

Behavioural and attention problems in a 6yr old boy

History

One of my clients came to me to see me and asked if I could help her son to display more appropriate and respectful behaviour to his peers and to his school mates.

Her son was in his first year of school and this an important year for learning to take place but he was being a bit aggressive in playing with his friends and disrupting the class. Her son knew that these behaviours were wrong and he would get upset with himself when he did it but he couldn't seem to stop himself. This was starting to affect his confidence in group situations.

Firstly we discussed diet and his health history.

He had suffered from Eczema and asthma in the past and would get the common cold once or twice a year. He also would bite his nails. These symptoms may indicate a calcium phosphate deficiency.

Action

His mum was careful to exclude certain colours, flavours and additives from his food to prevent this triggering undesirable responses, which was great, but we also finetuned this to remove all processed foods and replaced it with fruit, vegetables and some protein.

Alex started taking the Schuessler tissue salts at the end of the school term last year which gave them a good 10 weeks to start seeing the effects before he started grade two.

Minerals Prescribed

Calcium phosphate, and Silica and we later added in Mag phos and Kali phos.

Result after 10 weeks

This young boy is so much happier and content, in fact he was so proud of himself he asked his mum to text me to let me know that he was rewarded at school for good behaviour when he chose to ignore the children that were trying to distract him and focus solely on the teacher.

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