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# Ayurveda, Homeopathy and Chinese Medicine

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### Safe, effective, natural: Overcoming Attention Deficit Hyperactivity Disorder (ADHD) with homeopathy

The rate at which ADHD is diagnosed and prescribed is growing at an alarming rate each year. Between 2007 and 2011, physicians prescribed powerful psychiatric drugs at an increased rate of 28% despite the fact that studies show that the most commonly prescribed medications have strong side effects and a low efficacy rate over the long term. Research demonstrates that alternative therapies including homeopathy, nutrition and lifestyle changes result in noteworthy reduction of symptoms often within a very short period of time with long term maintenance of results. Homeopathy in particular, which is prescribed based on the individual's mental, emotional and physical symptoms rather than the diagnosis, is proving to significantly reduce the symptoms patient's experience. Employing research results and case studies, the success of alternative therapies in treating ADHD can be demonstrated to bring about change in existing treatment protocols and improve the health of those affected by this imbalance safely and naturally.

### Biography

Joanna Rogister currently works as a Health Care Advocate with Life Stages Holistics, Ontario, Canada. Incorporating various natural therapies, she guides her patients to greater awareness assisting them as they develop and enhance their own regenerative capabilities allowing them to heal themselves naturally and effectively ensuring long term wellness.

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