

Natural Help 4...

Hyperactivity



What is Hyperactivity?

Hyperactivity refers to a physical state in which a person is easily excitable and **exhibits an abnormally high level of activity**. People who are said to be hyperactive are constantly moving and on the go.

A hyperactive person may react emotionally, be easily distracted, be impulsive, and have a **short attention span**. They also generally struggle to participate in activities that require them to sit still. They also talk a lot.

Many people have some of these characteristics naturally incorporated into their personality, but it differs from person to person. **Hyperactivity is not easily defined** because it often depends on the judgment of the assessor.

What may appear to be hyperactive to one person may not seem excessive to another. However, when hyperactivity starts to become a problem for either the individual or others, it may be then classified as a medical disorder.

Hyperactivity in Children

Generally speaking, when dealing with children, hyperactivity is often considered more of a problem for their schools and parents than for the child. But there are a number of cases where many hyperactive children are unhappy or even depressed.

When dealing with other peers socially, hyperactive children may exhibit behaviors that may make them a target for bullying, or make it **harder to connect with other children**. Schoolwork may be more difficult, and hyperactive kids are frequently punished for their behavior. Hyperactivity in teenagers can also present similar problems.

Hyperactivity and Related Conditions

Hyperactivity is commonly associated with other conditions like ADHD, fetal alcohol spectrum disorder (FASD), and autism.

The Difference Between Hyperactivity and ADHD

ADHD

This generally refers to a person who is hyperactive and has difficulty concentrating, as well as keeping their minds focused on a task.

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[Hyperactivity](#)

Alternatively, a person who is hyperactive will show the hyperactive symptoms of ADHD, but their ability to [maintain attention span](#), focus, and concentration are not affected at all.

Diagnosing Hyperactivity

Generally, children and adults who are often labeled as *fidgety* are good candidates for further diagnosis. In children, [hyperactivity](#) is often noticed because child is constantly moving about with a **high level of energy**.

Often times, this may interfere with their schoolwork, or even their ability to play in groups. Other signs include excessive talking or running, even when instructed to do otherwise. In adults, [hyperactivity](#) also causes subjects to act antsy, and may make it difficult for them to relax.

[Hyperactivity](#) is usually diagnosed with the help of a professional by taking into account different situations in which the subject displays **signs of hyperactive behavior**.

This often requires the help of outside witnesses, especially in the case of children or with [hyperactivity in teenagers](#). In many cases, a child's or teen's teacher will notice signs of [hyperactivity](#) even before a parent. In order to aid diagnosis, it's often helpful to get the input of the child's teachers.

What should be done about hyperactivity?

The first thing to do if you suspect that you or your child is hyperactive is to **have an assessment**. Many well-meaning doctors simply prescribe very strong drugs without having the patient assessed by a psychologist to **determine what the problem really is**.

Other causes of [hyperactivity](#) symptoms can include food intolerance, hypoglycemia (low blood sugar), allergies, perceptual difficulties, nutritional problems, candida, hyperthyroidism, Tourette's syndrome, brain dysfunction, family and/or emotional problems, poor discipline, anxiety, depression, and other conditions.

Each of these problems would require different treatments, and some may even be exacerbated by prescription medications. **Assessing before prescribing is the golden rule!**

If you have already been assessed, diagnosed, and are already taking prescription medication, **be aware that there ARE alternatives!** In addition, there are many safe, effective [natural supplements for hyperactive children](#).

What are the Causes of Hyperactivity?

In the past, there has been a great deal of focus on attention deficit [hyperactivity](#) disorder as a cause of [hyperactivity](#). However, other conditions can cause it as well.



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

Normal young children can be very lively and have short attention spans.

Hyperactivity in teenagers can also be the normal result of puberty.

Children who are bored, suffering from mental conflict or having problems at home - which may even include sexual abuse - can be hyperactive.

The disorder has a **large range of effects on children**. Some have learning disabilities while others may be very gifted. Sometimes even both can exist in the same child.

Hyperactivity can also occur because of problems with hearing or vision.

Overactive thyroid, lead poisoning, depression, a lack of sleep, anxiety, or a range of other psychiatric illnesses can also be associated with the disorder.

