



## Is ADHD a Real Disease?

By Derrick Lane

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asserting that ADHD isn't a real disorder, but rather that it is overdiagnosed: "ADHD is a prime example of a fabricated disorder," Eisenberg said. "The genetic predisposition to ADHD is completely overrated."

"Instead, child psychiatrists should more thoroughly determine the psychosocial reasons that can lead to behavioral problems," Eisenberg said. Are there fights with parents, are there are problems in the family? Such questions are important, but they take a lot of time, Eisenberg said, adding with a sigh: "Prescribe a pill for it very quickly."

## Car-less College Solution PART

With so many transportation options available leaving for college without a car has never been easier. Walking, biking, carpooling, carsharing, or riding the bus instead of bringing a car on campus can save students a fortune over the course of their college career. Between parking fees, insurance, and gas the cost of owning a vehicle on campus is typically students third largest expense behind tuition and housing. Saving money on transportation by using alternative modes can help pay for books or reduce the amount of student loans to pay for college. Students who live within two miles of campus should try biking or walking, the commute time to/from campus should be 30 minutes or less and will help improve students health. The bus is another great option as many bus systems allow students to ride either free or at a reduced price. Even with a parking pass there is no guarantee that finding a parking space won't take forever or that it won't be a million miles from class. Avoid the hassle of parking on campus. The Piedmont Authority for Regional Transportation has developed a convenient way for students to find transportation solutions for colleges located all around the state. For more information, call 1-800-588-7787 or visit [www.partnc.org/for-students/](http://www.partnc.org/for-students/)

**GETTING KNOCKED DOWN IN LIFE IS A GIVEN... GETTING UP AND MOVING FORWARD IS A CHOICE.**

-ZIG ZIGLAR

## Men: 5 Ways To Keep A Happy Home After The Baby

By Alana Shakur



Pregnancy is no easy task and it can take a lot away from the woman over the course of nine month. The actual birthing process is intense and creating a person is an amazing feat that not only deserves a celebration but gestures of appreciation. It's not often that we hear about fathers showing new mothers their appreciation for bringing their children into the world, but there is an old custom of gift giving to the mother after the childbirth that is still practiced by some couples today. Birthing gifts, or push presents, are a great way to increase bonding between couples and to maintain a healthy relationship. If you're expecting and want to show your appreciation to your significant other after childbirth, here are five great ideas.

### 1. Give mommy a day off.

A new mother will be with her child every single hour of each day to create a bond and to ensure the proper growth of him/her. To show appreciation for this hard-working mother, give her one day of baby free duties and take over for the day. If you can't do a full day, even a few hours would be a welcomed gift.

### 2. Plan a pamper day.

What better way to show your appreciation than to send your love to a place where she can become centered in spirit and truly rest after childbirth. Set up a day for relaxation at a day spa for the new mother or plan for a staycation for one at a hotel that has in-room spa services. Plan a day that will leave her feeling relaxed and nourished.

### 3. Give her a grand gift.

Give her that ring she has had her eye on for a while or that car that she can't stop talking about. Whatever your budget is, plan to surprise her with a grand gift as your token of appreciation.

### 4. Send her on a vacation.

Vacations away from home allow one to escape the responsibilities of everyday life and indulge in the energy of a new place without stress or worry of what's happening at home. Surprise her with a vacation to a warm destination that encourages relaxation. She will thank you later!

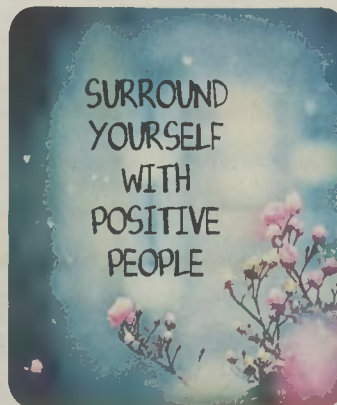
**Smile.**  
it imitates those who wish to destroy you.

### 5. Take over the housework.

There is nothing that says "I appreciate you" more than a man taking over the housework. To take a load off of her plate, take over the domestic duties every few days. Watching and feeding the baby while caring for herself and having to care for the home puts a lot of stress on a new mother, so lend an extra helping hand around the house to show your appreciation. Give her more time to focus on keeping herself together for the baby.

## KARMA

No need for revenge.  
Just sit back & wait.  
Those who hurt you  
will eventually screw up  
themselves  
& if you're lucky,  
God will let you watch.



## Are you overly acidic?

By Irish Truesdale BSN, LE, CPE, CCE

Are you suffering from allergies, high cholesterol, joint pain, and diabetes, and cancer, osteoporosis being over weight or high blood pressure?

If you answered yes, you might be overly acidic. Because of the acid-causing diet choices we make such as meat, cheese, dairy, sugar, coffee, alcohol, sodas, eggs and bread. Our bodies are on average are very acidic. Bacteria, fungi, yeast and all disease causing organisms love acid. In fact none of them can survive in an alkaline environment. Ancient update from John Hopkins states that cancer cells thrive in an acidic environment. A meat-based diet is acidic and it is best to eat fish and a little chicken rather than beef or pork. Some meat also contains livestock antibiotics, growth hormones, and parasites which are all harmful especially to people with cancer.

A diet made of 80% fresh vegetables and juice, whole grains, seeds, nuts and fruits help put the body into an alkaline environment. Cancer cells can't thrive in an alkaline environment. H2O? Do you drink water? City water, well water, bottled water? Is it true that all water isn't treated

equal? Ever wonder if the chemicals in your tap water were safe?

Chlorine and fluoride are added to water municipalities across the U.S. to render the water safe to drink. When chlorine kills bacteria it can't discriminate between the harmful and the healthful. It destroys friendly bacteria in the stomach and colon. People with Candida and Immune Suppressive Diseases such as Aids, Epstein-Barr, and Chronic Fatigue Syndrome should make the extra, effort to drink only pure water.

Parasitic fungi or Candida occur most frequently in the mouth, vagina, and intestinal tract, where they're usually benign but can cause disease.

When antibiotics or other agents destroy healthful bacteria in the digestive system the delicate balance goes out of whack. The result can be a glut of Candida that can suppress the immune system and cause an array of health problems.

Bottled water is convenient. Well water can contain oil, antifreeze, soaps, fertilizers, animal feces and other toxins waste. City water can contain toxic contaminant. Have you heard of Kangen alkaline water it helps clean the body while providing balance to the immune system? Kangen water burns fat and fights against the effect of aging. Many people report the daily use of this water also helps the digestive system. Through a process of electrolysis the water is loaded with huge amounts of antioxidants OH-ions making it highly alkaline.

The water is restructured into smaller clusters of molecules allowing them to be easily absorbed. Kangen water effectively fights the harmful effects of our poor diets lack of exercise unhealthy environment and other factors affecting our general over all health.

When you drink the Kangen water you will more effectively hydrate your organs so they will function better. As you increase your hydration, you'll find that waste is passed from your body to more effectively. As your colon releases the toxic waste, your body will become healthier, function better, and life will become more rewarding.



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