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Adult ADD: Myths And Legends

By Tellman H. Knudson

If you have adult ADD or ADHD, you've probably heard it all, and because it was only around 30 years ago that professionals started to recognize that attention deficit doesn't always go away, you may never have been properly diagnosed. Oh, well... you still have adult ADD.

So, let's discuss some of the reasons why or why not your attention deficit came to be:

1. Hyper people are the only ones with ADD

Not true. Even if you're as calm as an azure sky, you may still have attention deficit in one form or another. Three of the subtypes are inattentive, where the slightest thing may draw your attention away from what you're trying to concentrate on; hyperactive, where you just can't seem to stay still; and a combination of both. Just because a person is fidgety and hyper doesn't necessarily mean that they're ADD or ADHD.

2. Poor parenting skills are the reason for attention deficit

Not true. Whether your parents were completely permissive and you were allowed to do anything you felt like doing or whether they were staunch disciplinarians, their parenting skills have nothing at all to do with your attention deficit. Differences in brain chemistry and physical makeup do. It's not their fault.

3. Adult ADD is a Myth

If you have adult ADD, you know better. If you had ADD or ADHD as a child, you know that you still have the disorder, though some adults are able to control the symptoms better than others.

4. Sugar causes attention deficit

Wrong again. There is no scientific correlation between a person's sugar intake and ADD or ADHD.

5. ADD has nothing to do with other conditions

In part, that's true. Certain issues, like mood and conduct disorders or learning disabilities often accompany attention deficit, but not all people with anxiety disorder, for instance, have ADD.

The fact is, if you have adult ADD, you may have learned to control it. If not, adult ADD could be making you miserable. If you suspect you have adult ADD, come to Instant ADD Success.com and take the ADD test. Then, find a counselor or other professional that can help you to deal with your symptoms. Nobody with attention deficit should have to suffer.

Tellman Knudson is CEO of Overcome Everything, Inc., a certified hypnotherapist and NLP practitioner, and has ADHD himself. Go to his comprehensive site with ADD information at <http://instantaddsuccess.com/> and sign up for his free weekly ADHD tips.

Common Arthritis Myths And Other Misconceptions

By Jeff Foster

Common arthritis myths have the potential to do harm to those actually living with this trying disease.

Arthritis is a collection of over 100 different diseases all with varying symptoms and when common arthritis myths and misconceptions abound; it often makes it difficult for those suffering with this disease to get the attention and even understanding, particularly from their family and friends that they really need while dealing with this lifestyle challenging disease.

One of the most common arthritis myths is that arthritis is a disease that only affects the elderly.

Only older people get arthritis? This is an absolutely, positively incorrect. Arthritis affects those of all ages including the very young, the very old and all ages in between.

Arthritis is simply the aches and pains that everyone gets as they get older.

So basically it's something that we all have to learn to live with and something that we all can expect to deal with at some point in our lives. Again, this is a common arthritis myth. Don't buy into it.

Another common arthritis myth is that it really is not that serious of a health issue. Another myth busted!

Arthritis is a major cause of work disability in the workforce today.

When you take the combination of all arthritis and rheumatic diseases those conditions make up the most common chronic health problem in the United States today.

Some estimates indicate that the cost associated with arthritis total more than \$65 billion each and every year. Seems like a pretty serious health issue!

All arthritis is the same.

Wrong again!

There are more than 100 varieties of arthritis all which deserve individualized attention and care.

The different types of arthritis also have varying prognosis and treatment plans. All arthritis diagnoses are most certainly not the same.

Some arthritis is a direct result of trauma to the joint with arthritis developing in the subsequent years following the initial injury. Some arthritis is thought to be genetic.

Common arthritis myths still abound but you must take the time to dispel the myths from the truth if you are going to get the best arthritis care around.

For more important information on arthritis be sure to visit <http://arthritis-life.com> where you will find information and resources on arthritis such as arthritis relief, arthritis treatments, and other articles that you can view at <http://www.arthritis-life.com>

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