

Attention Deficit Disorder.

It's a disease that is plaguing our society, with recent reports suggesting that last year *over 200,000* children were prescribed Ritalin for treatment of their symptoms. But what if taking Ritalin is not an option?

Dr Christian Fludder, a chiropractor, explains:

"Attention Deficit Disorder, or ADD, is one of a spectrum of disorders that affects children, and is quite commonly a result of a poorly functioning nervous system. Let me use our eyes as an example. When something goes wrong with our vision, and one eye starts seeing poorly compared to the other, the brain makes an important choice to ignore input from the weaker eye so it doesn't become confused. When we have eye problems, the doctor will cover the *good* eye, in order to make the bad eye better. The same happens in your brain; when the two halves of your brain are not working symmetrically, the brain has to decide which side is working better and ignore the slower side. In children with ADD, quite often there is one side of the brain not working to the same extent as the other side. This is the reason as to why teachers will quite often say 'he would be brilliant if he just focussed'."

Focussing your attention requires activation of the brain, and the brain needs appropriate stimulation in order to be activated. Where does this stimulation come from? The vast majority of input to the brain is from subconscious detection of

spinal movements. This is the reason why chiropractic works. Many people believe that chiropractic is about moving *bones*, but the truth is it is about *moving* bones. Movement is detected and integrated into the brain, and depending on location and specificity of the input, can result in changes in the way your brain and nervous system works.

"It all comes down to the nervous system. A healthy nervous system will integrate information properly, and the brain will work symmetrically. But quite often, especially in kids who have been diagnosed with ADD, you see other signs that indicate a nervous system in distress. Motion sickness, for one, has a high association in children with ADD. In fact, one of the first signs of a poor nervous system is in the eyes; small changes of eye movement can be detected on examination that can indicate a brain working asymmetrically."

Chiropractic has been found to be beneficial for children with certain behavioural disorders such as ADD, but a thorough assessment is first required to determine if it can help.

