

Nancy Evans RN, BSN, CH

## Nancy's Story

### *IT'S TIME TO GET HYPER ABOUT SAFE ADD/ADHD SOLUTIONS!*

#### **THE LAST THING A PARENT WANTS**

Nancy Evans knows firsthand how desperate a parent can feel if they have a child failing at home and school because they have ADHD. "The last thing I wanted was to put my daughter on medication," explained Nancy. "But if you've tried everything else that you know of without much success, you can feel that you don't have any choice. It's a heartbreaker!"

So she allowed her second grader to be prescribed one of the popular,

and increasingly controversial, medications for her disorder - which did in fact help her to focus and achieve more at home and school.

experienced a serious scare, as a Food and Drug Administration advisory panel emphatically urged that the strongest possible "black box" safety warning be issued for

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But the trade-offs were serious. Along with the high cost of the prescription at \$100 per month, her daughter experienced side effects that included appetite suppression, slow physical growth rate, and extreme mood swings.

Nancy was frustrated and concerned for her daughter, but attempts to discontinue the medication led to calls from the teacher, a decline in grades, and a return to the medication.

This scenario is common to many of the 4 million Americans currently taking prescription drugs to treat attention deficit disorder (with or without hyperactivity).

#### **THE "BLACK BOX" SCARE**

Early in 2006 many of the millions of Americans taking medication for ADD/ADHD

popular prescriptions used to treat symptoms of those disorders. The medications in question include such well-known brands as Ritalin, Adderall and Concerta.

The panel's stern advisory was in response to the 25 cases reported to the FDA in recent years of sudden death occurring in patients taking those drugs. Although rare, these disturbing cases raised concern among panel members about the harmful affects which can result from the stimulant aspect of those drugs.

According to Dr. Steven Nissen, panel member and President of the American College of Cardiology (the professional society representing 33,000 cardiovascular specialists), "Raising the blood pressure of a child or adult continuously over many years worries me. There is a linear



relationship between increased blood pressure and adverse cardiovascular events.”

without drugs or invasive treatment is because her daughter had dramatic improvement in her

the medication! She’s so happy now. The stress we experienced as a family is greatly reduced.”

**“Brain Integration Technique seemed too good to be true. But when you’re a parent, you’re not allowed to give up hope. Thank God I didn’t!”**

In response to the frenzy of news stories that followed the panel’s recommendation, Dr. Robert Temple, a top policy official at the FDA, said, “You don’t want to over-scare people and make them not use an important drug. But you don’t want people using drugs if they don’t have to.”

#### NEVER GIVE UP HOPE

Nancy’s response to Temple’s statement is emphatic: “The good news is that people can get rid of ADD, ADHD and Dyslexia without drugs. The bad news is that



people just haven’t heard of the alternatives .”

The reason Nancy knows that those disorders can be eradicated

ADHD symptoms after undergoing treatment called Brain Integration Technique.

Nancy had heard there was a practitioner in Boulder, Susan McCrossin, whose practice of Crossinology’s Brain Integration Technique had been successfully ridding people of their ADHD symptoms for the last fifteen years.

McCrossin created the technique in the 1980’s, Nancy discovered, as a non-invasive modality for eradicating ADD, ADHD dyslexia, and other brain dysfunctions in most people, regardless of age. The technique uses the principles of Applied Physiology and Acupressure to resolve the underlying blocks to neurological function in the brain, allowing full functionality to return.

**“Brain Integration Technique seemed too good to be true,” says Nancy. “But when you’re a parent, you’re not allowed to give up hope. Thank God I didn’t!”**

Nancy’s call to McCrossin’s office revealed a 6 month waiting list to get an appointment. Luckily someone’s cancellation allowed Evan’s daughter to begin her treatment within a couple months.

Nancy explains that Brain Integration treatment has changed her whole family to the better. “My daughter has done well in school and has accomplished things she never could before,” says Nancy. “The best part is she’s no longer on

#### BECOMING PART OF THE SOLUTION

A longtime healthcare practitioner and registered nurse, Nancy began the program of becoming certified as a Brain Integration Technique professional. One year and a hundred clients later, Nancy’s Brain Integration practice is creating miraculous successes for many adults, children and families.

