



The Critical Role of Primitive Reflexes in ADHD, Autism, and Anxiety

Sep 14, 2023 | Neuro Development

At Brain and Body Health, we delve deep into the understanding of our neurological makeup. One aspect we often encounter in our practice is the important role of primitive reflexes. These reflexes, although essential in the early stages of our lives, can sometimes persist longer than they should, and amplifying ADHD, Autism ASD level 1, and anxiety.

Understanding the Primitive Reflexes: Primitive reflexes are automatic movements directed from the brainstem and executed without brain cortex involvement. They serve to protect and support the infant during the first year of life. As a child develops, these reflexes should ideally inhibit to make way for more complex neural structures and processes.

Anxiety and The Orbitofrontal Cortex: One of the intriguing intersections between primitive reflexes and developmental conditions is found in anxiety. The right orbitofrontal cortex is vital for inhibiting anxiety. When primitive reflexes persist, they can delay the development of this area of the brain.



Book an appointment online

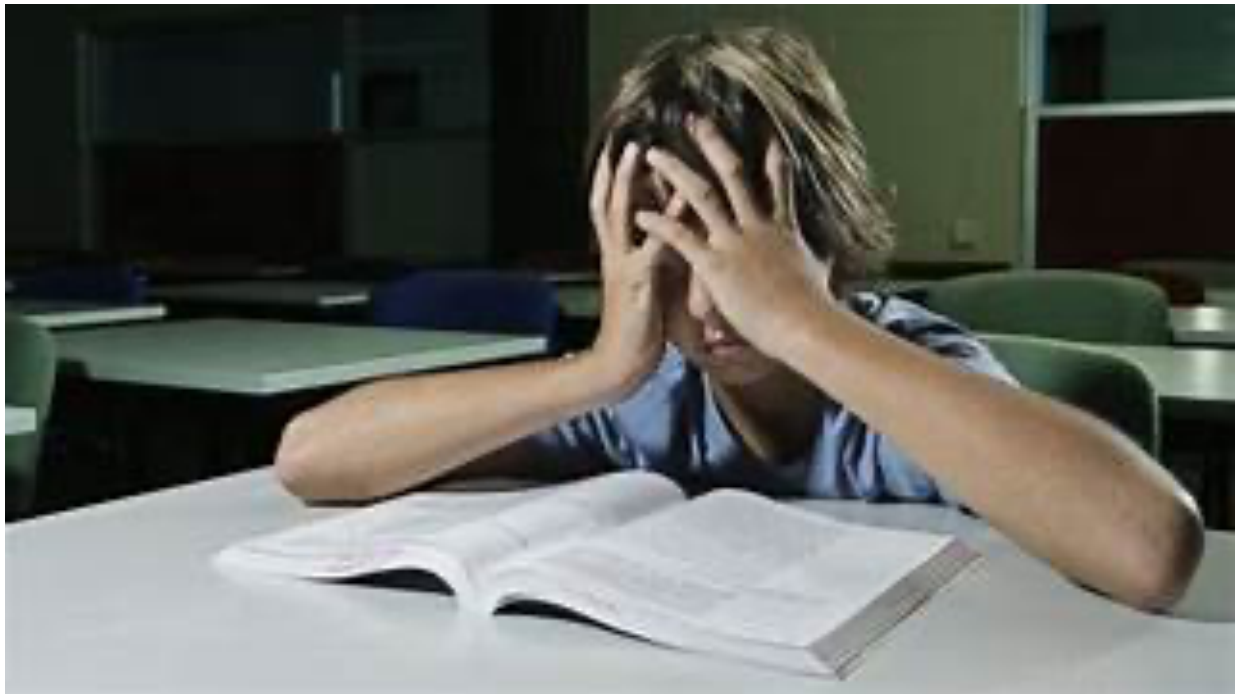
with one of our experienced therapists



Book a FREE 15 min phone consult

to see how Dr Eric Hansen can help you

Related resources



The Impact of the ATNR Reflex on Reading and Attention in ADHD

by Eric Hansen | Oct 27, 2023 | ADHD, Neuro Development

Reading is more than understanding words on a page; it's an intricate dance of neural circuits, eye movements, and attention. For those with ADHD, this dance can be even more complicated due to a persisting primitive reflex - the Asymmetrical Tonic Neck Reflex (ATNR)....



ADHD and Anxiety

by Eric Hansen | Oct 26, 2022 | ADHD, Neuro Development, Uncategorized

ADHD is the most common neurodevelopmental condition amongst children. ADHD can cause concentration and behavioural issues as the brain develops at a slower rate. The most commonly known symptoms include short attention span, fidgeting, hyperactivity, impulsivity and...

Spinal Galant Reflex

by Eric Hansen | Oct 26, 2022 | Neuro Development, Uncategorized

The Melillo Method was developed by Dr. Robert Melillo as an effective protocol for helping

kids and adults to reach their full neurological potential. At Brain and Body Health we are one of the few clinics in NSW to be certified in the Melillo Method. At twenty...

Primitive Reflexes and the link to the “fight or flight” response

by Eric Hansen | Oct 26, 2022 | Neuro Development, Uncategorized

Overview of primitive reflexes The link between retained primitive reflexes and brain development was developed by Dr. Robert Melillo. At Brain and Body Health we are one of the few clinics in NSW with certification in the Melillo Method Primitive reflex movements are...

What can be done to help ADHD

by Eric Hansen | Aug 24, 2021 | ADHD, Neuro Development

A recent study found a link between ADHD and Retained Primitive Reflexes. Primitive reflexes are present in infancy and usually disappear by the age of one as the brain develops. There is increasing evidence that children with ADHD and learning difficulties have...

ANXIETY in kids/ teens

by Eric Hansen | Aug 3, 2021 | ADHD, Neuro Development

If you have tried yelling ‘Calm Down’ at your kid with anxiety and it didn’t work then keep reading. <https://www.youtube.com/watch?v=EWUHd83rdUo> If we look at anxiety from a neurophysiological point of view anxiety is an issue with over activation in some networks in...



Does your child have poor behaviour, attention, and gut health issues?

by Eric Hansen | Dec 19, 2017 | ADHD, Neuro Development

Poor behaviour. Poor attention. Poor gut health. If your child ticks any of these boxes then you know how it can make the simplest day-to-day tasks difficult. The vagus nerve and it's effect on the autonomic nervous system (ANS) is often overlooked in the management...



What effect does screen time have on your child's brain?

by Eric Hansen | Dec 5, 2017 | Neuro Development

SCREENS - they are everywhere! Computer screens, TV screens, tablet screens, phone screens; everywhere you look there is a bright flashing light staring right back at you. With the rise of technology, the hot topic that everyone wants answers to is what effect does...

**Book an appointment
online**

[with Anna Gundry](#)

**Book a FREE 15 min
phone consult**

[to see how Dr Eric Hansen](#)



Brain + Body Health

Location

Suite 20, 1-7
Jordan St,
Gladesville NSW
2111

Contact

Ph. (02) 9817
6611
Text Us. (0426 766
711)
Email us

Opening Hours

Mon 9:00 AM – 7
PM
Tue 8:30 AM – 7
PM
Wed 1 PM – 7:30
PM
Thu 8:30 AM – 7
PM
Fri 8:00 AM – 1 PM
Sat 8 AM – 1 PM

Services

Neuro-Rehab
Neuro-
Developmental
Rehab
Chiropractic
Laser Therapy
Massage
Exercise Rehab

Conditions

Back Pain
Shoulder Pain
Neck Pain
Knee Pain
Sciatica
Tendonitis
Disc Bulge
Headaches