

ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD) AND THE USE OF THE BEMER THERAPY

Attention Deficit Hyperactivity Disorder (also known as Hyperkinetic Syndrome or attention disorder with hyperactivity) is characterized by a complex of symptoms including:

- Impaired attention, with reduced concentration and stamina as well as being easily distracted
- Impulsiveness in the sense of impulsive behavior (thought about it, did it) and abrupt mood changes
- Motoric hyperactivity combined with a strong urge to move about aimlessly.

Today most experts assume that ADHD is an illness with biological causes where genetic factors seem to play a role. Additionally damage from alcohol or nicotine abuse during pregnancy is being discussed as a possible cause.

It is probable that children affected by this have brain metabolism disorders. Once the problem has been clearly diagnosed, then as a rule a therapy is prescribed that is a combination of psycho, movement- and relaxation therapies. Ideally these are coupled with thorough counselling and support for the parents, teachers and educators. Therapy that includes the use of psychopharmaceutical drugs is still controversial, although in thoroughly tested individual cases they have achieved a significant reduction of the symptoms.

In addition to a well structured environment and following a planned daily schedule with sufficient sleep, creative and movement intensive activities have a positive effect. At all costs, a stimulus satiation through television, computer games or a hectic environment should be avoided.

The BEMER Therapy is an effective complement to the above mentioned therapies, as was to be expected based on the effectiveness of the BEMER. This has also been confirmed by parents' reports. The potential effects on the central, peripheral and vegetative nervous systems are significant. Improvement of blood circulation (including microcirculation) and oxygen partial pressure among other things form the basis for:

- improvement of the brain metabolism
- harmonization of the vegetative nervous system
- anti stress effect and improved psychovegetative regeneration.

Recommended use of the BEMER Therapy: It is sensible to set the coil mat at the lower levels, starting at Level 1 and progressing weekly to Level 4 or even 6. Before bedtime Level 1 is recommended.

As a rule, children with ADHD like the BEMER because it feels so „light“ and thus they voluntarily take part in the therapy.

Tips about the hyperactivity syndrome: Many of the afflicted children have significantly damaged intestinal flora. This is frequently accompanied by fungal decay (*Candida albicans*) in the intestines. This hinders carbohydrate digestion and causes fermentation, leading to small amounts of toxic alcohol being produced that affect the disturbance-prone brain metabolism of children. Thus decontamination of the intestinal flora and a change in diet are important measures. Stress caused by exposure to heavy metals (amalgam!) and other disturbing factors can play an additional role. An individual therapy concept is necessary for each case.