



NEWS RELEASE

CONTACT: Melissa Fitzgerald, 440.715.0142
melissa@fitzgeraldmarketingcommunications.com

LOCAL WELLNESS CENTER LAUNCHES PROGRAM TO GIVE INDIVIDUALS WITH ADHD NON-DRUG OPTIONS

Public Invited to Free Health Talk on ADHD and the new Program June 26 at 7:00 pm

Cleveland, OH – A local school psychologist says that when it comes to treating ADHD symptoms, there is more than medication. With more than 20 years of working with children and adults with attention difficulties, Michelle Martin, Ed.S., created ***ADHD Insights***, a comprehensive program to alleviate ADHD symptoms and avoid the side effects of synthetic drugs. **Martin will host a free lecture on natural options for treating ADHD on June 26 at 7:00 pm at INSIGHT Learning & Wellness Center, 25901 Emery Road in Warrensville Heights.**

“ADHD Insights is a non-medical treatment program for children and adults using methods that are well-grounded in the latest research,” Martin said. “The program provides natural treatment methods that lesson symptoms and support overall health and success without causing side effects.”

Martin’s treatment approach includes a combination of conventional therapies with holistic modalities that greatly support the healing process. Each client receives a program tailored to their individual needs. This may include treatments such as counseling, reiki, therapeutic massage, yoga, meditation/mindfulness, acupuncture, reflexology, art therapy and aromatherapy. The program has found success with both adults and children.

“Our clients with ADD/ADHD develop positive behaviors and increased success in work and school,” Martin said. “Through these natural treatment methods, clients are able to enhance critical life skills that increase self-esteem, attention span, lessen impulsivity and improve behavior.”

ADHD on the rise

ADD/ADHD, or Attention Deficit Hyperactivity Disorder, is a biological condition of the brain that is characterized by poor attention and distractibility and/or hyperactive and impulsive behaviors. It’s one of the most common childhood disorders and reportedly on the rise.

A study released in March 2012 by ***Academic Pediatrics*** says that there has been a 66 percent increase in the number of American children diagnosed with ADHD since 2000. As of 2010, there are 10.4 million children with ADHD, or nearly 14 percent of the US population under 18. While many children seem to outgrow ADHD, four percent of adults are estimated to continue coping with the disorder.

Most scientists believe ADHD results from a combination of genetic and environmental factors. It’s commonly treated with medications that can cause an array of side effects such as headaches, dizziness, insomnia, anxiety and gastrointestinal problems.

In her private psychology practice, Martin has seen firsthand the rise in ADHD. "When I started working in school psychology in the 80s, the incidence was so much less, and the diagnosis and treatment were much simpler. Children now present with not just attention issues but significant levels of anxiety/depression and medical problems including allergies, and immune or gastro issues," Martin said.

In the 1980s, Martin studied and presented at conferences on the effects of hidden food sensitivities/allergies and toxins on mood and behavior. "I was a naturalist, resisting medication in general. Although I witnessed improvements, such as immediate increased time on task or lessening of hyperactivity that are sometimes evident with medication, I also observed the numerous negative side effects. The medication is a band-aid," said Martin.

"I maintain that we simply cannot medicate individuals for ADHD while continuing to feed them in a way that literally starves them of vital nutrients and exposing them to toxic chemicals," Martin said. "We, as a society, in order to survive, have to examine why this incredible childhood epidemic of ADHD, as well as autism and allergies is consuming us, identify causes and make appropriate changes to prevent them."

Over time, numerous families have come to her looking for alternatives to medication. Martin researched dozens of natural approaches to easing ADHD to avoid the unpleasant side effects of the drugs. The result was the comprehensive ADHD Insights program that incorporates a variety of different treatment modalities, tailored to the individual's needs.

Clients begin the program with a review of their overall health status and treatment goals. A licensed mental health professional will evaluate their records and work with them to develop their personal **Natural Treatment Plan** with built in progress monitoring and ongoing assessments.

Treatment plans are suggested based on the client's needs, interests and budget. The plan may include an integration of conventional medicine and holistic modalities that assist the process. Insurance may cover some of the services depending on the individual's policy.

For those who are new to the world of holistic methods of treatment, the initial visit to INSIGHT also includes an informative overview of current research related to holistic methods and documented success rates. The "**Natural and Holistic Health Options**" presentation is followed up with an opportunity for Q&A.

About Michelle Martin and INSIGHT Learning & Wellness Center

Michelle Martin, ED.S., is the Founder and Director of INSIGHT Learning & Wellness Center. A licensed school psychologist of 20 years, she specializes in the evaluation and treatment of learning, developmental, emotional and attention disorders. She is also a Therapeutic Martial Arts Instructor.

Insight Learning & Wellness Center, LLC, offers a variety of programs for children and adults. Its wide range of classes, seminars, counseling and wellness services incorporates traditional and complementary modalities to nurture better health. Licensed professionals offer multi-dimensional opportunities to increase happiness and peace, self esteem, self control, and concentration/focus, as well as balance, stamina, strength, and flexibility. The center offers psychological and educational evaluations, Tae Kwon Do classes, Reiki, yoga, massage therapy, meditation, nutritional consultation, ADHD support groups and camps for children. For more information, go to www.insight-wellness.com.

###