Hyperactivity is sometimes also associated with mania. More **severe cases of hyperactivity can be very harmful if left untreated**, since hyperactive people seldom think about the consequences of their actions.

Factors Contributing to Hyperactive Behavior

- Younger children are more active than older ones and have a shorter attention span
- Boys tend to be more physically active than girls
- Teenagers may display hyperactive behavior during puberty
- Caffeine and sugar intake can contribute to increased energy levels and rowdiness
- Problems at home may also contribute to a person being 'hyped-up' and can cause him or her to act out

Causes of Hyperactivity

- Learning disorders
- Sexual abuse
- An overactive thyroid
- Depression
- Anxiety
- Mania
- Sleep deprivation
- Drugs
- Prescription medication

Help for Hyperactivity

Hyperactivity is often treated using conventional prescription medications, including stimulants as well as the non-stimulant drugs.

While there is a place for prescription medication in certain cases of hyperactivity, **careful consideration and caution** should be taken regarding possible side effects.

There are also **alternative treatment options** available for treating adults with hyperactivity. Making simple changes in diet, sleep, exercise, and routine can help.

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Even trying more involved approaches like incorporating relaxation therapies such as guided imagery, meditation techniques, or yoga can be beneficial.

There are also many **herbal and homeopathic remedies** which can help maintain harmony, health, and systemic balance in the brain and nervous system, without side effects or sedation. These products are known for their supportive function in maintaining brain, [nervous system](#), and circulatory health, and overall well-being. There are also safe, effective [natural supplements for hyperactive children](#) available.

Treatment Options for Hyperactivity

While there is a place for prescription medication in certain cases of [hyperactivity](#), **careful consideration should be taken regarding possible side effects and cautions.**

While it seems that prescription medications are extremely common, it's important to realize that there are alternatives. More and more parents are **turning to [natural supplements for hyperactive children](#)** as they realize that they **promote the same effective changes in [hyperactivity](#) without the side effects** of prescription medications.

However, it is important that you seek out a professional to help you decide on herbal remedies and natural healing plans.

Osteopathy. Osteopathy refers to treatment designed to **focus on maintaining proper functioning of the muscles and bones.** It is particularly useful for treating problems with the ligaments and spine. This can be a very effective treatment for hyperactive children, as it works to help increase blood flow and breathing in the body, which can produce a relaxing effect. Improving these functions also means the ability to [maintain concentration](#) and better brain health.

Nutritional therapy. Although we hear it all the time, many people still don't fully appreciate the value of a diet full of proper vitamins, minerals, and nutrients. Since many of the foods we eat are refined or processed, we often miss out on the **essential nutrients that keep our bodies functioning at peak levels.** Nutritional therapy aims to fight [hyperactivity](#) by eliminating from the diet foods that may cause [hyperactivity](#) and replacing them with foods that will provide the nutrition needed to restore balance.

Homeopathy. Homeopathy has become a very popular way to treat [hyperactivity](#). It works by using **traditional herbal remedies and natural substances** that in large doses would actually cause some of the symptoms of [hyperactivity](#). But when administered in tiny doses, homeopathic remedies actually work to spur the body to **act against the substance that causes [hyperactivity](#)**, effectively fighting the condition.

Before homeopathic treatments are sought, it's important to correctly diagnose a subject with [hyperactivity](#) and make sure that they are fit for the treatment. [Hyperactivity](#) can be a difficult condition to treat in any means, and it is recommended that you consult with experts before adopting homeopathic treatments.



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Acupuncture. Acupuncture is a well-known treatment designed to **improve energy flow and restore balance in the body**. The treatment involves poking long, thin needles into pressure points around the body to improve the flow of energy, which is called "Qi". The use of needles may scare some, in which case the treatment can be replaced with massage or simply applying pressure in key locations. Often times, acupuncture can be an excellent cure for [hyperactivity](#), as it focuses on **releasing pent-up energy in the body**.

Herbal medicine. Herbalism is one of the oldest forms of medicine in the world, and much of modern medicine is based off of it. Many of our current medicines are **extracts of chemicals found in plants and whole herbs**, which are the mediums of herbalism. There are all kinds of herbal treatments available to help reduce [hyperactivity](#), and a vast number of herb combinations as well. Consult with an herbalist to decide what is best for your particular case.

