

Decision Tree for the Different Types of ADHD

INATTENTION

No Yes



See other page

DISTRACTIBLE DISORGANIZED

No Yes



**BOUNCY
HYPERACTIVE
RESTLESS
ALWAYS "ON THE GO"**

No

Yes



If displays:

- INATTENTION
- DISTRACTIBLE
- DISORGANIZED
- "SPACE-CADET"
- and nice and kind...

Then consider Specific Strategy for **"Winnie the Pooh ADHD"** or "Inattentive ADHD"

See other page

If displays:

- LOW ENERGY
- NEGATIVE THOUGHTS
- MILD DEPRESSION
- EASILY GIVES UP
- POOR SELF-ESTEEM

Then consider Specific Strategy for **"Eeyore ADHD"** or "Limbic System ADHD"

If displays:

- INATTENTION
- DISTRACTABLE
- DISORGANIZED
- BOUNCY, RESTLESS
- HYPERACTIVE

Then use Specific Strategy for **"Tigger Type" ADHD** or "Classic ADHD"

Or with serious behavioral and social problems consider...



If displays:

- IRRITABLE or AGGRESSIVE
- IMPULSIVE
- DEFIANT or DISOBEDIENT
- VERY DISTRACTIBLE
- LEARNING DISABILITIES
- MOOD SWINGS

Then consider Specific Strategy for **"Troubled Type ADHD"** or "Ring of Fire" ADHD

INATTENTION

No



See **OTHER PAGE**



TROUBLE SHIFTING ATTENTION:

Lacks Flexibility

YES NO



Consider the possibility of an
Alternative Diagnosis



If displays:

- EXCESSIVE WORRY
- EASILY STARTLED
- OBSESSIVE or
- INFLEXIBLE

Then use Treatment Strategy for
“**Piglet Type**” or “Over-Focused” ADHD

If displays:

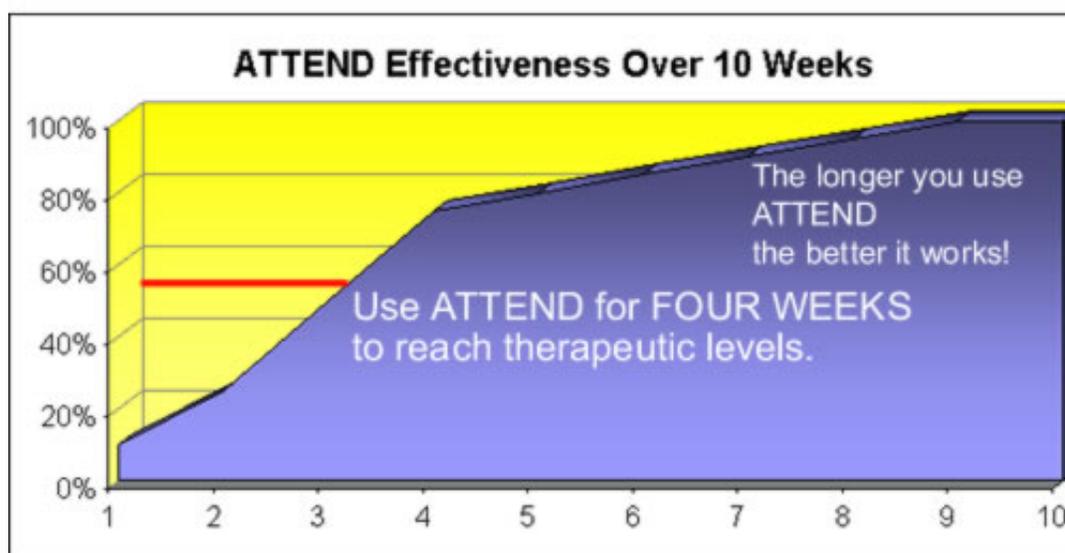
- INFLEXIBLE
- ARGUMENTATIVE
- NEVER GIVES UP
- CAN'T TAKE “NO” FOR AN ANSWER

Then use Treatment
Strategy for “**Rabbit Style**” ADHD

Five Steps – Treatment Strategies for Specific Types of ADHD:

