

June 2008
Newsletter

Understanding ADHD

Body Harmony Chiropractic/ 940-594-0795

Adderall, Concerta, Daytrana, Dexedrine, Dextrostat, Focalin, Metadate, Methylin, Methylphenidate, Ritalin, Strattera, Vyvanse... these are some of the common drug names used for "treatment" of ADHD today. It's estimated that 4 million school aged children in the U.S. are on one of the above mentioned drugs for ADHD.

When did we decide as a society that if our children are misbehaving and can't sit still that the acceptable solution was to drug them? Yes, many will attest that when a child with ADHD is put on one of these drugs that they finally sit still and concentrate on the task at hand, but at what cost? In the short term, some of the costs may include: weight-loss, growth suppression, anorexia, vomiting, psychosis, hallucinations, dizziness, excessive nervous system stimulation, headaches, nervousness, irritability...you get the general idea. In the long term, unfortunately the side affects of these drugs on a child past three weeks have not been studied. This is very scary considering the drug administered to children everyday has the same pharmaceutical profile as cocaine, and *more* of an intoxicating effect on the brain than cocaine.

Here's the good news, there is a better way, and it doesn't involve your kids being on drugs. Chiropractic care is natural and effective in reducing and/or eliminating ADHD. Chiropractors address the subluxations in the spine. A simplified definition of a subluxation is when vertebrae misalign creating pressure on the nervous system. When a child or adult receive a Chiropractic adjustment, this reduces the stress of the nervous system allowing proper function. Alleviating stressors of the nervous system allow the information flowing to and from the brain to travel efficiently. Long story short, Chiropractic adjustments have been shown to reduce or eliminate ADHD.

"Back to Natural Health!"

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Second to Chiropractic adjustments, adding the proper nutrition into a child's diet and eliminating external nervous system stressors is crucial. One of the most important nutrients to combat ADHD is fish oil/cod liver oil. Two of the most important things to eliminate from the child's diet is dairy and refined sugar. This means replacing all soda and juice with water. Simple carbohydrates such as white bread must also be eliminated since these break down into simple sugars in the body. Above all, if ANY sources of artificial sweeteners are entering your child's body, this must be eliminated. As you have heard me say before, artificial sweeteners are a nervous system excitotoxin, meaning they over excite the nervous system...this is the last thing a child with ADHD needs!

Although I realize that the thought of your child off of his/her "meds" is a scary thought for a parent; the unknown future damage that you are causing in the development of your child is even scarier. It is summer time and school is out, this is the perfect time to try the natural approach to eliminating ADHD. Children are unique in their physiology, which means the cause of their ADHD and therefore the proper treatment plan for their recovery is going to be unique. If you are ready to allow your child a healthy drug-free life, ask Dr. Amelie for a plan specific for your child. Let your child grow, laugh, and learn the way it was intended!

-Written By: Amelie Biskup, D.C.

We're on the Web!

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www.BodyHarmonyChiro.com

