

Accept—**don't reject**
Greetings
from the
Attention Deficit
& Hyperactivity
Support Group of
Southern Africa

ADHASA

Helping the community
for  years!

This article
targets people with
ADHD but
this information
could help other
people too.

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

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*Terminology may
cause confusion.
ADHD is the term we
use to denote
Attention Deficit
Disorder with or
without hyperactivity.*

HAPPY EASTER



**HAPPY
PASSOVER**

Keeping up with ADD

March-April 2010

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MANAGING ADHD

At a recent ADHD world conference in the USA every delegate agreed on two points.

1. First that ADHD is for life - it does not go away.
2. Second that medication on its own is not enough to manage the symptoms of ADHD.

2. Drinking water. 6 to 8 glasses spread out through the day - so important that even if you do everything else, without enough water you may battle to concentrate.



3. Watching what you eat. **Don't** do synthetic colourants, flavourings and preservatives in your food. Mind **out for "trans-fats" and never eat** margarine. Do a test that checks which foods you are sensitive to because they get into the brain and disturb its working. Join ADHASA and get the list of foods that have been found to be acceptable to most people - it will save you a lot of experimenting.

An important part of the work of ADHASA (The Attention Deficit Hyperactivity Support Group of Southern Africa) is to help you to understand what ADHD is about: This includes:

- causes of ADHD
- how it affects adults and children, and
- ways of managing it

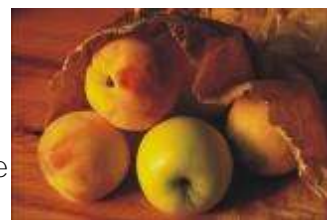
ADHASA is a witness to the fact that symptoms of ADHD can be ameliorated or sometimes eliminated.

ADHASA supports the use of all the following approaches::

1. Exercising.
The "good stuff" that our bodies produce when we exercise includes two brain messengers (neurotransmitters) which make us feel good and able to think "sharp"... that's when we notice and focus and can learn.



4. Eating the right foods. Stay away from fast foods and use your own stove.



Have some protein and carbohydrate with each meal - eat often if you feel concentration slip and reduce sugar, caffeine, cold drinks and white flour products, all of which cause spikes and dips in blood sugar levels.



5. Lowering stress levels. Stress is one of the major contributors to ADHD because, to cope with increased stress levels, we use up vitamins and minerals that are meant for carrying out other important functions.

6. Taking supplements of essential fatty acids, vitamins and minerals.

“Essential” means that the body cannot make them and we must get them through the food we eat. Your grandparents did not need supplements because the nutrients were in the ground and so in their food. Not any more. Now the nutrients are depleted through poor agricultural practices. Most of us must supplement or we suffer.



7. Making your home (or classroom) a place you all want to return to each day. This will



reduce stress levels all round. No one can think clearly and work things out when they are angry or upset. **Don't shout. Say "lets talk about this"** - we need to use our thinking brain to work out emotional issues.

8. Growing spiritually and emotionally. Our children are the biggest challenge

to personal growth that we will ever experience. Learn to deal with your challenges. You be

the one to make the first move for reconciliation and understanding as you try to see **things from your child's point of view.**

9. Learning how to respond differently to an ADHD child or partner or learner. A person with ADHD has challenges and opportunities on a different scale to ordinary **people. Don't listen to the neighbours and others who know nothing of what we live through.** Learn what the unique problems are that your child or family member needs to work out. Do not go on doing what you know does not work.

10. Medicating. May be crucial to use in a crisis and we need to know the potential side effects of each medication. Furthermore, medication only helps with the symptoms, and does not deal with the many causes of ADHD.

It is becoming more and more obvious that lifestyle has a powerful effect on ADHD and this means that changing our lifestyle can do a lot towards reducing the challenges of ADHD.

Robin Vanderplank
Area Coordinator KZN



ADHASA NEWS

ADHASA - Blairgowrie Spar Shopping Weekend was most successful with customers travelling from as far as Secunda to shop at that store.

We thank ADDvance for their generous sponsorship of our Food List.

The following supplement has been endorsed by ADHASA:

Creche Guard Brain Fuel "Omega-3 Chews"



The ADHASA team assisted shoppers explaining that avoiding additives was a better option, and shelf talkers indicated products which were suitable. ADHASA sold books and jellies and also gained new members. Afterwards shoppers were able to indicate what other products they would like at the store, with many commenting that they would be using the store for their monthly shopping, especially as we will be continually upgrading the service.

Please **diarise** the next ADHASA - Blairgowrie Spar Shopping weekends: 1 & 2 May and 4 & 5 September 2010

2010 ADHASA events

May (first week): BelaBela (Warmbaths) Branch: Parents Training. Contact Denise on email: 0836541743@mtnloaded.co.za or cell: 083 654 1743.

15 May: Vaal Region Seminar. Queries - email Danie on mwloadewy@mweb.co.za, cell: 083 602 2574 or tel. (016) 428 2377 evenings. For bookings email Sandy on support@adhasa.co.za.

22 May: Adult ADHD Seminar, Jhb
31 July: Parents ADHD Seminar, Jhb
31 July and 1 August: KZN Natal Conference

14 September: ADHD Awareness Day Nationwide.

16 and 17 October: Teachers and Professionals' Conference in Jhb.



Thanks to Coach Lorí Lea for putting this edition of Keeping Up with ADD for us. Contact Lorí (072-606-3080/ Lori@MindFocus.co.za) of Mind Focus if you would be interested in the new ADHD Group Coaching via Skype.

Interested in Fundraising?

ADHASA is looking for a fundraiser. Please contact Lynne on email adhasa@telkomsa.net if you would like to apply.