

## ADHD and Alternatives to Dangerous Drugs

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Prescription drugs designed to address ADD/ADHD symptoms can have some frightening side effects:

- Chemical brain imbalance that reduces exploration, curiosity, socializing and playing.
- Diminished brain function resulting in a narrowed range of mental capacity or emotional expression.
- Physical problems: headache, stomach pain, sleeplessness, decreased appetite, nausea, vomiting, dizziness, allergic reactions, increased blood pressure, arrhythmia, stroke and sudden death.
- Mental problems: nervousness, tics and psychosis.
- Chromosome damage that increases risk of cancer.

Countless professional studies and review of literature confirm that ADHD drugs have no positive benefit on emotional behavior or on academic performance and achievement. Consider that:

- No evidence supports the use of any specific methylphenidate medications for treating ADHD patients.
- An FDA advisory panel recommended its strongest "black box" warning label for Ritalin, Adderall, Focalin, Methylin, Metadate, Concerta and similar medications, based on an FDA report that found 25 children and adults had died suddenly from 1999 to 2003 after taking these drugs. Long-term use is risky; increasingly, many dangerous side effects have been reported.
- Class action lawsuits have been filed in several states charging the foreign drug giant Novartis, the maker of Ritalin, on conspiracy for fabricating the disorder known as ADHD to increase sales dollars for their legally addictive psychotropic drug.

ADHD/ADD switches off the "circuit breakers" inside the brain. Correctly formulated, natural nutrients have been shown to reset them again. A Fischer Institute for Medical Research study concluded that micronutrients are associated with improvements in the attitudes of both students and teachers. During an open study at a small private school, students' grade point averages rose from 2.98 to 3.63 when these targeted micronutrients were taken every day at school.

**Synaptol™**, a nutritional supplement, feeds the mind micronutrients, plant-based monosaccharides and antioxidants that the average diet lacks. More than 90% of focus group participants reported positive results within 24 – 48 hours.



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## What is ADHD?

ADHD, Attention Deficit Hyperactive Disorder, is not a disease. Rather, it is a term used to describe certain behaviors that can be disruptive in certain social settings – such as:

- Hyperactive, fidgety and unable to sit still?
- Impulsive and unable to finish what you started?
- Unable to pay attention, making careless mistakes?

Almost everyone probably can answer "yes" to all of these, depending on what's going on in your life at the moment. Or, you may be diagnosed with ADD/ADHD--a range of behaviors that could indicate food allergies, an over-stressed lifestyle, anxiety, depression, lead poisoning or some other learning disability.

ADD/ADHD can be defined as simple incompatibility between a person and their environment. Lifestyle changes can often solve the problem: change jobs, find alternative education or improve your diet.

## Diet and ADHD.

The highly processed foods that most of us consume are not only stripped of vital "brain food" nutrients during processing, they also have additives that further disrupt healthy mental function.

- **What they put in our food.** Various studies have proven that preservatives and food dyes can cause ADHD behavior.
- **What they take out of our food.** Processing removes a host of essential micronutrients, vitamins and minerals from foods and "fortifies" them with a handful of synthetically produced substances that the digestive system may not successfully absorb. For example, diets deficient in essential fatty acids have been shown to result in ADHD.
- **Food allergies.** Today's highly processed foods, genetically modified foods, and a polluted environment, have given rise to an epidemic of food allergies--another proven cause of ADHD behavior.

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