



Accept us don't reject us

Greetings from the Attention Deficit & Hyperactivity Support Group of Southern Africa

**ADHASA**

Helping the community for 16 years!

# Keeping up with ADD

Sept 2005

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Weekday mornings

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Please make this newsletter available to anyone who could use it.

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**Volunteers Needed**  
Phone Sandy if YOU can help.

## MY DOG IS DRIVING MY CRAZY!!!

Someone up there has a sense of humour!

### RAISED PERFECT DOGS



Eight Great Danes over a period of thirty years and we thought we knew everything about these magnificent creatures!

Honey attracted much attention at dog shows, strutting alongside me on her lead as I carried trays of hot coffees. Shopkeepers held their breath as she ambled behind me up and down narrow aisles between displays of delicate glassware ... somehow she knew this was not a good time to wag her tail.



Great Dane

Countess came afterwards, and she loved carrying

baskets filled with flowers for my neighbour, or membership packs to the post office. At times she even carried my handbag as we made our way through the centre of Johannesburg.

These gentle giants were the most devoted companions even though the local drunk accused us of harbouring fierce lions in our garden!

And then came Saphron – the cutest puppy ever!



### SENSITIVE TO TOUCH

She intrigued me as I had never come across a dog so sensitive to texture. She insisted upon having a particularly soft and fluffy bathmat in her box – it was old and so we gave it to her. We noticed that she didn't particularly like her head to be touched, often moving it

sideways as I reached out so that I'd end up stroking her neck..

### NEEDING TO BITE OR CHEW

We had to replace her cardboard box on a weekly basis because it was so badly chewed. Anything she got hold of was shredded! She regularly sank her tiny but razor sharp teeth into my arms leaving them pocked with tiny holes.

### CAN'T HANDLE EXCITEMENT

Training our dogs to walk on a lead was always a low key exercise but not for Saphron. She couldn't handle the excitement

and it was a total disaster! With a funny low roaring sound she spun round in circles, tripping me, jumping up and hanging



from my arm, knocking me over and eventually I refused to work with her.

**UNCONTROLLED ENERGY AND IMPULSIVE**



Saphron was growing up and the bigger she got, the

more difficult things became!! On the lawn she'd prunk like a springbuck or pretend to be a Lipizzaner practicing her airs! Walking across our front lawn became a dangerous exercise for me as she came bounding up to me, leaping into the air and basically landing on my shoulders. Thank heavens for thick shrubbery and osteopaths!

All the other irritations started mounting ... no matter how hard we tried we were just not getting anywhere. From time to time I gave her supplements but there was no obvious improvement.

**SOCIAL EXCLUSION**

Amber is a strong no-nonsense type of bitch who soon dominated our other dogs. But even she couldn't cope with this unpredictable and reckless creature and begged us to let her anywhere that Saphron wasn't.



Although we kept her with us for an hour or two in the evenings,

we eventually reached the point that it became easier to avoid Saphron. I contemplated finding a new home for her. She became increasingly isolated and her depression was almost tangible. Nothing seemed to work!

**NEW SOLUTIONS**

She passed eighteen months but still ran and bounced about like a lunatic. Behaviour was impossible and we could never let her out of our sight unless she was in a Saphron-proof area. Eventually we decided that she had symptoms of severe hyperactivity and that it was time to treat her as such. Diet would stay the same because we were already using the best product on the market but we would take another look at vitamin supplementation – and this time do so properly. At 50kg she was already heavier than most children and so I was comfortable that I would not be giving too much.

**SUPPLEMENTATION**

The new routine was a combination of Omega 3:6:9 Organic which she took



from a tablespoon every night, as well as 2 Calmavit capsules given 3 times a day.

She regarded the capsules as treats, especially if given with a touch of butter. Saphron's now in excellent form with a beautiful shiny coat.

**SO, WHAT HAPPENED?**

Over the years I've seen many dramatic improvements in children and now it was time to see them in a dog. Almost overnight she started gaining control over her impulsivity. Biting and excess chewing behaviours have all disappeared although she still enjoys a large plastic bottle which crackles as she chews it\* – but she no longer uses the flattened bottle as a skateboard, making the most ghastly noise as it scrapes over the concrete. She is much quieter. (\* Labels, tops, etc removed before giving it to her.)

Saphron and Amber are often together these days and Saphron is no longer desperate to prove dominance every single minute. Even the bougainvillea plant is starting to relax!

**WAS IT MATURITY?**

People tell me that she was just a naughty pup and that she's finally maturing, but we know there's more to it. Everything runs smoothly until we forget about her supplements! Admittedly we've reduced them by more than half but, when we miss for a few days, then previous symptoms return! Just like ABA reversals with children.

Like all dogs Saphron enjoys a game of ball or going for walks but we tend to keep them fairly quiet to avoid her becoming over excited.



