Traditional Chinese Medicine

Western medicine and traditional Chinese medicine have different approaches to diagnosing and treating attention deficit/hyperactivity disorder. In the West, ADHD sufferers are usually prescribed anti-depressants or stimulants, such as Ritalin or Adderall. However, while prescription drugs may temporarily alleviate symptoms, they don't treat the core problems. In addition, parents are often concerned about the effectiveness of prescription medication and the possible side effects. In Traditional Chinese Medicine (TCM), ADHD is attributed to an imbalance between yin and yang, the negative and positive phases in the body's flow of vital energy, or qi. TCM comprises acupuncture, Chinese herbs, Tui-Na massage and nutritional therapy. It's founded on the belief that good health is a function of inner harmony.

Treatment focuses on correcting the imbalance by applying the yin and yang theory. For example, a child with a yang (active) nature would receive treatment for the hyperactive, impulsive type of ADHD, as opposed to a child with a yin (passive) nature, who would be treated for inattentiveness. Once a pattern is diagnosed, acupuncture, Tui-Na massage and, in some cases, herbs are used to restore balance and a sense of relaxation and well-being. For children and infants, a non-needling modality of acupuncture called Shonishin is recommended before introducing needles. It consists of using small tools in a gentle stroking, rubbing or tapping manner to stimulate the child's qi. Over the years, large strides have been made to treat ADHD with a combination of TCM and lifestyle changes. In cases of mild ADHD, TCM can be used as the sole form of treatment, eliminating the need for prescription drugs. For more severe cases, TCM is often used in conjunction with western medicine to help lower the dosage of medication needed or to reduce the side effects of prescription drugs.
ADD/ADHD: Holistic and Natural Approaches

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A study found that a supplementation regimen was as effective as Ritalin for children with ADHD, without the latter's risk of side effects.

Over the years, large strides have been made to treat ADHD with a combination of TCM and lifestyle changes.

Acupuncture helps regulate the body's responses to its environment by balancing the body's fluids and vital nutrients into and out of the brain—nutrients that enable the brain to function efficiently and in synchrony with other cells. It also creates a brain environment that is constantly in a state of healing and self-regulation. When the stress of compromised fluid flow is flushed of waste products and toxic irritants. When the stress of compromised fluid flow is

Christopher Kent, DC, vertebralsubluxation.org

ADD/ADHD: Holistic and Natural Approaches

Focus on ADD ADHD

9. Peace of Mind: Self-Care for Moms

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