

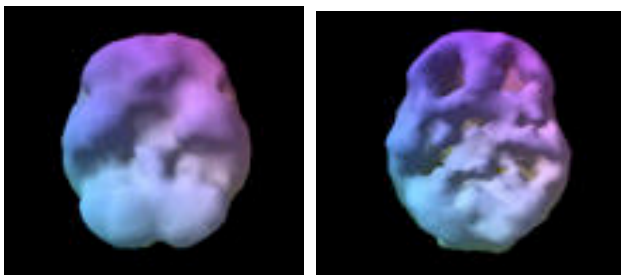
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**BrainMatrix, Inc. offers a program on**

## **An Alternative, Non-Drug Solution for ADHD Children**

One of today's greatest health challenges for children is ADHD—Attention Deficit Hyperactivity Disorder. The United States is currently living in an epidemic of this crippling childhood disorder. Parents and professionals are at their wit's end searching for a practical, effective, non-drug alternative. This presentation will examine the effectiveness of an alternative, drug-free approach to treating ADHD children. The choice of Transcendental Meditation as the intervention is based on the accumulated science-documented benefits in mind/body health, including improvements in inattention, hyperactivity and impulsivity; field experience teaching ADHD children; and general ease of application of this meditation technique. Based on the decades of research, TM is expected to allow the ADHD child's brain to regain balance and to normalize developmental processes.

### **Impact of Meditation on ADHD Children**



Research document neural correlates of at-risk behavior, such as attention deficit disorder (neuroimages of normal-left and ADD-right brain). Extensive research also supports a practical prevention-oriented program—the Transcendental Meditation®(TM)

program. The TM technique offers a natural experience of a quiet, orderly mind and deeply rested physiology.

Considerable research is available demonstrating the ability of the Transcendental Meditation program to enhance executive brain activities and develop total brain functioning and positively impact the wide spectrum of possible dysfunctional thinking and behavior in ADHD children. Recent studies have shown meditation can reduce the symptoms of ADHD in children. Implementation of this program could bring about a rapid improvement in our efforts to develop the whole child.

## Organizer and Speaker

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Dr. Alarik Arenander is an international lecturer and is considered one of the most engaging, lively, and knowledgeable speakers on the subject of brain, education and human potential. He is known for his ability to make the complexity and vocabulary of brain research and its application to education easily understood. He has personally contributed to the scientific exploration of brain development and human potential for the last 35 years conducting research at many top research institutions in the U.S. and Europe.

Presentations are tailored for either students (K-12, college), parents, teachers and administrators, research faculty or a mixture of backgrounds. Images of the brain fill the lively PowerPoint presentations and accent the unfoldment of this exciting exploration of human potential.