

## **ADHD can be treated without medication**

### **Physical and sensory training can dramatically improve the quality of life for children and their families**

It's all in the brain

The brain is the only organ in the human body that is not fully formed at birth. Building up the brain takes place from the bottom up which means from the least complex part, the brain stem, to the most complex area, the cerebral cortex and from side to side, i.e. from the left to the right hemisphere. However, both sides of the brain don't grow in unison. The right hemisphere - the intuitive side - starts to grow first. It enables the child to interpret the world and take the first steps. The right hemisphere - the logical side - catches up around the age of three and enables exploring the details of the world and making discoveries. This "switching" between sides continues back and fourth in perfect rhythm and timing until the child grows into a young adult.

Although the brain can provide a certain amount of stimulation on its own, for the most part it depends on outside sensory stimuli to grow healthy. Both hemispheres are equipped with different functions but nonetheless the brain sides have to work as a unit, i.e. they have to be fully synchronized to continually communicate in perfect harmony.

If one brain hemisphere is slower or weaker than the other, the stronger side takes over and the brain becomes out of sync. Not addressed this imbalance can lead to neurological disorders, mainly AD(H)D, autistic spectrum disorder, learning difficulties, impulsiveness and also problems like concentration difficulties, sleep disturbances, aggression, hyperactivity, ODD.

Physical and sensory exercises for a healthy balance

An alternative handling of neurological disorders should not stimulate both sides, but the weaker side to correct that imbalance.

NeuroLifeBalance is a training that departs from the traditional path of invasive and pharmaceutical methods and concentrates on physical and sensory exercises to balance the impaired developmental conditions of the child.

Does your child experience difficulties to...

... succeed at school?

- ...concentrate?
- ...make friends?
- ...fall asleep and/or sleep through?
- ...coordinate simple movement sequences?
- ...control impulses?
- ...discard defiant behaviour?

These symptoms can signal an imbalance in the brain development of the child. With a precise combination of coordination, stabilization and sensory exercises we aim to improve or rather restore the balance of both brain hemispheres. Physiological and psychological symptoms can be reduced.

Contact us for further information about the NeuroLifeBalance training:

[www.NeuroLifeBalance.de](http://www.NeuroLifeBalance.de)  
[Info@NeuroLifeBalance.de](mailto:Info@NeuroLifeBalance.de)  
+49 02 11 / 54 21 35 88