

## ADHD and Chiropractic

by Diane MacPherson

According to J. G. Muellendorf, D.C., “Since chiropractors focus on correcting vertebral subluxations and their consequent effects on the nervous system, proper chiropractic care can be a vital part in improving the lives of those with ADHD.”

Attention Deficit Hyperactivity Disorder (ADHD) is usually treated as a medical disorder using mind-altering drugs such as Ritalin or Adderall. Psychologists see ADHD as a mental disorder, medical doctors see it as a neurochemical imbalance, a neurologist sees brain dysfunction, and a teacher considers it a discipline problem.

Research findings show the root cause in many of cases of ADHD are related to malfunction in the spinal cord and spinal nerves. The limbic system can only function normally when it is free of interference. When it is out of balance, symptoms of what Dr. Kenneth Blum calls Reward Deficiency Syndrome, including ADHD, appear. This is why a fully functioning nervous system is vital.



### Limbic System—*noun*

A complex system of nerves and networks in the brain, including several areas near the edge of the cortex concerned with instinct and mood. It controls the basic emotions (fear, pleasure, anger) and drives (hunger, sex, care of offspring).

When the limbic system can function without interference, the feeling of well-being can be restored and ADHD symptoms eased.

Your chiropractor will focus on correcting your or your child’s vertebral subluxations and their negative effects on the nervous system. Regular chiropractic care can be a vital part in improving the lives of people of all ages with many issues including ADHD.

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**Drperezchiropractic.com**



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