



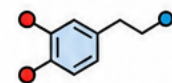
WHAT IS DOPAMINE & HOW IS THE ADHD BRAIN DIFFERENT?

Understanding the Science. Supporting the Whole Person.

NEUROTYPICAL BRAIN



- Efficient Dopamine Signaling.
- Regulated Reward Pathways.
- Sustainable Focus.



DOPAMINE

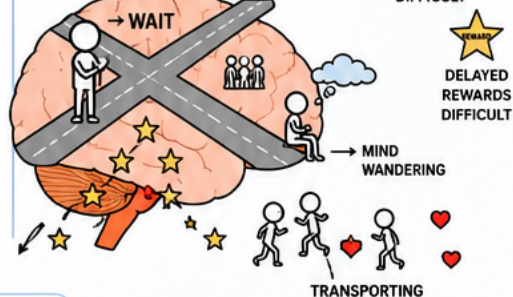
REWARD & MOTIVATION MESSENGER

Dopamine helps the brain recognize what matters, stay focused, learn, and feel motivated.

ADHD BRAIN

⚠️ **LOW-DOPAMINE** ⚠️

DELAYED REWARDS DIFFICULT



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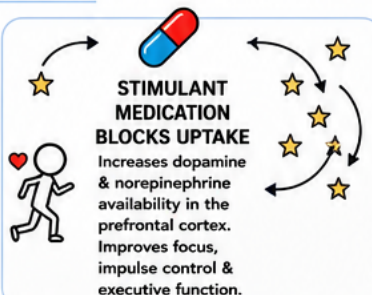
TRANSPORTING

NEUROTYPICAL BRAIN

Efficient Dopamine Signaling.
Regulated Reward Pathways.
Sustainable Focus.

ADHD BRAIN

Altered Dopamine Function.
Faster Dopamine Removal.
Impaired Reward Processing.
Distracted Default Mode Network (DMN).
Medication & Therapy can help.



COPING STRATEGIES

- Behavioral Therapy (CBT)
- Structure & Routine
- Mindfulness & Meditation
- Healthy Sleep
- Nutrition & Exercise
- Support & Encouragement

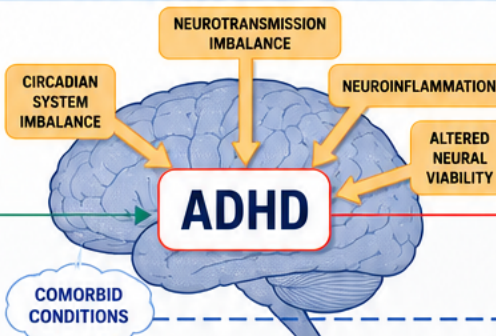
WHY ADHD IS COMPLEX: MANY FACTORS ARE INVOLVED

Genetic factors

- Heritability: 60–90%
- SNP-based heritability: 10–28%
- ADHD-associated mutations

Environmental factors

- Pre/peri/postnatal difficulties
- Psychological adversities
- Chemical contamination
- Iron deficiency
- Nutrition & lifestyle



First-line pharmacological treatments

- Methylphenidate (MPH)
- Lisdexamfetamine (LDX)

Symptoms

- Inattention
- Hyperactivity
- Impulsivity

Research suggests that neurotransmitter imbalance, neuroinflammation & immune dysregulation, circadian system dysfunction, and altered neural viability may contribute to ADHD and its comorbidities.



"From the Desk of Dr. George"

Understanding ADHD Through Science and Integrative Care

Dear Friends,

Attention-Deficit/Hyperactivity Disorder (ADHD) is one of the most common neurodevelopmental disorders affecting children, adolescents, and adults. Advances in neuroscience have greatly expanded our understanding of ADHD, revealing that it involves complex interactions among brain development, neurotransmitters, genetics, and environmental influences. Rather than representing a lack of intelligence or motivation, ADHD reflects differences in how the brain regulates attention, executive function, reward processing, and self-control.

Current research has shown that dopamine and norepinephrine play essential roles in these brain functions. Emerging evidence also suggests that neuroinflammation, immune regulation, circadian rhythm disturbances, and neural connectivity may contribute to ADHD in some individuals. These discoveries remind us that ADHD is a multifactorial condition requiring a comprehensive and individualized approach to care.

At Dynamic Health Center, we believe that every patient deserves a thoughtful evaluation that considers the whole person—not simply a diagnosis. While conventional medical therapies and behavioral interventions remain the cornerstone of evidence-based treatment, we also recognize the importance of lifestyle medicine, nutritional support, sleep optimization, stress management, and individualized complementary approaches when appropriate.

In homeopathic therapeutics, understanding the individual's mind, emotions, and thoughts is essential in selecting the most appropriate remedy. Through a detailed constitutional assessment and individualized remedy selection according to the Homeopathic Pharmacopoeia of the United States (HPUS), our goal is to support the body's natural capacity for regulation and healing while working alongside established medical care.

With over 25 years of clinical research and experience, I have observed meaningful benefits from the use of carefully selected homeopathic remedies, including *Chamomilla*, *Calendula*, *Hypericum*, *Arnica montana*, *Calcarea carbonica*, *Calcarea fluorica*, and others, in helping to support the regulation and management of ADHD symptoms as part of an integrative care plan.

The purpose of this newsletter is to educate, inform, and empower families with scientifically grounded information so they can make well-informed healthcare decisions. As research continues to evolve, our commitment remains the same—to provide compassionate, evidence-informed, and personalized care that promotes lifelong health and wellness.

Thank you for allowing us to partner with you on your journey toward better health.

Warm regards,

Dr. Oommen K. George, Ph.D.

Medical Scientist | Homeopathic Therapeutics
Dynamic Health Center

"Advancing Brain Health Through Science, Compassion, and Integrative Care"

"The highest form of healing is to restore the body's natural capacity to heal itself."



DYNAMIC HEALTH CENTER

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Individualized Solutions
Health & Hope