

- Children with ADD have poor impulse control; too much naturally occurring brain stimulants could easily be the cause.
- Some children's eyes process too rapidly for reading.
- A deficiency of zinc and magnesium can result in the nerves being over excited by food additives and other chemicals.
- Those with true ADHD have been found to have brain waves that are too slow. Ritalin works by speeding up these waves. I'd much rather use natural supplements to achieve this.
- Poor development in the brain stem can lead to poor development in the higher brain. This can lead to poor concentration, difficult behaviour and hyperactivity.
- Retention of a specific infantile reflex can result in an inability to learn through sequences.

I treat all of the above, aiming to get rid of the cause of the difficulty. Not simply teaching strategies.

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Institute for Neuro-Physiological Psychology: established 1975, researches the effects Central Nervous System dysfunction has upon children with learning difficulties. Develops appropriate remedial exercise programmes. Trained therapists in most countries world wide.
www.inpp.org.uk

The Listening Programme: Developed by Medical Dr, Neuro-Developmental, Speech and Language therapists, and musicians. Based primarily on Tomatis' theories, using modern technologies, it is a home based programme.
www.nacd.org

Ear Voice Connection: Paul Madaule, The Listening Centre Toronto. Trained with Tomatis, developed ideas.
www.listening.net

Nutrition and allergy correction: Chris Astill-Smith. Osteopath D.I.B.A.K Researches nutritional treatment for enzyme deficiencies. Trains people world wide.



Does your child have a difficulty with any of the following?

- Reading, Writing
- Spelling, Maths, Sequence
- Organisation, Time
- Co-ordination, Balance
- Hearing, Speech
- Behaviour, Impulse control

Research in Britain, Sweden, and America has shown that when a collection of these problems exist together there is often an underlying physical cause, which can be detected and corrected.

"That last treatment you gave him has been fantastic. He's had no asthma since."

"His speech is so much clearer we can all understand him and he doesn't get nearly so frustrated."

"Thank you so much Sue, he's a different child, and school have seen such a change too."

Daniel at 15 could still remember Primary School; bullied, told off by the teachers, unable to sit still, concentrate on the task in hand he was still venting his anger at home. Mother found the fights impossible to bear.

I found:

- he was very oversensitive to high frequency sound;
- had difficulty merging the two images from both eyes;
- had a very poor working memory;

The cause of his difficulties was poor development between the inner ear and the bottom of the brain.

I gave Daniel an exercise programme which did help, but he needed lots of support. He and I spent a lot of time talking; helping him to come to terms with his anger.

Suddenly after a six week course of sound therapy he announced to me "I now understand the point of revision. It never made any difference before. For this lot of exams I found that what I revised was going in, and staying in. I've got the best exam results ever."

Daniel still gets angry, but not as often. He's is not as sensitive to criticism as he was; doing better, he values himself better and mother and he get on a lot better now.

Andrew was 8, had difficulty with all subjects at school; was clumsy, poorly coordinated, and very, very shy. I found he had still retained many of his baby reflexes and his posture was poor so I sent him for a course of treatments with a Cranial Sacral Therapist. Wow, he was now standing upright, had gained confidence, was beginning to learn better. The therapist had found a host of problems with skull, vertebral and pelvic alignment, probably since birth.

But I also found a big Omega 3 problem. Most of the omega 3 we gain from food is not in a usable form, the body has to convert it into 2 things the body can use; EPA and DHA. One of the enzymes that performed this function did not work very well for Andrew. EPA controls the speed that the nerves convert the stimulus into an electrical impulse so that it can be transported by the nerves to the brain. DHA speeds up that transmission of the impulse along the nerve. So a deficiency of EPA and DHA results in a slower processing time. All information takes longer to reach the brain, and a lot of it never does because the brain takes too long to process.

I found that the enzymes that converted dietary omega 3 into EPA and DHA weren't working well, but if Andrew was given supplements of zinc and magnesium they could.

He didn't need any exercise treatment. But did do Sound Therapy.

Chris at 17 still had a reading age of 8. Over the years had seen many therapist. Done an exercises programme for poor reflex development, had sound therapy, been on a dairy free diet and taken Omega 3 supplements for years. But he still couldn't read. He was easily frustrated, lost his temper quickly, and had for years reacted badly to particular foods.

His eyes were being over stimulated, so that they permanently had a fine tremor, no wonder he found it difficult to read. Aspartate and Glutamate, two chemicals naturally made by the brain, enable the nerves to convert the stimulus into an electrical impulse. They were too high, and the two chemicals GABA and Glycine that stop the nerves from being stimulated were too low. So Chris was very definitely being over stimulated. No wonder he hated the Sound Therapy.

By giving him specific supplement his body was able to breakdown the nerve exciters and make more of the nerve inhibitors.

His bad reaction to some foods was also discovered. Many foods contain flavour enhancer, MSG, and Aspartame, artificial sweetener. These artificial chemicals are so similar to the naturally occurring Glutamate and Aspartate that the brain can't tell, the difference and they also need the same nutrients to break them down. So these foods were adding to his already over stimulated brain.

He reads now and is calmer.

I tailor all treatments, which are carried out at home, to suit the needs of each child