



*Dianne Craft, MA, CNHP*  
*(Certified Natural Health Professional)*  
*www.diannecraft.org*

## **KIDS and TEENAGERS with FOCUSING/ATTENTION ISSUES**

- **Do you have a child who has to work too hard to stay focused on a task?**
- **Does his pencil become paralyzed when you leave the room for a few minutes?**
- **Does he seem lazy and unmotivated?**
- **Are you at your wits end about how to help this child...“He’s so smart, but it takes him FOREVER to complete his work!”**

**You’ve tried all the focusing “tricks”, but still find that you have to use so much of your teaching day just coaxing the required work out of this child or teenager.**

**Explore the common physical clues that your child is presenting that are related to attention/behavior issues. Is it really a character issue, or could something else be going on?**

### **Serotonin**

(a neurotransmitter manufactured in the child’s ‘gut’)

- \* relaxes the mind
- \* instills a sense of well-being
- \* helps handle stress
- \* keeps mind focused
- \* promotes good sleep
- \* perceptions of life are more positive than negative

*“Over 95% of the calming neurotransmitter, Serotonin, is manufactured in the Gut.” Dr. Gershon*

### **SI CHECKLIST**

*The following are some of the typical symptoms of sensory dysfunction.*

#### **Auditory**

- \_\_\_ Sensitive to loud noises
- \_\_\_ Dislikes being in a group
- \_\_\_ Language was delayed

#### **Taste**

- \_\_\_ Food textures bother them
- \_\_\_ Won’t eat meat
- \_\_\_ Chews on clothing
- \_\_\_ Very selective eater
- \_\_\_ Foods can’t touch on plate

#### **Touch**

- \_\_\_ Clothing tags bother them
- \_\_\_ Socks have to have soft seams
- \_\_\_ Dislikes non-soft clothing (like jeans)

*Many parents report that these ‘SI’ symptoms are greatly reduced using a natural supplement program.*

*“Early and prolonged use of antibiotics causes imbalance in a child’s body, upsetting the nervous system. Over 85% of children who struggle with focusing later on, had multiple antibiotics when younger.” William Crook, MD, Help for the Hyperactive Child*

## **BEHAVIORAL CHARACTERISTICS of upset “gut” ecology:**

- \* mood swings
- \* "spaciness"
- \* anger/irritability/aggression
- \* inconsistent performance
- \* inattention
- \* SI symptoms
- \* depression (seeing more negatives than positives)
- \* many Asperger's and Autistic-like behaviors
- \* memory problems (math facts, spelling)
- \* inappropriate behavior (talking loudly, etc.)

## **PHYSICAL CHARACTERISTICS of upset “gut” ecology:**

- \* canker sores
- \* stomachaches
- \* leg pains
- \* sugar cravings
- \* food allergies (especially dairy)
- \* enuresis (bed wetting)
- \* nervousness
- \* nervousness/anxiety
- \* difficulty falling asleep
- \* constipation
- \* repeated ear infections
- \* thrush, athlete's foot, etc.
- \* rashes, eczema
- \* difficulty falling asleep, “night terrors”

*“Kids Act How They Feel,” Dr. Sydney Walker, MD*  
*“The GUT is the Second BRAIN,” Dr. Michael Gershon, MD*

Children can have yeast/fungus overgrowth without having taken antibiotics if they eat mainly carbohydrates and sweets. These foods directly feed the yeast in the body, causing the same intestinal upset that antibiotics or steroids would do. Also, if mom took antibiotics when she was pregnant, or had a yeast infection while pregnant, the child is much more susceptible to yeast/fungus issues later on.

## **Some Solutions to Rebalance “Gut” Ecology...one way to begin the healing program is to:**

1. Take a good probiotic...Primadophilus by Nature's Way (refrigerated only) 3 times a day for 3 months (chewable, liquid or powder won't work). One time a day doesn't work, no matter what the bottle says, in my experience.
2. Take a natural anti-fungal like Grapefruitseed extract...Nutribiotics (tablets only...no liquid) 3 times a day for 3 months, if child is 6 years old or so. Can up open Paramicrocidin capsules (*tasteless grapefruitseed extract capsules...www.diannecraft.org*) for younger or SI kids (*kids who have trouble swallowing tablets*).
3. Change diet, greatly reducing sugars (not eliminating) and carbs (cereals and juices) that feed the yeast/fungus. Use less processed food, and more fresh food. Have raw fruits and vegetables daily.

**Want to explore further?** Many parents report that by following the 3 month step-by-step supplement program as outlined in the 'Biology of Behavior' CD set, they see many behavioral and focusing changes in their children. The enclosed Study Guide gives the order to add the supplements, amounts, brands, resources, etc., and is easy to follow. This nutritional regimen is so helpful for kids and teenagers who experience moodiness, meltdowns, focusing problems, sleep issues, noise sensitivity, mild depression, Sensory Processing issues, racing thoughts and inconsistent performance! Parents often say that they have a 'different child' to work with after following this 3 month program.

\* Always check with your health professional before starting any vitamin or exercise program.

Dianne has developed many Right Brain Teaching products to help make learning so much easier for your struggling learner at home. Her easy-to-use, illustrated home therapy found in the Brain Integration Therapy Manual has helped thousands of children overcome dyslexia, dysgraphia and auditory processing problems very inexpensively. Her Right Brain Reading Phonics Book will help your child experience leaps in reading you never saw before. Her “Teacher Training” DVDs will help you teach your child with less stress and faster progress. As you use these products, you can email Dianne short questions for direction and guidance. [www.diannecraft.org](http://www.diannecraft.org)

**Download Dianne's FREE Daily Lesson Plans for the Struggling Reader, Writer, Speller**