficulties and so began wearing glasses. Colin was able to see better with the glasses, but Tracy noticed that the glasses did not solve other problems that Colin was having with attention span and fidgeting.

She did not want to put her young son on drugs, so she tried different natural products. The natural products she chose did not seem to make any difference. She then heard about Hair Analysis through a workshop that Options Center was sponsoring called, "Choose Drug-Free for ADD, ADHD". This panel consisted of Helen Cox, Director of Options; Amy Fasig, Brain Gym® Instructor and Health Educator; Lisa Nelson, Art Therapist; and Dr. Richard Malter, a leading psychologist whose specialty is working on a drug-free basis with children diagnosed as ADD, ADHD.

Tracy began Colin on the Hair Analysis supplements and dietary recommendations. She saw that he began to be less irritable and anxious. His true personality began to shine through. "Eventually Colin's attention span and concentration increased and his fidgeting decreased. I notice that if we go off the diet a little or he eats something that he's not supposed to, that he gets irritable and fidgets. I can see his mind going a hundred miles a minute."

The diet is still the hardest part to incorporate into their family's lifestyle. Tracy says, "I was already pretty aware that Colin was allergic or sensitive to certain foods and food

colorings. We've cut out most sugar and refined carbohydrates. Colin has adjusted well to the diet and supplements. If he gets around friends or family though, he has a harder time declining these foods and staying on the diet."

Colin's study habits also improved while on the supplements and diet. "Colin's grades were never bad, but it was very difficult to study with him and finish an assignment. He's a lot better. It's easier to study with him and he listens a lot better than he used to. Colin can now follow two directions at once."

Tracy plans to keep getting regular Hair Analyses for Colin to check on his improvements and in case his supplements or diet changes. She recommends the Hair Analysis to other parents with ADHD children.

In Tracy's words, "Most times when kids have ADD, the doctor wants to give a pill to solve the problem. That pill is not going to solve their problems.

The kid can pay attention eight hours, but when he gets off the pill he's going to have the same or worse problems. Parents don't want to have to change to get improvements. With the Hair Analysis, you have to look at how the child's body works and make changes based on that. It takes time, but it's worth it in the long run."

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

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