

## Exploring Herbal Remedies to Treat Attention Deficit Disorder

While the controversy regarding medicating children with Attention Deficit Disorder continues, many parents are seeking alternative approaches to treatment. There is no doubt that various natural remedies have proven beneficial. This is especially true for those who are against consuming an assortment of man-made chemicals and prescription drugs filled with possible side effects. Herbal remedies and treatments have been used for centuries to ease symptoms, boost the immune system and energy, restore a system balance and promote strength in the body. Depending on the type of herb you select as a treatment for Attention Deficit Disorder, you may encounter a wide range of dosing forms. To get the most out of an herb, a dosage may come in the form of an oral solution, pill, capsule, tablet, infusion, tincture, spray, tea bag or suppository. Using herbal treatments for ADD patients means that you will focus on the particular symptoms associated with the disorder. When you are interested in trying a more natural approach towards combating Attention Deficit Disorder, you may consider the following herbal options:

**Inability to Relax**The restlessness, poor attention span, constant chattering and irritability associated with Attention Deficit Disorder may show signs of improvement through herbal remedies. ADD patients may try the essential oil and flowers of Roman chamomile (good for overexcitement) or lavender (sedative), as well as gotu kola (relaxes the nervous system).

**Anxiety**To conquer the inability to relax, emotional instability and sleeplessness, you may turn to the pasque flower (sedates nervous tension), skullcap (restores the central nervous system), wood betony (has a calming and sedative nature), linden flowers (reduces nervous tension) or vervain. Some of the forms to look for in these herbs include tinctures, infusions and powdered capsules.

**Depression**When the inability to concentrate leads to depression, some Attention Deficit Disorder patients have found comfort when using the leaves and essential oil of basil (lifts the spirits), borage leaves (eases depression), oats and damiana (antidepressant). Eating oatmeal, drinking borage juice, eating fresh basil leaves and creating tinctures and infusions are just some of the ways to treat ADD depression.

**Insomnia**When falling asleep or achieving a restful night becomes a hard task to complete, wild lettuce leaves, passionflower leaves, hops flowers and Californian poppy can treat the over-excitement, anxiety and worry associated with Attention Deficit Disorder. Infusions and tinctures taken before bedtime help to ease these symptoms of ADD.

**Stress**Coping with Attention Deficit Disorder can be quite a stressful thing for both children and adults to deal with. The body may become run down and tired or an individual might not be able to relax or stand still. Siberian ginseng root, the stem of asafoetida and German chamomile flowers can relieve stress, calm nerves and treat nervous excitability. Siberian ginseng is available in pill, capsule or tablet form, while asafoetida and German chamomile make great infusions and tinctures.

### About the Author

Holistic Health Education and Alternative Healing Information. Learn about natural remedies and alternative.

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