

ADD & ADHD
a
Gifts of Nature Publication
by
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ADD & ADHD aren't just problems affecting children. They can affect people of all ages and gender. It isn't wise to self diagnose but listed below are some symptoms that accompany the malady. If any or all of these characteristics are evident you may be wise to check out the possibilities of ADD or ADHD.

1. A feeling of underachievement, of not meeting one's goals (regardless of how much one has accomplished).
2. Difficulty getting organized.
3. Chronic procrastination or trouble getting started.
4. Having many projects going on simultaneously; trouble with follow-through.
5. The tendency to say what comes to mind without necessarily considering the timing or appropriateness of the remark.
6. Always searching for high stimulation.
7. A tendency to be easily bored.
8. Easily distracted, trouble focusing attention, tendency to tune out or drift away in the middle of a page or conversation, often coupled with an ability to focus at times.
9. Often creative, intuitive, highly intelligent.
10. Trouble going through established channels, following proper procedure.
11. Impatient; low tolerance for frustration.
12. Impulsive, either verbally or in action, as in impulsive spending of money, changing plans, enacting new schemes or career plans and the like.
13. Tendency to worry needlessly, endlessly; tendency to scan the horizon looking for something to worry about alternating with inattention to or disregard for actual dangers.
14. Insecurity, a sense of impending doom, alternating with high risk-taking.
15. Depression, especially when disengaged from a project.
16. Restlessness.
17. Tendency toward addictive behavior.
18. Chronic problems with self-esteem.
19. Inaccurate self-observation.
20. Family history of ADD or manic-depressive illness, depression or substance abuse, or other disorders of impulse control or mood.

Gifts of Nature would like to offer a natural alternative to harsh drugs for these people. Many people have received significant help by using our *Vitazone* and *Goldenzone* products.

The following testament is an example:

"We have two boys who have been diagnosed ADD children. They have struggled in school, have problems concentrating, remembering things, the usual problems with ADD children. We had been giving them *Goldenzone* and *Vitazone* and *Silverzone* for quite some time. I had noticed a decided difference in their ability to complete projects and remember assignments. In fact, they had both received very good reports at their last Teacher Conference. It was only after this wonderful news that I attended a *Gifts of Nature* meeting and learned from other parents with ADD children that they had also seen a marked improvement in the performance of their children. This program of natural herb supplements has done wonderful things to help our family. Thanks, thanks, thanks! An answer to our prayers." C.F.