No matter which of these treatments you pursue, be sure to consult a team of experts with experience in alternative medicines and natural remedies to help you make the best decisions regarding treatment.

Getting a Proper Diagnosis

When going for a diagnosis for [hyperactivity](#), it's important to provide as much information to your doctor as you can.

More information will help them better understand your unique situation and make a more accurate diagnosis. It can also help them to decide on the proper treatment.

Some of the questions your doctor may ask are listed below:

- How long have you been experiencing symptoms of [hyperactivity](#)?
- How old is the person displaying signs of [hyperactivity](#)? Some children are naturally active at young ages.
- Did the subject experience any childhood disorders such as a learning disability, autism, or anything else?
- Are there any environmental factors involved (such as family troubles, or troubles socially)?
- Is past medical history an issue (such as hypothyroidism or brain damage)?
- Have there been psychological issues in the past to precipitate this (such as depression, bipolar disorder, or anxiety)?
- Does the subject have any allergies? Many believe certain food allergies to cause [hyperactivity](#).
- Is the subject using illicit or recreational drugs? Amphetamines and other substances may cause [hyperactivity](#).
- Is lead poisoning a factor? Simple tests can decide.

Questions your doctor may ask about related symptoms:

In some cases, symptoms may exist beyond the normal characteristics of [hyperactivity](#). Your doctor will examine these to determine if there is another cause of your [hyperactivity](#), or if there is an additional disorder that needs treatment.

- Does the subject have a learning disability? This is especially relevant in children, as [hyperactivity](#) in the classroom may be a child simply acting out at their inability to function in a learning environment. This is very commonly a source of [hyperactivity](#).
- Does the subject have hearing problems? These often accompany [hyperactivity](#).
- Does the subject exhibit symptoms of attention deficit [hyperactivity](#) disorder (ADHD)? This is an extremely common disorder that often results in hyperactive behavior.
- Is the subject showing symptoms of bipolar disorder? Episodes of extreme depression and correspondingly extreme elation often are seen as mere [hyperactivity](#), but in many cases can be signs of bipolar disorder.
- Does the subject show symptoms of anxiety? These can include restlessness, insomnia, poor concentration, and other symptoms of [hyperactivity](#).
- Does the subject show symptoms of depression? If a person seems moody, experiences a decrease in appetite and/or weight, undue feelings of worthlessness or guilt, then they may have a problem with depression.
- Do symptoms of hypothyroidism exist? These can include muscle weakness, increased appetite, weight loss, emotional upheaval, agitation, and certain hyperactive symptoms as well.



The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy,

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iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market –giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored.

Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

Focus Formula: Helps maintain optimal mental focus, concentration, attention span and memory function.

Focus Formula is a 100% safe, non-addictive, natural, herbal remedy. Formulated by a Clinical Psychologist for both children and adults, Focus Formula has been used for many years to **safely maintain health and systemic balance** in the brain and [nervous system](#).

Focus Formula contains a selection of herbs known for their supportive function in **maintaining brain, nervous system and circulatory health, and wellbeing**.

The formula remains true to the full spectrum method of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy.

This method of manufacturing also significantly reduces the likelihood of side effects and ensures that all active ingredients are in perfect balance - exactly as nature intended.

Focus Formula can make all the difference, without the risk of sedation, compromising health or serious side effects. In combination with a healthy lifestyle and diet, Focus Formula supports the healthy functioning of the brain and nervous system, helping to **maintain motivation, concentration and memory, and optimum performance**.

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PureCalm is a 100% safe, **non-addictive herbal remedy** that has been specially formulated by a Clinical Psychologist for adults and children.

PureCalm can be used to safely maintain harmony, health and systemic balance in the **brain and nervous system**, without harmful side effects and without sedatives. This remedy contains a selection of herbs known for their supportive function in maintaining brain.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly **reduces the likelihood of side effects** and maintains all active ingredients in perfect balance – exactly as nature intended!

PureCalm can especially benefit those individuals needing support **overcoming worry, managing stress** and to **promote inner calm** related to certain situations. **Natural stress relief products** such as PureCalm can be used

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