

The Holistic Lifestyle

Autumn 2015

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Conversations with Angels

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UNDERSTANDING ADD/ADHD

And the Miracle of Pendulum Dowsing

By Linda Rosenbaum, Author, Speaker, Healer

Everything seemed perfect...way back in the last century when I married my soul mate, Bob. Life was good. Until it wasn't...

I had no way of knowing then what Adult ADD/ADHD was, or that my life would be nearly destroyed by this affliction. Bob, unknowingly, suffered with this troubling disorder. This mental health condition *in adults* was not readily recognized or accepted as existing until the late 90s. And yet today it is still grossly misunderstood, underrated and quite controversial. Few realize the depth of misery and mayhem it can cause.

For the record, ADD and ADHD (current popular name) are really one in the same, and are used interchangeably. Both involve hyperactivity *of* some sort, such as tantrums, fidgeting, impulsiveness, and agitation. Also note, everyone does "ADD things" occasionally, but people who *have* ADD do them relentlessly!

A devastating brain dysfunction, ADD is capable of ruining lives, families, and relationships. Its negative effects are experienced daily in all facets of life including parenting, employment, financial and social. While the afflicted may be unaware they have any problem at all, those close to them wonder why they act so abnormal - sometimes destructively so, often putting themselves and their families at great risk.

In spite of mixed public opinion, ADD is a broad and profound neurobiological disorder. It appears to observers that those exhibiting symptoms have little self-discipline. Unhappily, that is the truth. They really cannot control many of their actions. However, this information does not make family members feel any better—in fact quite the opposite. Not only do they feel constantly confused, annoyed and angry, they ironically, in order to carry on, have to continuously *forgive* the ADD people in their life.

This was the situation in my home and what motivated me to persistently research and desperately seek help.

With 13 million American adults currently struggling with this inherited condition – it's a growing epidemic. It has been estimated that eleven percent of children have ADD. The FDA recently approved brain scans for children, which is great news – leading to more accurate diagnoses. Unfortunately, our experience in getting a diagnosis for Bob was appalling. It took me years to find enlightened professional help.

Following decades of horrendous difficulties, tedious inquiries, and some bad doctoring (including a dangerous misdiagnosis), I emerged as a leading authority on how this brain dysfunction affects *real people in real life* - well beyond any textbook description. ADD is so misunderstood and not taken seriously enough, that it sometimes *prevents* folks from getting the appropriate help they desperately need. Ramifications from symptoms can range from constantly losing your keys—to losing your home!

It was in the second year of our marriage that the troubles began. I later learned that this is a typical scenario and time frame for ADD symptoms to surface. The level of the (feel good) hormone in the brain, known as dopamine, is elevated during the excitement of a new love, and then diminishes as the normal responsibilities of life begin. In those with ADD, it drops below norm after the euphoric high of a new love settles down, and sets up unexpected and abrupt personality changes. Bob's altered persona left me bewildered, stressed – and very angry. What I had gotten myself into, I lamented.

Living with a husband - and son - with ADD, I experienced firsthand just how insidious and destructive this affliction can be. Frequently, those with this condition ignore or deny they have it. But surprisingly, their destructive behavior is not well comprehended by many mental health providers either. They and the general

population tend to think of this disorder as mostly a focusing and behavioral issue. For a more realistic evaluation, ask the folks who struggle with afflicted spouses and children how *they* feel. Then it becomes perfectly clear; it is those who *live with* ADD people - that truly suffer the most!

During our first decade, Bob transformed from Dr. Jekyll to Mr. Hyde. I wondered —“where did the nice man go, the one who never said an unkind word to me”? I frequently grumbled to him in exasperation—“what is wrong with you”? He was agitated with every little thing, couldn't seem to focus on anything...and was totally unaware of the effect his offensive behavior had on others.

Bob was also oblivious concerning his poor employment and financial decisions and could not comprehend how distressing and destructive this was for his family. He continued to make the same mistakes repeatedly. He declared himself always right- and had no feelings for others or their opinions. If I complained about his actions...his response was, “you're always picking on me”. This selfish attitude became habitual. I felt betrayed. Little did we know the ADD monster was the culprit!

Since an “ADD event” can occur at any time, living with someone with ADD means - always waiting for the other shoe to drop. You know it will, you just don't know when! For those who say this condition “does not really exist”... either you are not living in an ADD home—or perhaps you are one of the thousands undiagnosed, or in denial.

Although I loved my husband, I most certainly did not always like him. With so much chaos and misfortune going on in our life, I was in a constant state of bewilderment, anger, and anxiety. But I instinctively knew early on that in order to keep some semblance of normalcy in our home, I had to become Bob's mentor and enabler. There was no help for his condition that had not yet been recognized or acknowledged.

Puzzled and humiliated by Bob's strange antics, I kept our bizarre home life secret, while discreetly repairing all the fiascos he was causing, in order to present us to the world as I *wished* us to be - a normal happy family. Originally I didn't understand *why* I had to do this...but quickly realized that it was absolutely necessary for the survival of our family. We were unknowingly living a multifaceted ADD life.

Funny thing about folks with ADD – they look perfectly normal-so it is sometimes referred to as “*the hidden handicap*”. Their strange behavior is often perplexing to those they come in contact with at work - or at play. If you have ever been cornered at a gathering by someone who talks incessantly, non-stop on a subject of no interest to you, and you can't get a word in edgewise, you know what I mean. They mistake courtesy for interest. Un-awareness!