**“What I enjoy most about my practice is helping children and their parents achieve successful outcomes they previously thought were impossible,” says Nancy. “Parents don’t want drugs, they just want solutions!”**

Brain Integration Technique creates those solutions as it removes the blockages and misrouted information pathways that stand in the way of a well functioning brain.

According to Nancy, “Most treatments for brain disorders like ADHD involve medication, giving on-going exercises to do indefinitely, or changing the format of how academic content is presented to the student. But Brain Integration Technique actually improves the functioning of the brain from the inside out. It’s a permanent, self-maintaining solution that does not require medication.”

Brain Integration usually takes 10 to 15 hours per client. Full treatment can be completed in days or spread over weeks or months.

“In comparison to the cost of ongoing medication, doctor visits, support therapies, tutors, along with the ‘cost’ of the aggravation and frustration of living with learning and behavior disorders, the

Brain Integration is a no-brainer,” says Nancy, grinning at her pun.

Brain Integration treatment is popular in many countries around the world. It is even covered by common insurance in Australia and Denmark. Explains Nancy, “Although insurance companies in our country do not as yet cover this treatment, it does qualify for health savings account payment. I’m also pleased to accept credit card

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payments.” Nancy charges for her services by an hourly fee.

#### A NATION IN NEED OF SOLUTIONS

It is fortunate that McCrossin, the founder of Crossinology’s Brain Integration Technique, has begun to ramp up her training and certification of qualified practitioners such as Nancy, because nationally the need for help dealing with various brain and learning dysfunctions is skyrocketing.

ADD and ADHD have become one of the fastest growing health concerns nationally. In the United States an estimated 2.5 million children and 1.5 million adults are taking medication for these conditions. According to MEDCO, the nation’s largest mail order pharmacy benefit manager, “The number of children nine years of age and under using ADHD

medications grew almost 75 percent and spending has grown five-fold (412%) over the last four years, with boys three times more likely to be taking ADHD medications than girls in this age group.”

MEDCO further reports that diagnosed ADHD has been growing even faster in adults than children, reporting: “Younger adults aged 20-44 using ADHD medications more than doubled from 2000 to 2004, outpacing increases in the pediatric population, 19 years and under, by nearly 44 percent. In addition, spending on ADHD drugs for the 20-44 age group grew by more than 325 percent during the same time period.”

#### A BUSY PRACTITIONER

Nancy likes to say she’s got the best job in the world. “I get to tell distraught parents that there’s still reason for hope,” says Nancy. “Then I get to help them experience the relief and success that comes from having one’s brain work the way it was intended.”

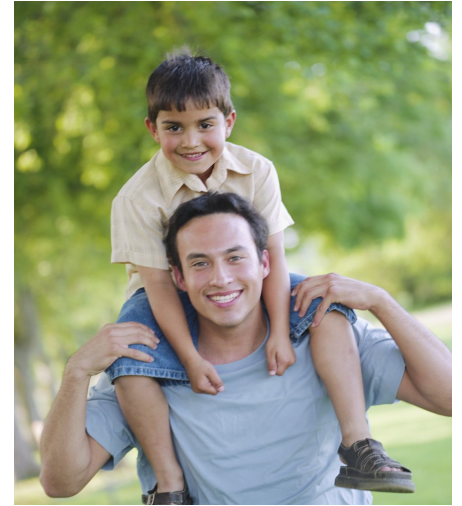
“There are so many success stories to tell,” notes Nancy. “Here’s just one: A few months back I treated a 10 year old fifth grader who was taking Concerta for ADD. The school system reading test

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indicated she was reading at the third grade level at the beginning of the school year. She was tested again after her Brain Integration and was discovered to be reading at a seventh grade level. Her teacher told her mother that she was more focused, which was great to hear

because she had stopped taking her medication. To say the child and her parents were ecstatic is an understatement.”

Adds Nancy, “I’ve been really busy and I love it! As my clients’ symptoms abate and they get off



drugs, they spread the word and their doctors/therapists do too.”

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*Open Pathways’* Brain Integration Treatment is now an approved

procedure with the **Colorado Division of Vocational Rehabilitation.**

More than 300 clients/families have been served in the first three years of *Open Pathways* service to Northern Colorado.

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