

# The C.O.H.N. Report

## Compelling Original Health News

### Is My Child OK?

Is my child OK? This is what a parent asks themselves whenever their child has an earache, fever, headache, fall, snuffle or even just acts a little funny. Usually, our child is just fine or will be fine as the event runs its course and our child's immune system and/or body's function has now grown stronger and more resilient from the event. It's usually when we try and intervene with this natural process that we run into trouble. Unfortunately, there's more and more pressure on parents from our media that causes them to question their parenting skills. Our television, magazine and newspaper ads are now telling us that what worked for our mothers and grandmothers is no longer effective and today's answer to our child's ills can be found in the form of a drug. This is particularly evident when we discuss the issue of our child's attitude or behavior.

So, what do we do when we get a message from the school nurse that our child's third grade teacher wants them evaluated by a pediatrician to be placed on Ritalin or Adderall to help them better function in class? So, what do we do? Does your child really have a behavioral problem such as ADD or ADHD? Do they really need to be medicated?

When I went to grade school, if I failed to pay attention in class it was because I was bored with the subject or the instructor that was teaching it. Now, in the last 25 years, this same situation has become a diagnosable disease. Our children are now being labeled ADD (attention deficit disorder), ADHD (attention deficit hyperactivity disorder), CD (conduct disorder), SRD (serious reading disorder), SED (serious emotional disorder), LD (learning disorder) and the list goes on and on.

How did we start medicating our children as an answer to this situation? In this author's opinion, the answer to that question is a political 'rabbit hole' that runs way too deep for this report. In a nutshell, this issue is now so hot that the states of New Jersey and California have submitted class action lawsuits charging a conspiracy to contrive these childhood disorders and then overdiagnose them so as to create a market for these drugs in our children.

Here are some interesting tidbits for you to look at and you can decide for yourself. **Ritalin and Adderall are narcotic** – like drugs that possess the same pharmacological profile as cocaine. According to renowned pediatrician, Lendon Smith M.D., psychiatrists and pediatricians prescribe these types of narcotic drugs to 4,000,000 children on any given school day. Between 1979 and 1983, a landmark study in the International Journal of Biosocial Research reported that New York City public schools gradually eliminated all artificial colors and flavors and reduced sugar in school cafeterias serving more than one million school children. After doing this, problem behaviors in juvenile delinquents such as theft, insubordination, hyperactivity, suicide attempts, etc. dropped by 47%. Another study in Lancet in 1985 showed a 79% improvement in hyperactive children when

artificial coloring, flavorings and sugar were eliminated from their diet. According to a document put out in 1987 by the American Academy of Pediatrics, full endorsement was given to drug treatment for ADHD while the same paper made absolutely no mention of nutrition. In 1994, the American Dietetic Association published a fact sheet entitled, "Questions Most Frequently asked about Hyperactivity". In the fact sheet, were the questions, "Is there any dietary relationship to hyperactivity? Should I restrict certain food from my child's diet?" Their answer: NO. (Note: The fact sheet was funded by the Sugar Association who also funded the American Academy of Pediatrics 1995 nutrition video for children along with the Meat Board). According to the Wall Street Journal, April 4, 1997, drug companies are now offering new treats for our kids such as peppermint Prozac, liquid Zoloft, and orange-flavored Paxil, even though the FDA has not approved their use in children. It would take up a page and a half to just list the side effects and contraindications listed in the PDR (Physician's Desk Reference) for the five drugs I have mentioned thus far.

So, what's the answer? There is no one answer. There are many factors that contribute to the problem we have mentioned. The first step is to **pay attention to and step up the quality of our children's diets** to include more fruits, vegetables and whole foods while reducing the amounts of artificial and processed foods wherever possible. Secondly, I would **consider nutritional supplementation**. One product I have found to be particularly effective and well liked by children (this is vital because if they do not like it, they will not take it) is called **Future Star by Symmetry Direct**. It includes the vitamins, minerals, antioxidants, probiotics, phytonutrients, phospholipids, super foods and brain foods all in one. It comes in a canister as a powder that mixes up into an orange fruit drink so the kids don't think they're taking more pills or drugs. It's in a form they are already accustomed to taking as a beverage.

Most important is to not treat your child like they have a problem or that there is something wrong with them. Remember, Einstein was four years old before he could speak and seven before he could read. Isaac Newton did poorly in grade school. As a boy, Edison was told by his teachers that he was too stupid to learn anything. Henry Ford never made it past the 5<sup>th</sup> grade. Winston Churchill failed the 6<sup>th</sup> grade, and Billy Joel was told by his high school principal that he would never amount to anything.

All children have amazing gifts and an innate intelligence within their bodies that guide them. It is our responsibility as parents to nurture, guide and protect that which has been given to them by God.

Yours in Health,

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