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## Drug-Free Approach For ADHD

Fidgety, high-energy children are often labeled with ADHD and put on powerful drugs for years. Now there's a new drug-free approach to help children focus in the classroom.

This isn't your typical American middle school class. These kids, labeled with ADHD, are practicing transcendental meditation, or TM.

William Stixrud, Ph.D., clinical neuropsychologist: "It allows you to do, to experience very profound levels of relaxation while you're wide awake."



Dr. Stixrud claims TM is easy for kids. They simply sit, eyes closed for 10 minutes, twice a day. He says, while the body is at rest, the mind is not.

Sarina Grosswald, EdD, educator: "There's increased blood flow to the brain, and that's important because that's one of the things they show with ADHD is that there's reduced blood flow in the brain."

Educator Sarina Grosswald led a study on TM for kids with ADHD.

Sarina Grosswald, EdD: "Dramatic reductions in stress, anxiety, depression." She says organization, memory and strategizing skills also improved.

Alejandro, 14 years old: "It felt really refreshing, like really cleansing, and I felt really relaxed."

Eleven-year-old Chana says TM makes her less impulsive.

Chana, 11 years old: "I'm starting to think before I talk to my friends."

Will, 11 years old: "It's amazing how easy it is, and yet, yet it does so much for you."

Dr. Stixrud would like to see meditation in all of America's schools.

Dr. Stixrud: "It's crazy that we'd have kids, where the first response for a kid who's anxious is put him on medicine and not teach him a way to regulate his own mind and body."

Of course, critics say, attention deficit hyperactivity disorder is over-diagnosed. After all, one in 20 U.S. children gets labeled with ADHD and put on powerful drugs like Ritalin to make them behave in crowded classrooms. Whereas in Europe and Canada, the