

blossom

PLANT THE SEEDS FOR A HEALTHY FUTURE

A New Perspective on ADD/ADHD

Albert Einstein, one of the greatest geniuses of the last century, did not speak until he was four years old and did not read until he was seven. He was described as mentally slow, unsociable and adrift in his foolish dreams. He was expelled, and refused admittance to the Zurich Polytech Institute. Do you think this brilliant revolutionary would have been labeled with an attention issue or learning disability? Maybe placed on medication?

In the past decade, prescriptions for Ritalin, a stimulant medication commonly used for attention and hyperactivity disorders, increased five-fold, with 90 percent of all prescriptions worldwide consumed in the USA. Frustrated parents and teachers are often left with few options for these kids that require extra attention to process, learn, and comprehend the important information needed to advance in life and school. If you are a parent, guardian, or teacher that is looking for more holistic answers – then listen up!



DR. LAUREN MONTIETH

There are different components and varying degrees of severity when it comes to sensory integration issues like ADD, ADHD, Asperger's, and autism. A common denominator in most cases is an imbalance or dysfunction in certain parts of the brain and nervous system that interfere with their ability to receive, process, integrate and express information correctly.



As people, we are pre-wired with primitive reflexes that are necessary to help us survive, learn, grow and adapt to our environment. After the first year of life, these primitive reflexes should be suppressed so that higher adaptive reflexes can dominate. In individuals with attention issues, it is often found that one or more of the primitive reflexes are still dominating and are not allowing the individual to fully evolve and develop. In these individuals, different parts of the brain have not been able to advance to the higher reflexes that can process and integrate the signals and messages from the brain. These parts of the brain are like amateur orchestra members who have missed a few lessons and cannot recognize the conductor's signals; thus they may play off-beat or off-pitch. The body is the audience that is forced to endure an inharmonious and unpleasant show.

However, if trained properly, the body can learn to adapt to the higher level reflexes and the primitive reflexes can finally lay dormant.

exclusive offer



**RECEIVE A COMPREHENSIVE
PEDIATRIC EVALUATION FOR
ONLY \$100**

Mention this ad when making your appointment. First time clients only. No cash value. Cannot be replaced if lost or stolen. Some restrictions apply. EXPIRES: September 30, 2011.

Almost anyone can benefit from sensory integration training. Optimal Wellness Center offers promising results with non-drug and noninvasive treatments that focus on the nervous system and neurological re-patterning, balance and coordination training through kids yoga, and nutrition and lifestyle changes that affect brain activity and can improve function, focus, attention & behavior. If you or your child is dealing with learning or behavioral issues, call us today at 317-870-7220 to schedule a consultation to discuss your concerns and options. ●

BY: Dr. Lauren Montieth, D.C., I.C.A.K.

Dr. Lauren Montieth is a licensed doctor of chiropractic who specializes in family wellness and pediatric care. Voted in the 2009 Top Chiropractors by the Consumer's Research Council of America, Dr. Lauren regularly contributes to a national research organization on chiropractic pediatric care through the many children she cares for in her office.

317.870.7220 • DrLauren@WeCreateWellness.com



young chef's corner

Green Slime Smoothie

- 1 Banana, cut in chunks
 - ½ Apple, cored and chopped or sliced
 - 1 cup White Grapes
 - 1 cup Fat-Free Vanilla Yogurt (or Plain Yogurt and ¼ teaspoon vanilla)
 - 1-2 cups fresh Spinach Leaves
- Place all ingredients in blender and blend until smooth. Enjoy.

Reiki & Kids

Reiki is a natural vibrational healing practice that gently encourages balance and supports wellness and self-healing. People with ADHD have a hypersensitive and disordered nervous system and frequently experience anxiety. Reiki has a calming influence, facilitating movement toward organization and integration. It is a relief for many to receive a treatment, as Reiki is non-judgmental and is not geared toward "correcting" problematic behavior.



\$20
ENERGY
BALANCING

Valid only for 30 minute session. No cash value. Cannot be used with any other offers. EXPIRES: September 30, 2011.

YOGA

for kids

Weekly Classes storybook yoga



Tuesday 5-5:45 pm (ages 5-10) • Wednesday 10:45-11:15 a.m. (pre-school)

We will explore their imaginations and gain strength and flexibility to excel in other extra curricular activities. Each class will explore fun yoga poses and breathing techniques, as well as storytime and games.

\$10 KIDS YOGA CLASS

Valid only in kids weekly classes. No cash value. Cannot be used with any other offers or discounts. EXPIRES: September 30, 2011.

Fall Workshop Schedule

Each event is unique to the student's imaginations, and will include fun yoga poses and breathing techniques, as well as storytime, games, and crafts. We will explore their imaginations and gain strength and flexibility to excel in other extra curricular activities. The workshop will also include homemade, healthy ice cream and treat bags.

COST: \$25 PER STUDENT • TIME: 10:30 A.M. TO NOON

Fall Carnival • September 24th

Enjoy a fun theme-based yoga class featuring carnival games and prizes.

Halloween Madness • October 22nd

Celebrate the season as we honor all our favorite ghosts and ghouls in our favorite yoga poses.

Zoo Party • November 19th

Go on a yoga adventure through our imaginary animal kingdom.

20% OFF KIDS VITAMINS

No cash value. Cannot be used with any other offers or discounts. EXPIRES: September 30, 2011.



Optimal Wellness Center
A Creating Wellness Center

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