- PRINT OUT all of this document and keep it.
- Step One: Using the “Decision Tree for the Different Types of ADHD” come as close as you can to determining what “type” or style of ADHD you are dealing with.
- Step Two: Read our recommendations for the Specific Treatment Strategy for that particular “type” of ADHD. Our recommendations are printed below on this document.
- Step Three: Become more familiar with each of the products that make the recommended Specific Treatment Strategies work so well in the section entitled: *“Recommended Products: Introduction and Description”* which is printed below.
- Step Four: Take action and purchase the recommended products that are needed to put the Specific Treatment Strategy to work for you. Products may be purchased at the ADD101.com web site 24 hours per day, or by calling VAXA International directly at (800) 248-8292 during East Coast USA business hours. Be sure to purchase enough products to last 30 to 45 days in your first order.
- Step Five: Find our ADHD Rating Scales below, and rate the target behaviors as you have observed them over the past week or so under the “BASELINE” column. Then, after the products arrive and you begin using them, rate behaviors every fifteen days and monitor improvements.

If you follow these FIVE STEPS you will see improvement in Attention, Impulse Control, Temper Control, and School Performance in just 30 to 45 days – or the products are FREE!



ATTEND Treatment Strategies: Parent Rating Scales

Please rate your child's behaviors as directed below before beginning the use of Attend and/or other VAXA products. Place your first scores under the "Baseline" category. Then rate his or her behaviors every two weeks to track progress and improvements.

Rate the following behaviors on a scale from zero to five as follows:

- 0 – Over the past seven days I have not seen this with my child at all
- 1 – Over the past seven days I have seen this happen, but just a very little
- 2 – Over the past seven days I have seen this sometimes, but not too often
- 3 – Over the past seven days my child has done this somewhat
- 4 – Over the past seven days my child has done this enough that it is a problem
- 5 – Over the past seven days this has been a really a big problem for my child

	Baseline	Week 2	Week 4	Week 6	Week 8
Struggles to complete his/her school work	_____	_____	_____	_____	_____
Does not seem to listen or pay attention	_____	_____	_____	_____	_____
Has a hard time concentrating on difficult tasks	_____	_____	_____	_____	_____
Is easily distracted	_____	_____	_____	_____	_____
Cannot organized his/her school work	_____	_____	_____	_____	_____
Interrupts others	_____	_____	_____	_____	_____
Is very restless or very fidgety	_____	_____	_____	_____	_____
Gets mad easily, or is easily frustrated	_____	_____	_____	_____	_____
Has trouble with reading or spelling tasks	_____	_____	_____	_____	_____
Has trouble with following directions	_____	_____	_____	_____	_____
Seems afraid of many things, worries a lot	_____	_____	_____	_____	_____
Has trouble shifting from one activity to another	_____	_____	_____	_____	_____

Now, please write down the exact number of times that the following behaviors have occurred in the past seven days...

	Baseline	Week 2	Week 4	Week 6	Week 8
Excessive Anxiety or Worry lasting more than 2 minutes	_____	_____	_____	_____	_____
Violent or Aggressive Outbursts, screaming or hitting	_____	_____	_____	_____	_____
Temper Tantrums lasting more than 2 minutes	_____	_____	_____	_____	_____
Crying episodes, unusual sadness for more than 2 minutes	_____	_____	_____	_____	_____

Dear Parents,

Before you begin, we want to encourage you to complete these rating scales on a regular basis so that you can track your child's progress over the next eight weeks. We truly believe that the use of specific VAXA products over a 45 to 60 day period of time will bring about considerable improvement in your child's behaviors and performance, especially when combined with our recommended eating program. We recommend the use of two to four Attend capsules per day. You may also want to consider a "loading dose" of four to six capsules per day for a period of three or four days early in the program. All of our clinical studies used four capsules per day, however smaller or younger children can still benefit from smaller doses of Attend.

If your child also has problems with temper tantrums, or is easily frustrated, or suffers from worry or anxiety problems, then we would strongly recommend Extress in addition to the Attend. Extress is highly reliable in reducing both the intensity and the frequency of these problems.

If your child has significant problems with short-term memory, or memorization, we would recommend Memorin in addition to the Attend formula.

If your child seems withdrawn, or unusually sad, he or she may be somewhat depressed. Please have this assessed by a physician. If the physician determines that it is not a serious depression, consider the use of VAXA's Deprex in addition to the Attend formula.

We have a detailed web page with free information for you on the various types of attention problems, and on specific treatment strategies for each. We believe that the use of targeted and specific treatment strategies will both improve your understanding of your child's condition, and improve the odds of success for you and your child. At this web site we discuss our observations about six different "styles" or "types" of ADHD that we describe as...

