

Think Your Child Has ADHD?

Try these things first.

Decrease TV Time: Leading Neurologist Dr. Dan Murphy has stated that brain development is primarily driven by kinesthetic input. That means learning through touch. With today's television and video games, although they are convenient babysitters and do provide auditory and visual stimulation, they offer no kinesthetic input to the brain. This is so detrimental to brain development it is recommended that children under 2 years old NEVER NEVER NEVER watch television! These are some of the most important years of brain development in children.

Unplug the Nintendo®: The H in ADHD stands for hyperactivity. Kids need to expend energy. When you were a kid, you played outside until you got tired, then came inside and went to bed. No TV for 4 hours per night, no video games. With the number of hours kids play video games, there is no longer an outlet for physical energy. Kids are getting fatter, and less intelligent than previous generations. Reading no longer seems like an option. In a recent study done at Harvard, the vocabulary of 15 year olds was measured (the yardstick of the intelligence of a population). In 1950 it was 15,000 words. In the late 1990's it was only 10,000 words!

Feed your child a vegetable! Today's processed foods are laced with food additives. Two of the most dangerous to a child are MSG and Aspartame (NutraSweet®). They are both known neurotoxins. That translates to: THEY CAUSE NERVE DEATH! Your (and your child's) brain and nervous systems are the most vital part of your bodies. Why would you pollute what God gave you with substances that are slowly killing it? Again, these should be absolutely avoided in small children when brain development is happening at its fastest.

