

## Potential Causes of ADD and ADHD-like Behaviors

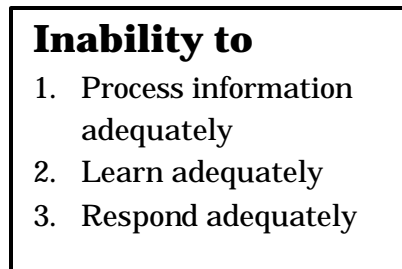
The symptoms such as impulsivity, distractibility, learning problems, trouble remembering, and behavioral issues that are commonly labeled as ADD / ADHD may result from a variety of causes. There may also be a combination of factors.

Common Causes	Less Common Causes or Exacerbators	Least Common, Yet Possible Causes
<ul style="list-style-type: none"> <li>• <b>Lack of bilateral brain integration</b> <ul style="list-style-type: none"> <li>○ Genetic predisposition</li> <li>○ Retained Infantile reflexes - Lack of or inadequate crawl time</li> <li>○ Excessively passive environment (little or no exercise or mental stimulation)</li> <li>○ Sensory poor environment</li> </ul> </li> <li>• <b>One of 7 types of dyslexia</b></li> <li>• <b>Lack of ability</b> to process, store and recall mental pictures</li> <li>• <b>Mixed brain dominance</b></li> <li>• <b>Irregular mental tempo</b> (true ADD/ADHD)</li> <li>• <b>Thimerosal/Mercury toxicity</b> (from vaccinations)</li> <li>• <b>Fetal Alcohol Syndrome or Fetal Drug Syndrome</b></li> <li>• <b>Hypoxemia</b> –lack of oxygen during pregnancy (tobacco related) or caused by trauma during delivery</li> <li>• <b>Personality conflicts</b> with significant adults in life due to differences in brain quadrant, learning style, and extroversion/introversion preferences; or the speed of mental tempo</li> <li>• <b>Social stressors</b> including domestic violence, divorce, marital instability, financial or family health challenges</li> <li>• <b>Stimulants</b> including caffeine and psychotropic medications</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Food sensitivities or allergies</b> to dairy products, eggs, meats, or gluten, a diet high in sugar or refined foods, or a vitamin or mineral deficiency</li> <li>• <b>Unrealistic expectations</b> of parents or teachers or other significant adults</li> <li>• <b>Poor Parenting Styles</b> including: overly controlling or inconsistent discipline, poorly defined and enforced rules, lack of adequate attention, fatherless-ness, lack of accountable role modeling</li> <li>• <b>Emotional trauma</b> or abuse including abandonment, separation from parents, verbal abuse from classmates, friends, parents or teachers, death, severe illness or incapacity of a loved one, rejection</li> <li>• <b>Behavior emulation</b> of TV, movie or computer characters or misbehaving peers</li> <li>• <b>Minor head trauma</b> including sports injuries, concussions</li> <li>• <b>Psychiatric disorders--</b> depression, bi-polar, Obsessive-compulsive disorder (OCD), Post-traumatic stress disorder (PTSD), etc.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Physical Brain Trauma</b> such as major head injury, stroke, surgery, meningitis</li> <li>• <b>Physical or sexual abuse including rape</b></li> <li>• <b>Infection-linked</b> hyperactivity including bacteria, viruses, parasites and worms</li> <li>• <b>Environmental Toxicity</b> including solvents (glue sniffing), pesticides, herbicides, heavy metal exposure--<b>mercury</b> (dental fillings), <b>lead</b> (lead paint flakes, tin/lead solder, hobbies or crafts or work clothes), <b>manganese</b> (petroleum products), <b>cadmium</b> (batteries)</li> <li>• <b>Noxious gas exposure and /or poisoning</b> from carbon monoxide, radon, or new house/carpet/ paint /vinyl outgassing or an overly insulated school or house (sick house syndrome)</li> <li>• <b>Illicit drug use</b></li> <li>• <b>Genetic syndromes</b> including Fragile X, Turners, muscular dystrophy, cystic fibrosis</li> <li>• <b>Personal medical issues</b> including asthma, diabetes, hypoglycemia, sickle cell anemia, thyroid disorders, seizures, uncorrected vision and hearing impairments</li> </ul>

As is evident, medications are not the answer for most of the above causes. **Sharper Mind Centers** thorough testing process evaluates for the possibility and probability of many of the above. And our Cognitive Therapy program is an effective treatment for many of the cognitive dysfunctions listed. To set up an appointment for an evaluation, call toll free at 1-866-HELP-A.D.D. [1-866-435-7233].

# Processing Problems are a Common Cause of Many People's Frustrations

## ➤ The Cause ◀



Leads to

Chronic  
**STRESS**

Which causes

Sharper Mind Centers®  
www.SharperMindCenters.com  
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[1-866-435-7233]

## ➤ The Problems ◀

- Difficulty focusing or paying attention
- Difficulties in school or at work
- Worsening anger or withdrawal pattern
- Trouble remembering instructions
- Trouble completing or turning in homework
- Reverses letters or words
- Difficulty reading
- Enjoys reading, but has poor comprehension or is unable to pull out the most important points.
- On medication for behavior
- Trouble hearing what others say
- Difficulty understanding the consequences of their actions
- Losing motivation
- Becoming more rebellious
- Shuts down or explodes under stress
- Trouble holding down a job
- Makes "mountains out of molehills"
- Is attracted to or addicted to drugs or alcohol

**If one or more of these symptoms is causing problems in your family or someone you know, CALL Sharper Mind Centers TODAY.  
1-866-HELP-ADD**

## ➤ The Solution ◀

Sharper  Minds  
Method®

**Multi-Sensory  
Cognitive Therapy**

Leads to

**Ability to**

1. Process information adequately
2. Learn adequately
3. Respond adequately

Which causes

**SUCCESS!**