

ADD/ADHD: Try A Holistic Approach Before Turning to Medication

An estimated 11% (6.4million) of US school aged children have been diagnosed with ADHD in their lifetime. Additionally, 4.4% of adults have ADHD in the US. ADHD is a neurobehavioral disorder that is characterized by a persistent pattern of inattention and/or hyperactivity or impulsivity that interferes with function and development. Some of the symptoms include lack of focus, inability to complete tasks, and impulsive behavior. Many people choose to treat this disorder with medication and behavior modification, and others choose a more holistic approach, which targets the cause and not just the symptoms.

Marla P. was frustrated dealing with her 6-year-old son. He had difficulty finishing his schoolwork and difficulty completing his chores at home. She would ask him repeatedly to get dressed, brush his teeth and put away his toys. He would start, but not finish, these tasks



Dr. Rochelle Bien & Dr. Michael Goldstein

because he became distracted easily. At first she thought he was just lazy, but very quickly she realized there was something wrong. The behavioral patterns of inability to focus, complete tasks or sit still for any length of time “set off bells” in her head. She realized that something was not right and he might have ADHD. She didn’t want to put him on meds and decided to take a Holistic Approach. A

dear friend suggested she call The Holistic Center at Bristol Square in Walpole.

Within 2 weeks of beginning treatment, Marla noticed that her son could sit to do his homework, and complete the assignment without screaming, yelling and tears. Within 4 weeks, he was completing his chores at home and happy to do so. Within 2-3 months her son was happy and more confident because he was finishing his

assignments in school as well as at home in a reasonable time frame.

If you or someone you love is suffering from ADD or ADHD don’t hesitate to contact Dr. Rochelle Bien or Dr. Michael Goldstein at the Holistic Center at Bristol Square, 1426 Main Street, suite#6 in Walpole.

CALL TODAY and get started on your journey back to health (508) 660-2722.