- Winnie the Pooh Type ADD - Inattentive, distractible, disorganized. Nice, but lives in a cloud.
- Tigger Type ADD - Inattentive, impulsive, hyperactive, restless, bouncy.
- Eeyore Type ADD - Inattentive, with chronic low-grade depression.
- Piglet Type ADD - Trouble shifting attention, excessive worry, easily startled.
- Rabbit Type ADD - Trouble shifting attention, inflexible, argumentative.
- Troubled Type ADD - Irritable, aggressive, impulsive, defiant, disobedient. Learning problems.

Each of these types of ADHD will have different treatment needs and approaches, so please visit our web page to learn more about each at www.newideas.net/add_types.htm or www.MyADDChild.com.

Thank you for choosing VAXA products. We wish you and yours the best of success!

Sincerely,

Douglas L. Cowan, Psy.D., M.S.
VAXA Medical Advisory Board
VAXA International, Tampa, FL
(800) 248-8292

Recommended Products: Introduction and Description

ATTEND – to increase attention, self-control, processing speeding. Great for helping ADHD symptoms. ATTEND contains seventy (70) ingredients, including specific amino acid combinations, essential fatty acids, lipid complexes, homeopathic medicines, and more: L-Tyrosine, GABA, DL-Phenylalanylne, Ginko, Pycnogenol and Grape Seed Extracts, 5-HTP, pregnenolone, DMAE and more.

EXTRESS – to decrease symptoms of anxiety, worry, temper, irritation, or stress related behaviors. Originally designed for people who suffer from panic or anxiety disorders, but works well for impulsivity, temper outbursts, and restlessness. Contains GABA, DL-Phenylalanylne, 5-HTP, and St. John's Wort.

MEMORIN – to increase focus, attention, concentration, and improve memory. Memorin contains Ginko, Phosphatidyl Serine and other phosphatidyls, and pregnenolone.

DEPREX – to increase a sense of well-being and decrease symptoms of sadness and worry. Contains GABA, DL-Phenylalanylne, 5-HTP, and St. John's Wort.

NEURAN – to increase neural function and stability, decrease mood swings. Originally designed to support seizure disorder patients and patients with head injuries. Many applications to certain types of ADHD. Contains GABA, DL-Phenylalanylne, but NO St. John's Wort.

OUR EATING PROGRAM is available for FREE on the web at: ADD101.com/adddiet.htm

ESSENTIAL FATTY ACID SUPPLEMENTS are available at your local health food store, or use Flax Seed oils in your meals. You can also eat more fish, including Tuna Fish, to increase EFA levels.

Tiggers Like to Bounce... Bouncin' is What Tiggers Do Best!

We call this type of ADHD "Tigger Type." Classic ADHD is characterized by **Inattention**, **Impulsivity**, **Hyperactivity**, **Restlessness**, and **Disorganization**. This type of ADHD reminds us of Tigger from the Winnie the Pooh stories. Dr. Daniel Amen refers to this type of ADHD as "Classic ADHD" for good reasons. When you think about someone who has Attention Deficit Hyperactivity Disorder, this is the "classic" picture that you think of.



This type of ADHD is most often seen in males. Those with this type of ADHD are often seen as:

- Being easily distracted
- Has a LOT of energy, and is perhaps Hyperactive
- Can't sit still very long
- Is fidgety
- Talks a LOT, and can be LOUD
- Is very impulsive, does not think before he acts
- Has trouble waiting his turn in line, or in games
- and more...

Tigger Type ADHD results from UNDERACTIVITY in the Prefrontal Cortex (in the front of the brain), both when at rest, and when performing concentration tasks. This results in a lack of self-control.

Treatment Strategies for "Classic ADHD"

We recommend our Eating Program to start with. We believe that it is important to use the eating program even if you are using other interventions, such as medications, biofeedback training, or a combination of the nutraceuticals ATTEND, EXTRESS, and MEMORIN.

We also recommend at least a 30 to 60 day trial with these nutraceuticals...

