



According to the **National Institute of Mental Health**, “ADHD affects about 4.1% of American adults age 18 years and older in a given year. The disorder affects 9.0% of American children age 13 to 18 years. Boys are four times at greater risk than girls.”

From that same source the following information on **stimulant medication** use; “During the 1990s, stimulant prescription use increased significantly, going from a prevalence rate among youth of 0.6 percent in 1987 to 2.7 percent in 1997, with the rate stabilizing around 2.9 percent in 2002. Recent reports, however, suggest that the prescribed use of these medications and the diagnosis of ADHD have continued to rise” (www.nimh.nih.gov).

Neurofeedback has been shown to effectively address ADHD symptoms and is potentially an excellent way to avoid using medication. **Many studies**, including a 2009 meta-analysis of thousands of neurofeedback patients showed neurofeedback provided excellent results for ADHD (Clinical EEG & Neuroscience Journal). That same study cited others which reported neurofeedback results are usually stable even two years’ post treatment. In addition, Practice Wise (the company that maintains the American Academy of Pediatrics ranking of research support for child and adolescent psychosocial treatments) rates biofeedback as a “**Best Support**” treatment for ADHD. This is the highest ranking that can be achieved for an intervention for a specific condition such as ADHD. Although results vary by participant, it is clear that neurofeedback can play a role in treating ADHD symptoms.

If you are seeking further clarification on how you or your child’s brain is functioning in relation to focus and attention span, or looking for an ADHD treatment that does not involve stimulant medication, the Ready To Focus neurofeedback program provides answers!

“I am a pharmacist and thought the only treatment for ADHD was medication. I never knew that there was this alternative. Our family doctor suggested that we try neurofeedback instead of putting (my child) on medication right away. I was so happy because I see the side effects of these medications everyday and I did not want my daughter to have to go through that. The results were amazing. She changed from being a moody, frustrated girl to being happy, ready to go to school and start learning.”

Parent of child who completed Ready To Focus neurofeedback program.



Call 1-800-850-0535 to schedule
www.readytofocus.com