It just makes things so much more difficult for her and then she gets into trouble, which is unfair because in general she tries so hard to please us.

She will always need a lot of attention but I can now hardly believe that we once wanted to part with this magnificent and loving creature. Saphron is now well and truly part of the family!

*Heather Picton*

**WATCH OUT DALLAS – HERE WE COME!**

**“ADD IN SOWETO” – ADHASA SPEAKS AT CHADD INTERNATIONAL CONFERENCE IN DALLAS, TEXAS!!!!**

Our presentation is ready, the visual material waiting for us and already we're packing! I was invited to give a presentation at the CHADD International Conference in Dallas later this month and chose “ADD in Soweto – Challenges and Solutions” as my subject. It seemed the most obvious choice as Elizabeth, our Soweto Branch Co-ordinator, and I have long been discussing and studying this subject, and we are in the process of preparing a major ADD outreach into this area.

Through this amazing experience ADHASA will learn a tremendous amount, gain new insights, and have the opportunity to meet and interact with ADD experts from around the world. We will also be sharing our own information and expertise.

I've been invited and have accepted a book signing opportunity and so will be taking copies of my book "Hyperactivity and ADD" with me.

We would like to thank the following wonderful people and companies for their thoughtfulness and generosity which made this exciting venture possible:

### THANK YOU! THANK YOU! THANK YOU!

Janssen-Cilag  
Ginger Brown (Pty) Ltd  
SAIDA  
Sportron  
C-Pharm  
Dr Shabeer Jeeva  
Dr Norman Cahi  
Stuart Wilson  
Universal Image  
Megan Anderson  
Anne-Marie Chidzero  
Norman and Christine Gibson  
Cheryl Lea  
Linda Nkosi

Many thanks to Peter Magubane, the internationally recognised photographer, who has kindly made his photographs of Soweto available for my presentation. They will make such a difference and we thank him.

We also have a special thank you to Didata for the laptop computer they donated for the event. It will also be a tremendous help for us for future presentations.

We have been given the grand sum of R19 550 - this goes a long way toward our expenses of R44,888, but obviously it does not cover them. If you know any company that would like to make a charitable contribution, we would be extremely grateful.

# Whizz Kidz

helping all children reach their full potential

**"I've heard all about it – you've just got to have it!!! Whizz Kidz is the ONLY magazine for people with AD/HD"**

What lovely feedback for our revamped newsletter, Whizz Kidz. Already it is being recommended by psychiatrists, child psychologists, occupational therapists, educators, dieticians and homeopaths. And the next issue is going to be even better.

Topics include nutrition, fun activities, supplementation, exercise, therapies, hobbies and many more. There are coping strategies for parents and teachers of children with ADHD, for teenagers, and for ADHD adults and their partners. Don't forget that it makes good reading even if you're not dealing with ADD!

Every single person should start collecting their Whizz Kidz - it will be posted to you if you are a member of ADHASA.

Don't forget that National Office is in Delta Park School, Blairgowrie, Randburg close to Johannesburg!  
Telephone: (011) 888-7655

For further information about the magazine, contact the editor, Allyson, on (082) 561-0876 or visit:  
[www.whizzkidz.co.za](http://www.whizzkidz.co.za)



**Mind Focus cc**  
Mind Focus cc

For a **COMPLIMENTARY** session (1,5 hours) to learn about how coaching can and will enhance your life phone Lori now on 082-787-0262 to book an appointment!

**THIS EDITION OF KEEPING UP WITH ADD PUT TOGETHER BY LORI OF MIND FOCUS**

## ADHASA MEMBERSHIP INFORMATION

**Individual / Family Membership is R150 which entitles you to:**

**The Recommended Food List** – a list of Brand name products which are free of the synthetic colourants and flavourants likely to affect an ADD/ADHD or sensitive child.

**Whizz Kidz** – our quarterly newsletter which is a glossy 52 page A4 magazine filled with information about ADD/ADHD. It contains plenty of information for non-ADD/ADHD people too! (Normal selling price R17)

**Keeping up with ADD** – our monthly e-zine with plenty of hands on information, and keeping us up to date with functions and events.

**Our Information Booklet** which provides general information about ADD and ADHD.

Be part of the original group with 16 years experience in helping and educating the community.

**School Membership is R350 which entitles the school to all of the above, plus:**

**"Hyperactivity and ADD – caring and coping"** by Heather Picton (WUP) (Selling for R175 at all major book stores and Weleda Pharmacy, Naturally Yours, Bryanston)

**"What's in a Name"** by Shelagh Pooley (value R80—available for purchase at the National Office)

### Join us now!

See attached membership forms, or look at our website. Please let us know if you would like ADHASA flyers to give to your school, doctor or chemist (or even your family!)