

HEALING ADD

The breakthrough Program That Allows You to See and Heal the 6 Types of ADD

By Daniel G. Amen, M.D.

For those who have a family member diagnosed with *attention deficit disorder*, or ADD, for anyone who has ever wondered if he or a family member has ADD, or for anyone who works with or has a relationship with a person with ADD, this book is akin to an encyclopedia of explanation and diagnosis, with a broad spectrum of potential help. The author uses many case studies, which can provide clarity, helping the lay person see himself or a family member following the same pattern.

The diagnosis of ADD has caused great controversy in the medical, educational, and lay community for years, with some considering it a cop-out, an excuse to medicate, or to be used as a catch-all for poor discipline. Dr. Amen has done years of extensive research using nuclear medicine studies called SPECT (single photon emission tomography.) He states unequivocally that ADD can actually be observed; some types of ADD reflect a lowered activity in certain areas of the brain, and other sub-types of ADD show an increased activity in other areas.

Through extensive years of research, Dr. Amen has named six sub-sets of ADD. Probably the most common is Type I – Classic ADD, which includes both hyperactivity as well as inattentive ADD. Other types are Inattentive ADD, similar to classic but without the hyperactive symptoms, thereby causing many with this type to never be diagnosed. Overfocused ADD symptoms may include excessive worrying, or being locked into negative thoughts or patterns. Temporal Lobe ADD sufferers may have rage with little provocation, in addition to panic, times of spaciness, and dark thoughts. Limbic ADD symptoms may include low energy, feelings of hopelessness, low interest in even activities normally considered fun. “Ring of Fire” ADD sufferers may be angry or aggressive, exhibit mean behavior, have very fast speech, anxiety, and rigidity. A chapter is dedicated to each type, with extensive descriptions, explanation of brain dysfunction in each, and then plans of treatment, which differ for each type of ADD.

This book has the potential to offer great encouragement to families struggling with the effects of ADD because Dr. Amen has written of several approaches to treatment, and most often uses more than one for each patient. First of all, his research has shown that when appropriate medications are used in correct amounts and matching the disorder, the patient is less, not more likely inclined toward drug abuse as a teen-ager. Dr. Amen also stresses a healthy diet, specific to the particular type of ADD, serious aerobic exercise, and sometimes biofeedback.

One very practical help in the book is a self-questionnaire for anyone to take to rate himself, as a tool in considering the possibility of having one of the types of ADD. The questionnaire can also be filled out by others in the family or who are well acquainted with the individual in question. You can access the test online at www.amenclinic.com. Dr. Amen stresses that this tool alone is not enough; however, it is revealing as a first step. Other tools he uses to diagnose ADD include SPECTs, life history, which Dr. Amen calls THE most reliable tool, blood work, and information from collateral sources, such as teachers. Chapters also cover strategies for parents, schools, help with sleep patterns, and other ways to “optimize the ADD life.”