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Acupuncture and ADHD

By: Diane Joswick, L.Ac.

Attention deficit hyperactivity disorder (ADHD) is one of the most common behavioral conditions among children. In the United States alone, approximately 4.5 million children between the ages of 5-17 years old are diagnosed with ADHD each year. Research indicates that when treating ADHD, a multidisciplinary approach is most effective; combining behavioral therapy, exercise, dietary changes and medication. Now acupuncture can be added as one of the treatment methods that can successfully manage ADHD.



What is ADHD?

Attention Deficit/Hyperactive Disorder (ADHD) is a condition of the brain that makes it difficult to concentrate or control impulsive behavior.

Children with ADHD generally struggle with paying attention or concentrating. They can't seem to follow directions and are easily bored or frustrated with tasks. They also tend to move constantly and are impulsive, not stopping to think before they act. These behaviors are generally common in children. But they occur more often than usual and are more severe in a child with ADHD. The behaviors that are common with ADHD interfere with a child's ability to function at school and at home.

Adults with ADHD may have difficulty with time management, organizational skills, goal setting, and employment. They may also have problems with relationships, self-esteem, and addictions.

Treatment for ADHD

Treatment for ADHD is multifaceted. It consists of ADHD medications, behavioral therapy and lifestyle and dietary modifications. ADHD is best managed when families, educational and health professionals work together to meet the unique needs of the child or adult who has ADHD to help them learn to focus their attention, develop their personal strengths, minimize disruptive behavior, and become productive and successful. Acupuncture is an excellent addition to any treatment plan as it is used to help the body restore balance, treating the root of the disorder, while also diminishing the symptoms of ADHD.

What acupuncture can help with:

- Improve focus and attention
- Manage moods
- Reduce fidgeting
- Lower hyperactivity
- Augment mood management techniques
- Enhance concentration

Would you like to learn more about how acupuncture can help you or your child with ADHD/ADD? Find an acupuncturist near you for a consultation - the best place to find an acupuncture provider is on Acufinder.com. A custom-tailored treatment plan will be created to suit your individual needs so that you can feel better quickly and safely!

Time to Earn Your CEU's?

Here are just a few of the great seminars and conferences coming up:

09-25-10 Huatuojiayi Points	Herne Bay, New Zealand
10-02-10 Introduction to Fukushin	Austin, TX
10-02-10 SHONISHIN Pediatric Acupuncture	Portland, OR
10-08-10 Five Element Acupuncture Symposium	Santa Monica, CA
10-08-10 OM Business Bootcamp Retreat	Cavendish, VT
10-16-10 Chronic Stress, Depression, and Fatigue	ONLINE
10-19-10 International Convention	Jerusalem, Israel
10-30-10 Gestational Care & Support	Calgary, AB Canada
11-04-10 Pacific Symposium 2010	San Diego, CA.

Acupuncture Shown to Stimulate the Brain

Danny Rose, Medical Writer
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Acupuncture has been shown to prompt changes in the "mood regulation" area of the brain, pointing to a possible and potent treatment for depression. The Australian-first research, conducted at the University of NSW, took in ten healthy patients who each underwent MRI brain scans while they received the ancient Chinese therapy. Dr Im Quah-Smith said it was the first study to map acupuncture-related changes in brain functioning, while the study was designed to include an extra step to boost its scientific rigour.

Advertisement: Story continues below "This the is the first time that a whole series of (acupuncture) points have been used together and the sum effect has been measured in the brain," Dr Quah-Smith told AAP on Tuesday. "... We were interested to see if we use these points would it help any of our depressed patients? - and it would because it is working in the part of the brain that is inherently involved in mood regulation."

Dr Quah-Smith said despite a growing body of evidence showing acupuncture to have a detectable effect on the body, there were many in the medical community who viewed it as a "highly alternative" therapy supported only by "poorly designed trials". One of the major stumbling blocks to conducting a gold-standard randomised, double-blinded and placebo-controlled trial was that it was very difficult to administer a "sham" version of acupuncture. "A true placebo has to be administered in such a way that you are not contributing to some of the real acupuncture effect," Dr Quah-Smith said. She avoided this problem by using a form of laser acupuncture that can be dialled down to a level where it does not produce a skin sensation, but still exerts the necessary pressure on the acupuncture point. "It is beautiful, because in a clinical situation you can have the delivery of the acupuncture without recipients knowing whether it is real or not real," Dr Quah-Smith said. The study participants showed significant differences in their brain functioning when they were unknowingly receiving the acupuncture treatment, compared to when they were not. Dr Quah-Smith said while the scans clearly demonstrated an effect in the brains of healthy people, it remained to be seen whether the results would be different in a sample of clinically depressed subjects. "We also cannot predict from these results whether any acupoint should be preferred over others for clinical use. Both of these questions warrant further investigation." The research results are published in the journal PLoS Online.

Link: <http://news.smh.com.au/breaking-news-national/acupuncture-shown-to-stimulate-the-brain-20100914-15aou.html>