

Nutrition

Maintain well balanced diet.
Good foods wholemeal bread, oats, good quality protein (eggs, fish cheese, lean meat, beans, nuts and seeds), omega 3 fats (oily fish -salmon, mackerel, sardines, fresh tuna), plenty of fresh vegetables for minerals and vitamins.

Avoid

Allergies
Intolerances
Metals
Additives

Limit/reduce fizzy drinks, sweets, white flour foods, caffeine (colas), biscuits, cakes and fried foods.
Investigate possibilities by doing a blood test, kinesiology or eliminating suspect foods.
Investigate metal toxicity - hair test.
Invest in book about additives and E numbers.

Supplements

Omega 3 & 6.
Multi-vitamin and Minerals.
B complex, Iron, Zinc, Magnesium.
Prebiotics and Probiotics.

Exercise

Aromatherapy
Massage

Give your child plenty of opportunity to express him/herself energetically without criticism.

Massage with lavender or chamomile will give the body time to relax and train the body to do the opposite to a hyperactive fight or flight response.

Some
Psychology

Create routine;
Be specific with instructions;
Set clear and easily understood boundaries;
Remove disturbing or disruptive elements;
Use rewards to re-enforce good behaviour;
Use sanctions for unacceptable behaviour.

Different
excitement levels

Some children seem to need higher levels of excitement than others. They can be intensely aware of all things around them and will avoid focusing on just one thing. This can annoy others; they need to learn ways to get their excitement without too much annoyance.

Make a difference
at home

Find a way to get their attention (silence and eye contact are essential). Perhaps after a gentle massage near bedtime. Get their agreement (yes and a nod will do) to try out a new way that will be better for all of you.
The new way is to do short spells of different things, to switch between quiet/noisy, energetic/restful fun/work etc.

Example

Reinforce with
praise

For example, if home work has to be done in short concentrated spells of work mixed with equal lengths of fun.
Whenever they show signs of extended concentration, find a way of saying how good that feels; "You ARE doing well!"



The Clover House Solution

211M – Jack, Aged 10

ADHD – Bullying – Boredom at School



The Problem

Jack had been diagnosed with borderline Attention Deficit Hyperactivity Disorder (ADHD) – he had a big file from various Doctors, Paediatricians and Child Psychologists, who had all suggested he take the drug ‘Ritalin’. Mum believed there was another cause for his boredom and hyperactivity.

Our Solution

Creative Imagery: Our therapist quickly ascertained that Jack’s problems dated back to when he had first started school. His first teacher had been a bully (including pulling their hair). Jack was helped to do a ‘rewind’ to remove his negative emotions from these stressful events. We also helped him associate positive images with school subjects he disliked or found boring (such as English).

Aromatherapy: Jack enjoyed his Mum giving him massages, particularly to his feet. He went round his church telling people about it!

Nutrition: Our nutritionist found that Jack had suffered from ear infections when he was a baby, which had resulted in him having poor balance and a weaker immune system. She recommended strong-strength vitamins to help strengthen it and to improve his balance. Jack was also encouraged to try new vegetables and to avoid sugary foods or snacks.

Between his visits, Mum noticed that when he had biscuits he became irritable very quickly and took care to ensure he avoided sugar.

The Results

Mum said the entire family benefited from their new knowledge. They kept following our advice after he had finished treatment and a year later she said **“I can’t praise Clover House enough. The therapists were lovely and they all felt safe. The primary school teacher felt Jack was a different boy.”**

The Clover House Solution – Natural Healing for Children

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