

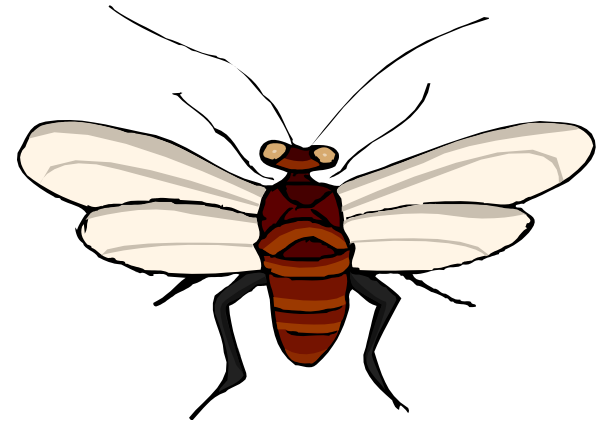
Alternative and Integrative Medicine Treatments for LD, AD/HD, NVLD and Asperger's Disorder



Alternative and Integrative Medicine Treatments of AD/HD & LD

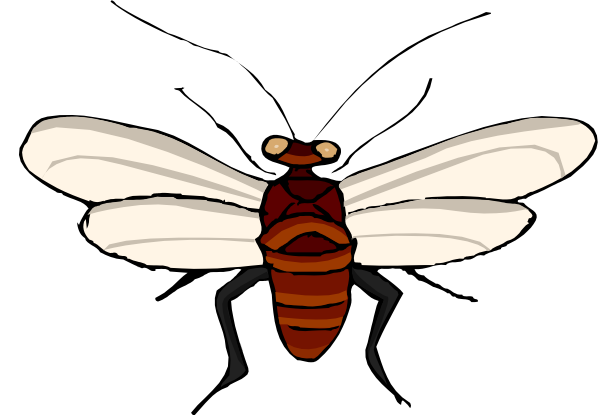
“We should all eat dung, because a thousand flies can’t be wrong!”

Russell Barkley, Ph.D.



Barkley, R.A. (1998). ADHD in Children, Adolescents, and Adults: Diagnosis Assessment and Treatment. New England Educational Institute, Cape Cod Symposia, August, Pittsfield, MA.

Controversial Treatments



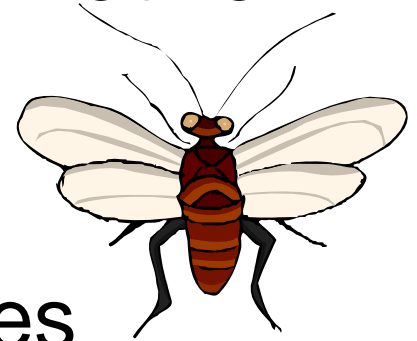
When to question if a treatment is legitimate:

- when no research in peer-reviewed journal is available;
- when they say, “traditional medicine, etc.” refuses to accept what they are saying;
- if most professionals would not use the method; and
- when the person pushing the treatment says, “...prove me wrong... (p.4).

Silver, L. (Summer, 2001). Controversial Therapies, Theme Editor's Summary. Perspectives, 27 (3), pp.1 and 4.

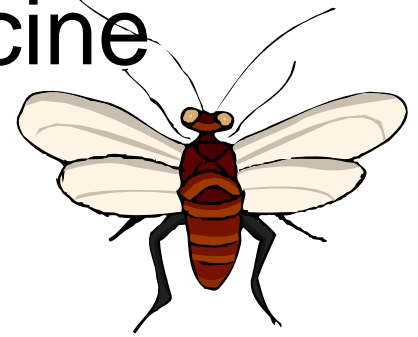
Alternative and Integrative Medicine Treatments of AD/HD & LD

- 56% of those with Anxiety use alternative treatments.
- 53% with Depression
- 16% of hospital offer CAM therapies
- Highest rates used by those with serious and debilitating conditions



Dittmann, M. (June, 2004). Alternative Health Care Gains Steam. Monitor On Psychology, 35 (6), pp. 42-44.

Alternative and Integrative Medicine Treatments of AD/HD & LD

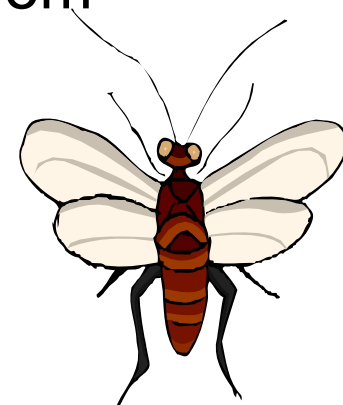


- “Today’s complementary and alternative medicine is tomorrow’s mainstream, but first it must meet with rigorous scientific evaluation.”
- –Alan Leshner, Ph.D., National Advisory Council for Complementary and Alternative Medicine and CEO of the American Association for the Advancement of Science (p. 44).

