



ADD / ADHD MEDICATIONS- DRUG MONEY OR HEALTH CARE ? by Dr. Daniel Pompa D.C. (Pompa Health Solutions)

Attention Deficit Disorder / Attention Deficit Hyper Disorder

We have 7 to 8 million American kids on psychotropic drugs such as Ritalin and Adderall. This intense medication of our children supposedly deals with behavior triggered by ADD and ADHD; however, we find that the targeted behaviors are characteristic, to a certain degree, of any normal, energetic child. The Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) lists the following behaviors as symptomatic of ADD/ADHD, and advertisements for Adderall, Ritalin, and other amphetamines tell you, the parent, that if your child exhibits these "symptoms" (behaviors), then your child needs their drug:

1. Inattention (at least 6 necessary)
 - Often fails to give close attention to details or makes careless mistakes
 - Often has difficulty sustaining attention in tasks or play activities
 - Often does not listen when directly spoken to
 - Often does not follow through on instructions or fails to finish work
 - Often has difficulty organizing tasks and activities
 - Often avoids, dislikes, or is reluctant to engage in tasks requiring sustained mental effort
 - Often loses things
 - Often distracted by extraneous stimuli
 - Often forgetful in daily activities
2. Hyperactivity and Impulsiveness (at least 6 necessary)
 - Often fidgets with hands or feet or squirms in seat
 - Often has difficulty remaining seated when required to do so
 - Often runs or climbs excessively
 - Often has difficulty playing quietly
 - Often "on the go"
 - Often talks excessively
 - Often blurts out answers to questions before they have been completed
 - Often has difficulty waiting turn
 - Often interrupts or intrudes

I don't know about yours, but my five (5) children demonstrate ALL of these behaviors. (That's 18x5, folks.) In fact, normal children under 7 years of age frequently display 12 of these 18 so-called symptoms. The truth is that ADD and ADHD are not diseases at all but wear that label ONLY for the sake of insurance coverage.

So then, how do we create a "disease" in order to get the insurance bucks? We simply compile a list of "symptoms" and call the list a disease without ever asking ourselves why our kids lack focus or attention. (One thing for sure, it's not because their bodies have a Ritalin or Adderall deficiency.)

Could the behaviors in question possibly result from a lack of discipline, too many processed foods, or sugar? Could subluxation be creating interference in the central nervous system thereby leading to over-stimulation? Could it be the onslaught of chemical toxicity such as the formaldehyde found in your new furniture or carpeting? Could it be the vaccines and their neurotoxic effect on the central nervous system? Perhaps it's nutritional allergies, learning-related visual problems, or simply an ill-informed teacher who doesn't understand your child's learning style. Perhaps it's all of the above. Whatever it is, we MUST consider cause-and-effect before continuing to push dangerous drugs on our children.

On The Montel Williams Show, when asked if they would use cocaine to calm their children, parents gave a resounding "No." As the program ended, the featured guest doctor said, "You would be better off using cocaine rather than Ritalin because cocaine has fewer side effects and is not as potent."

The doctor obviously recognized Ritalin and cocaine both as Schedule II drugs having the same effects on kids, with one exception: Ritalin is more dangerous! In fact, Ritalin sells for more on the street because it is a stronger drug. If caught with Ritalin without a prescription, you go to jail!

Ritalin and other such drugs may trigger manic behavior in children. The tale is told right there in the adverse events tables on the drug inserts. Remember Columbine? These drugs have led to 7 of the last 12 school shootings and almost all of the bizarre murders committed by children. In fact, the FDA now warns against antidepressants and their link to childhood suicides. Also, many studies indicate stunted growth, especially of the skull bones. This can lead to pressure on the developing brain followed by permanent neurological damage. Other studies link antidepressants to cardiac arrest in children.

That is merely an abbreviated list of the damage these Schedule II drugs can cause, and yet we continue prescribing them to our children. While other countries are outlawing these dangerous drugs and identifying causes, we are pushing drugs on our kids 5 times more than all other countries combined.

At Pompa Health Solutions and other Maximized Living Practices around the country we are asking...How can this go on? Well, in the words of the wise King

Solomon, "MONEY answers all things." Hoppin' down the money trail, you'll find powerful drug companies making big bucks at the expense of your children. Do not believe their lies. Do not believe that your children have a chemical imbalance and that drugs are balancing the problem. There is no scientific evidence of any such thing, in children or in adults. I challenge anyone to find even one study proving the claims. The studies simply do not exist.

The studies don't exist, but the clichés do. How about this one: "There is a time and a place for dangerous drugs - when someone is endangering himself or others."

Well, mom and dad, the truth is that the only time your child is dangerous is when he or she is taking a mind-altering drug, and the only place this happens is in a country like ours which embraces a dangerous medical philosophy.

Putting all that aside, just ask yourself, "What are we teaching our children?" The answer is easy. We're teaching them to handle problems by taking drugs, and, as the doctor said on Montel, kids taking prescription drugs are 200 to 300 times more likely to go on to other Schedule II drugs, such as cocaine. As parents and as a nation, we can no longer stand by. We need to stand up --- up against the trillion dollar drug pushers. As responsible adults, WE must "Just Say No!"

At Pompa Health Solutions (Dr. Daniel Pompa D.C.), kids with ADD/ADHD like behavior and those within the autism spectrum (ADD through autistic) all start out on the same program. The approach is the same because the root causes are the same; that is, nutritional imbalance and neurotoxicity leading to neurological damage. The further a child is to the right of the spectrum (exhibiting disorders like sensory integration, Aspergers, and autism), the more neurotoxic he is. We know that such children will not recover without proper detoxification; therefore, we apply all the steps outlined below. To the left of the scale, however, we need only assist the body back to balance with chiropractic care, dietary modification, and education. Besides the Dr. Pompa's Healing Diet, very little detox is needed with this condition in most cases.