

# Hyperactivity

Each person has specific toxic exposures along with dietary and genetic weaknesses that are causing their symptoms. Toxic exposures can be inorganic like heavy metals, DDT, VOC's, Radio-active waste and any other chemical like food additives or pesticides and fertilizers sprayed on the foods. They can also be organic or living organisms like parasites, bacteria, viruses, or fungi. All the different possible combinations make it difficult to accurately address issues unless you have experienced medical professionals mapping through all your different clinical symptoms.

Dr. Marilyn Tucker founded The Vibrant Health Community to do Symptom Mapping to be able to bring a completely personalized plan for each person. When you join the Vibrant Health Community you have your own medical team of doctor, pharmacist and health coach. This Team specializes in Integrative-Complementary Medicine. They will work with your personal physician to bring you to a place of as much natural healing as your body will allow. For those of you that have health issues that require prescription medications, your Team can help introduce natural measures that can reduce the imbalances and complications that inevitably come with prescription medication. This can reduce side effects and possible additional drugs having to be introduced.

## Definition

Hyperactivity is a state of too much muscle activity. This term is also used to describe a situation when a particular portion of the body is too active, such as when a gland produces too much of its particular hormone. See also attention deficit hyperactivity disorder (ADHD).

## Alternative Names

Activity - increased; Hyperkinetic behavior

## Considerations

Hyperactive behavior usually refers to a group of characteristics. These can include constant activity, being easily distracted, impulsiveness, inability to concentrate, aggressiveness, and similar behaviors.

Typical behaviors may include fidgeting or constant moving, wandering, too much talking, and difficulty participating in quiet activities (such as reading).

Hyperactivity is not easily defined, because it often depends on the tolerance of the observer. Behavior that seems excessive to one observer may not seem excessive to another. However, certain children -- when compared to others -- are clearly far more active, which can become a problem if it interferes with school work or making friends.

Hyperactivity is often considered more of a problem for schools and parents than it is for the affected child. However, many hyperactive children are unhappy or even depressed. Hyperactive behavior may make a child a target for bullying, or make it harder to connect with other children. Schoolwork may be more difficult, and hyperactive kids are frequently punished for their behavior.

Hyperkinetic (excessive movement) behavior often decreases as the child grows older, and may disappear entirely by adolescence.

## Common Causes

- Attention deficit disorder
- Emotional disorders
- Brain or central nervous system disorders
- Hyperthyroidism

## Home Care

A child who is normally very active often responds well to specific directions and a program of regular physical activity. A child with a hyperactivity disorder, on the other hand, has a hard time following directions and controlling impulses.

## Call your health care provider if

- Your child seems persistently hyperactive
- Your child is very active, aggressive, impulsive, and has difficulty concentrating
- Your child's activity level is causing social difficulties, or difficulty with schoolwork

## What to expect at your health care provider's office

The medical history will be obtained and a physical examination performed. There may also be a review of the home and school environments.

Medical history questions documenting hyperactivity in detail may include:

- Is this a new behavior for the child or has the child always been very active?
- Is the behavior getting worse?
- Exactly what behavior have you noticed?
- Is the child physically active?
- Is the child easily distracted?
- Does the child have trouble following directions?
- Have you noticed anything that makes the child more or less active?
- Is the child more active at school than at home?
- What other symptoms are present?

The provider may recommend a thorough psychological evaluation.