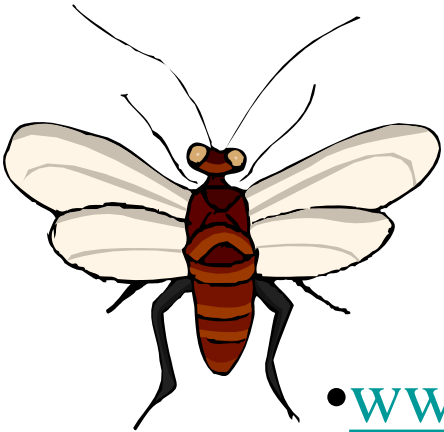
Dittmann, M. (June, 2004). Alternative Health Care Gains Steam. Monitor On Psychology, 35 (6), pp. 44.

Alternative, Integrative & Complementary Medicine and LD and AD/HD

- December 2003 edition of **Attention!** Available from CHADD.
- CHADD's National Resource Center
- www.MyADHD.com
- Rappaport, L.A., & Kemper, K.J. (2003). Complimentary and Alternative Therapies in Childhood Attention and Hyperactivity Problems. Developmental and Behavioral Pediatrics, 24, pp. 4-8.
- Silver, L. (Summer, 2001). Controversial Therapies, Theme Editor's Summary. Perspectives, 27 (3), pp.1 and 4.



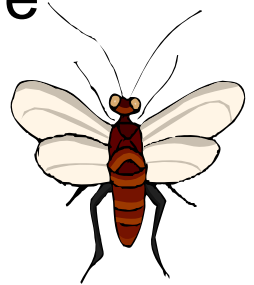
Places to Check Out “New” Treatments for AD/HD and LD



- Ingersoll, B., and Goldstein, S. (1993). Attention-Deficit Disorder and Learning Disabilities: Realities Myths and Controversial Treatments. New York, NY: Doubleday.
- www.quackwatch.com
- Cochrane Collaboration: www.cochrane.org
- Arnold, E. (August, 2006). Alternative and Complementary Treatments for AD/HD. Attention!, 13 (4), 30-35

Places To Check Out “New” Treatments For AD/HD and LD: National Institute of Health (NIH)

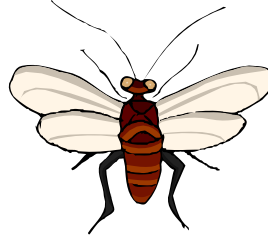
- National Center for Complimentary and Alternative Medicine: www.nccam.nih.gov
- NCCAM Clearinghouse: 888-644-6226
- Some findings:
 - St. John’s Wort (*Hypericum Perforatum*) no better than placebo with Major Depression. Now being studied with “Minor” Depression-There is some research that St. John’s Wort can help with mild to moderate depression.
More research is needed!



Dittmann, M. (June, 2004). Alternative Health Care Gains Steam. Monitor On Psychology, 35 (6), pp. 42-44.

Autor (March 2004). Get the Facts: St. John’s Wort and The Treatment of Depression. National Center for Complementary and Alternative Medicine, National Institutes of Health, NCCAM Publication #: D005: www.nccam.nih.gov/health/stjohnswort/

Places to Check Out “New” Treatments for AD/HD and LD



- www.interdys.org
- www.chadd.org
- Cook, P. (1997). Knowledge is Power: Guidelines for Being an Informed Health Care Customer. Attention!, 4 (2), pp. 14-17.
- Arnold, L.E. (2002). Contemporary Diagnosis and Management of Attention-Deficit/Hyperactivity Disorder. Newtown, PA: Handbooks in Health Care.
- Author (May, 2004). Dangerous Supplements: Still at Large. Consumer Reports, 69 (5), pp. 12-17.
- Office of Dietary Supplements (ODS), National Institutes of Health: www.ods.nih.gov
- CAM on PubMed-National Library of Medicine: www.nlm.nih.gov/nccam/comon/pubmed.html

PLACE TO CHECK OUT CAM THERAPIES

Ingersoll, B. (October 26, 2006).
Complementary Treatments for
AD/HD. Paper Presented at the 18th
Annual CHADD International
Conference, Chicago, IL.