- **ATTEND** for ADHD symptoms; 4 capsules per day in divided doses. The ATTEND contains L-Tyrosine, which increases dopamine production. ATTEND also contains GABA, DL-Phenylalanylne, Ginkgo, Pycnogenol and Grape Seed Extracts, 5-HTP, pregnenolone, DMAE, and more.
- **EXTRESS** for symptoms of impulsivity, temper, restlessness; 4 capsules per day in divided doses. The EXTRESS contains GABA, DL-PA, 5-HTP, and St. John's Wort.
- **MEMORIN** for increased focus and concentration to task. 2 capsules per day in divided doses. The MEMORIN contains more ginkgo, plus lots of Phosphatidyl Serine and other phosphatidyls, and more pregnenolone.

An adult would take these in divided doses. A child could take half of these recommended doses. Consult your health care professional.

To last for 30 days, YOUR FIRST ORDER for this Specific Treatment Strategy would be:

- **2 bottles of ATTEND; 2 bottles of EXTRESS; and 1 bottle of MEMORIN**

Inattentive ADD: Just Like Winnie the Pooh

Winnie the Pooh is the classic picture of Inattentive ADHD. In other works we have called this "Space Cadet" style ADHD. Dr. Daniel Amen refers to this as "Inattentive ADD". These are people that suffer from "**brain fog**" as they go through their day. Although Pooh is very lovable and kind, he is also **inattentive, sluggish, slow-moving, unmotivated**. He is a classic **daydreamer**.



Winnie the Pooh style inattention is seen mostly in girls. People with this type of ADHD are often seen as:

- Easily distracted
- Having short attention spans to a task that is not interesting, or is hard
- Daydreams when others are talking to him/her
- A person who cannot find anything that they have just put down somewhere...
- A person who is always late
- Is easily bored

This type of ADHD is caused by the prefrontal cortex of the brain actually slowing down (instead of activity speeding up) when placed under a work load, such as reading or doing homework. This part of the brain looks normal when "at rest" but actually looks like it is starting to fall asleep when asked to "go to work." This makes it very hard to pay attention to school work, get homework done, listen to the teacher, clean your room, and so on.

We have actually observed this hundreds of times with subjects on an EEG. When at rest, the brainwave activity is pretty normal. But once the subject is asked to read, or to do a math worksheet, the subject's brainwave activity begins to look like the subject is falling asleep. This sure makes school hard for these students! Inattentive ADHD responds well to stimulants, such as Ritalin and Adderall, but other interventions, like our Specific Treatment Strategies, work well also.

Treatment Strategies for "Inattentive" or Winnie the Pooh style ADHD

We recommend our Eating Program to start with. In addition, we recommend for Inattentive, or Winnie the Pooh style ADHD the following:

- ATTEND for ADHD symptoms, 4 capsules per day. The ATTEND contains L-Tyrosine, as Dr. Amen recommends in his protocols. It also contains GABA, DL-Phenylalanylne, Ginko, Pycnogenol and Grape Seed Extracts, 5-HTP, pregnenolone, DMAE, and more. See the ATTEND ingredients list at www.add101.com/attend.htm.
- MEMORIN for increased focus and concentration to task, 2 capsules per day. The MEMORIN contains more Ginko, plus lots of Phosphatidyl Serine and other phosphatidyls, and more pregnenolone.

A child could take half of this recommended dosage, although many children will take up to four Attend per day. Consult your health care professional. For more information call 1.800.248.8292 during east coast business hours.

To last for 30 days, YOUR FIRST ORDER for this Specific Treatment Strategy would be:

- **2 bottles of ATTEND, and 1 bottle of MEMORIN**

Over-Focused ADHD: Rabbit Tends to His Garden... and don't bother him.

The least flexible character in all of the stories of Winnie the Pooh and Christopher Robin has got to be Rabbit. Oh, he can get a lot of things done, and he's the one character who will be prepared when winter comes, but he has a very hard time shifting from one activity to another. He is absolutely "task oriented" and is focused to whatever that task might be.

The person with "Over-Focused ADHD" is much the same. He has trouble shifting attention from one activity to another, and he frequently "**gets stuck**" in loops of negative thoughts. He can be **obsessive**, and very **inflexible**. He can also be **oppositional** and **argumentative** to parents. He may be like a "bull dog" and not give up until he gets his way, or until his worn-out parents finally say, "yes," to his 100th request for something. His parents are often worn-out, worn-down, fed-up, and ready to break. Parenting a child like this is hard.

