

What natural exercises can help hyperactive kids gradually

Medications have proved to have lifelong negative side effects on hyperactive kids with symptoms of ADHD, ADD, Asperger and other mental disorder. Now more parents have turned to look for natural alternative treatments for their kids with the condition. These kids often carry delayed right brain and their left and right brains are disconnected or not communicated as good as other normal kids.

Brain games, custom multivitamin, fish oil with DHA, and physical exercises can help these kids in the development of their right brain (hemisphere) and the connection of their left and right brains. The more exercises are taken the more symptoms of hyperactivity, inattention and impulsivity would be reduced. Exercises are the source of life and can be taken to adapt the physical and mental weakness of the kids gradually and naturally. The earlier the kids starts taking appropriate exercises the more effective in the adaptation of the disconnected kids.