Many famous people have ADD - actors, politicians and business moguls. We tend to think we know a lot about them, but wonder what's wrong when they suddenly display irrational or inappropriate behavior. We really have no idea how they relate to family and friends behind closed doors either. Fortunately, the stigma of ADD has faded in the past few years, and folks are now more open and willing to talk about their condition.

As our first decade ended, Bob, an intelligent man with a degree in electrical engineering, had already exhibited an erratic yet often typical ADD employment history. He had seven different jobs, moved us seven times, into four different states. During this time I gave birth twice. All this left me little “think-time”. Nevertheless, I began my quest to get to the bottom of his irrational actions.

I knew our survival--emotionally, socially and especially financially was at stake. I was not focusing on ending our marriage, but rather on what was causing his issues. I thought all I had to do was find the answer, fix the offending problem, and move on again with my “original” Bob. Failure was not an option. I never

really gave up on that thinking either —although there would be years of unpredictable behavior, destructive decisions, and many “ADD caused” hardships before we found an amazing resolution.

Sadly, children with ADD seldom outgrow it, as was once thought. They just grow up and become ADD adults. They often struggle with school performance, homework, tireless hyper energy, and suffer socially on the playground.

But whoa—ADD adults can cause much more serious and permanent damage as they continuously create chaos resulting in major life-altering changes. Such fiascos are the result of symptoms like procrastination, impulsiveness, stubbornness, anger and agitation - which are intensified and often uncontrollable in adults. You can put your child in a time out corner—but certainly not your spouse.

I discuss 40 symptoms in my memoir (*MY HUSBAND HAS ADD and the Miraculous Discovery that Changed Our Life*). Few folks have them all, the same degree of severity, or even the same issues as other family members. This seems to further contribute to the confusion of what ADD really is, and can actually *delay* a diagnosis. That happened to our family. My husband and son had many differing symptoms.

By the time our son, with a history of school issues and organizational problems (common symptoms) was finally diagnosed as a young adult, I felt certain that Bob had ADD also. But he staunchly insisted that since he had been an excellent student and was always well organized —this could not possibly be his problem. So put aside any notion that everyone has the same difficulties, and address indicators specific to your situation.

A few of the classic symptoms—procrastination, impatience, selfishness, impulsiveness, risky behavior, and an inability to focus, may seem familiar to observers. But personally, I feel unawareness to be the most pervasive and damaging - overshadowing

all others, because Bob was totally *unaware* he had *any* symptoms at all. Denial!

Another poorly understood symptom is hyper-focusing, which sometimes is a good thing...but it can be paralyzing (as in intensely playing computer games). It often prevents both adults and children from functioning and going forward with their responsibilities. Their focus is so intent, usually on something they really enjoy, that nothing else matters.

My perseverance for improvement paid off in later years when we finally found mental health professionals who were knowledgeable - *specifically* about Adult ADD. When seeking answers, or a diagnosis for an adult, be very selective. We walked out on more than one professional over the years. There are many other ADD traits that I am all too familiar with, like poor handwriting and noise sensitivity, yet they often surprise even good doctors.

In 2011, following almost ten years of Bob's success with ADD medication, our life was again in terrible upheaval. The medication had stopped working, and I was distraught after years of trying "anything and everything"! So it seemed like a miracle when I stumbled upon a discovery so profound—that it completely changed our life.

Research followed, and with the tutelage of a master dowser, I embraced the incredible powers of Pendulum Dowsing. This modality (utilizing quantum physics) includes little known ancient techniques that ultimately allow for the release of ADD symptoms. A pendulum is a tool that provides information. However it is the compassionate healer that works through the divine source that brings in the miracle of light, love and healing. Dowsing has no side effects, and works extremely well. Following a one-time 2 hour healing session, a daily one minute verbal dowsing exercise is all that is needed for maintenance.

Investing four years “recreating and refining” my approach brought about the results I had dreamed of - an astonishing yet specific protocol that eliminates ADD symptoms instantly. It has changed our life, that of our afflicted family members, and now those who come to me to be healed too.

Early on, Bob, who has a very analytical mind, was skeptical. However after experiencing amazing results, he stopped demanding answers as to *how* this metaphysical method worked, and just accepted it. As Thomas Edison said, when asked how electricity worked —“Well, I don’t know, but it’s there, so let’s use it”! ADD had prevented Bob from living life with ease and genuine independence for far too long.

I am now a woman on a mission—to enlighten all about *what* ADD/ADHD is, how to *recognize* it...and how we finally conquered it. If anyone in the family has ADD, then all blood relatives either have it, or may well be carriers of this destructive gene. Yes indeed, it is that inherited...

Bob and I are finally living and loving our life together—without the struggles and stresses of ADD. Monster defeated!

Linda Rosenbaum, a gifted and compassionate healer can eliminate ADD/ADHD symptoms for anyone anywhere in the world, remotely— in just one 2 hour session, and without removing that creative edge that make ADD people so unique. She also offers private workshops for metaphysical healers, to learn her unique technique to incorporate into their practice. Visit her comprehensive website to connect to Amazon, testimonials, info, and email address.

www.MyHusbandHasADD.com



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