Someone with "Over-Focused ADHD" is like Rabbit, in that he:

- May worry a LOT, even over things that don't really matter much
- Can be very oppositional to parents
- May like to argue
- May be somewhat compulsive about the way things ought to be done
- Will have a very hard time shifting from one activity to another
- Always wants to have his way



The cause of this type of ADHD is an over-active Anterior Cingulate Gyrus. This part of the brain is over-active all of the time. And, to make things worse, when a "work load" is put on the brain, such as school work or a chore to be completed, there is the common ADHD symptom of decreased activity level in the Pre-Frontal Cortex.

In this type of ADHD some stimulants, and too much use of L-Tyrosine to increase dopamine production can actually make the problem of over-focus worse. So be careful.

Treatment Strategies for Over-Focused ADHD

For best results, try our Eating Program to start with. In addition, some experts recommend 300 mg of St. John's Wort per day for children, or 600 mg per day for adults, 5-HTP, and B Vitamins.

We recommend for Over-Focused, or Rabbit style ADHD the following for adults. Children can take less.

- **ATTEND** for ADHD symptoms, take 2 capsules per day. The ATTEND contains GABA, DL-Phenylalanylne, Ginko, Pycnogenol and Grape Seed Extracts, 5-HTP, pregnenolone, DMAE, and more. The EXTRESS contains GABA, DL-PA, 5-HTP, and St. John's Wort.
- **EXTRESS** for symptoms of impulsivity, temper, restlessness, and anxiety take 4 capsules per day
- **DEPREX** for symptoms of worry, take 2 capsules per day. The DEPREX contains more GABA, as well as lots more DL-Phenylalanylne, 5-HTP, and just 2 capsules of DEPREX contain 320 mg of St. John's Wort.

To last for 30 days, YOUR FIRST ORDER for this Specific Treatment Strategy would be:

- **1 bottle of ATTEND, 2 bottles of EXTRESS, and 1 bottle of DEPREX.**

Piglet is a great friend, but sure scares easily...

Piglet is that small, almost frail character from the Hundred Acre Wood. He is a great friend, and very loyal. But he is always worried, nervous, and startles easily. Sometimes he is so nervous that he stutters. So it is with some kids with ADHD.

This style of ADHD is very similar to the Rabbit style, except that with "Piglet style" the child's mid-brain is so over-aroused that the child is **hyper-vigilant** and very **easily startled**. He may be **talking** all of the time, and is probably **touching** everything in the room. And, this child is **nervous** or **worried**, or **anxious**. He has **trouble shifting attention** from one activity to another, and he frequently "gets stuck" in loops of **negative thoughts**. He can be **obsessive**, and very **inflexible**.

In this type of ADHD some stimulants, and too much use of L-Tyrosine to increase dopamine production can actually make the problem of over-focus worse. So be careful.

Treatment Strategies for Piglet style ADHD

For best results, try our Eating Program to start with.

In addition, we recommend for Anxious, Piglet style ADHD the following for adults. Children can take less.

- **ATTEND** for ADHD symptoms, take 2 capsules per day. The ATTEND contains GABA, DL-Phenylalanylne, Ginko, Pycnogenol and Grape Seed Extracts, 5-HTP, pregnenolone, DMAE, and more.
- **EXTRESS** for symptoms of impulsivity, temper, restlessness, and anxiety take 4 or more capsules per day. The EXTRESS contains GABA, DL-PA, 5-HTP, and St. John's Wort, and is great for helping with the these symptoms.



To last for 30 days, YOUR FIRST ORDER for this Specific Treatment Strategy would be:

- **1 bottle of ATTEND, and 2 bottles of EXTRESS.**

ADHD with Mild Depression

"Thanks for Noticin' Me" says Eeyore... He walks slowly. He looks sad. He doesn't accomplish much. He's just glad to be noticed. This is Eeyore, the stuffed donkey who is so often in need of his tail being pinned back on.

This type of ADHD is called "Limbic System ADHD" by Daniel Amen. And for good reason. SPECT scans show that when the brain is at rest, there is increased activity deep in the limbic system, in parts of the brain called the thalamus and hypothalamus. There is also a decreased level of activity in the underside of the pre-frontal cortex. When the brain is placed under a work load, as during a homework assignment, nothing changes. The over-active limbic system remains over-active, and the under-active pre-frontal cortex remains under-active.

This type of ADHD looks very much **like a combination of ADHD and Depression**. Some have suggested that up to 25% of children with ADHD are also depressed or suffer from a mild depression called Dysthymic disorder.

