

ADDITIONAL PERSPECTIVES ON ATTENTION-DEFICIT/HYPERACTIVITY DISORDER - ADHD

Although traditional medical-model treatment of ADHD is sometimes the best alternative for specific individuals, the major symptoms associated with ADHD can be accounted for by other causes which do not fall under the category of “disorder”, but instead are differences from the prevailing cultural norm. The following is a very brief outline of the primary symptoms and alternative causes.

Hyperactivity is necessary and useful to a person biologically programmed to function as a hunter. They seek the excitement of the hunt and must be ready to throw themselves into the pursuit using incredible amounts of energy (Thom Hartmann, *Attention Deficit Disorder: A Different Perception*). Hyperactivity may also be caused as a reaction to negative energy directed at the highly sensitive person that stimulates the physical “fight or flight” response (Dr. Elaine Aron, *The Highly Sensitive Person*). This can build up over time to the point of producing statements like “No one likes me.” Hyperactivity may also be stimulated through the same body mechanism if the person has witnessed or experienced violence and therefore is constantly vigilant for threats. Sensitive nervous systems react adversely to toxins taken into or on the body such as food additives, artificially produced chemicals, stimulants and for some, sugar. The brain may actually be irritated and respond with excess activity (Dr. Ben Feingold, pediatric allergist).

Restlessness and distractibility is useful to a hunter to sustain high energy when in hot pursuit, to be able to change strategy quickly, and to be constantly monitoring their environment. For Highly Sensitive Persons (including those labeled “Indigo”, etc.) it may be caused by the boredom that comes from already having holographically “downloaded” the information before someone is finished talking or reading, or from the person knowing their life purpose so well that they are clear that the information has no benefit to them in the future. It also may come from being a visual learner being taught primarily auditorily, and it may come from being highly creative without an outlet to express that creativity.

Impulsivity serves the hunter by keeping him/her ready for quick decisions and willing to join the hunt without thought of danger. In Highly Sensitive Persons it may be caused by the nervous system’s response to intuition about negative energies to avoid or positive ones to embrace. The sensitive person may also have an urgency to move forward toward their life purpose, or need something right now to assuage the emptiness from not knowing their life purpose.