Those with this type, or style of ADHD are often:

- Inattentive;
- Have a chronic sadness or low-grade depression;
- They seem to be negative, or apathetic;
- They have low energy levels;
- They just do not seem to care. They often feel worthless, or helpless, or hopeless.



Treatment Strategies for Limbic System, or Eeyore style ADHD

For best results, try our Eating Program to start with (see www.add101.com/adddiet.htm). In addition, experts recommend DL-Phenylalanyne (up to 600 mg per day for adults), 5-HTP, and B Vitamins and St. John's Wort (up to 600 mg per day for adults). We recommend for Limbic System, or Eeyore style ADHD the following for adults. Children can take less.

- **ATTEND** for ADHD symptoms, take 2 capsules per day. The ATTEND contains GABA, DL-Phenylalanyne, Ginko, Pycnogenol and Grape Seed Extracts, 5-HTP, pregnenolone, DMAE, and more.
- **EXTRESS** for symptoms of impulsivity, temper, restlessness, and anxiety take 2 capsules per day. The EXTRESS contains GABA, DL-PA, 5-HTP, and St. John's Wort.
- **DEPREX** for symptoms of worry and depression, take 2 capsules per day. The DEPREX contains more GABA, and just 2 capsules of DEPREX contain 320 mg of St. John's Wort and 420 mg of DL-Phenylalanyne.

To last for 30 days, YOUR FIRST ORDER for this Specific Treatment Strategy would be:

- **1 bottle of ATTEND, 1 bottle of EXTRESS, and 1 bottle of DEPREX.**

Other, More Difficult Kinds of ADHD: The Temporal Lobes and ADHD

There are other kinds, or types, of ADHD that you should be aware of. There are no Winnie the Pooh characters for these types, as the creator of these children's stories would never have created a character with these challenging, difficult traits. These distinct types of ADHD can be very severe. They require significant treatment, and great patience on the part of the parents.

Some people with ADHD can be very hard to live with. They can have gigantic mood swings, get very angry for almost no reason, and be nearly impossible to live with on a daily basis. The key to look for with this type of ADHD is anger outbursts for little or no reason. People with decreased activity in the left temporal lobes can especially have problems with temper outbursts, aggressive behaviors, and even violence toward animals or other people.

Temporal Lobe ADHD is characterized by:

- Inattention, just like in other kinds of ADHD because during concentration there is a decrease in activity in the pre-frontal cortex;
- Being easily irritated or frustrated, and Aggressive behaviors;
- Dark moods, big mood swings;
- Impulsivity;
- Breaking rules, in trouble a lot, in fights a lot. Defiant toward authority, disobedient toward parents and others. Can't get along with others, can be anti-social or just in trouble a lot;
- Often has terrible handwriting and problems learning;
- You expect him to be arrested at any time...



Individuals with this type of ADHD are often treated with a combination of stimulants, like Ritalin, and anti-convulsants. For someone who wanted to try an alternative treatment approach, or an additional treatment approach, we would recommend

- GABA (an inhibitory neurotransmitter) to act as an anticonvulsant and anti-anxiety agent,
- Phosphatidyl Serine (and other phosphatidyls), DMAE, Pregnenolone, and Ginko as memory enhancers to help with the learning problems, and these people sometimes are helped by Ibuprofen in small doses.
- **no** St. John's Wort or Hypericum, as it could make things worse.

Using the VAXA nutraceutical product line, our recommended protocol would look like this:

- **ATTEND**, 2 capsules per day. Two capsules of the ATTEND contain GABA (33mg), and DL-PA (16mg) for mood stabilization, plus L-Tyrosine (67mg), Ginko (33mg), Phosphatidyl Serine (0.5mg) and other phosphatidyls (200mg) and DMAE (33mg) and Pregnenolone (8mg) for learning enhancement. There are over 70 total ingredients in ATTEND to help with learning, performance, and mood.
- **NEURAN**, 4 capsules per day. Four capsules of NEURAN contain GABA (240mg), and DL-PA (32mg) for mood stabilization. Children might take less. Consult your healthcare professional.

As you can see, using the Neuran along with the Attend can enhance the mood stabilization components without adding either St. John's Wort or Hypericum, which can make the problem worse. These two products together can also enhance learning and memory, and therefore school performance or work performance.

To last for 30 days, YOUR FIRST ORDER for this Specific Treatment Strategy would be:

- **1 bottle of ATTEND, 2 bottles of NEURAN.**