



# Kids Our Family Newsletter

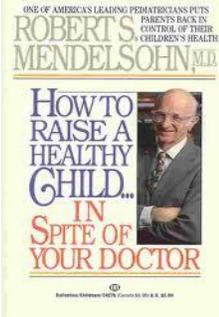
## first

Ferguson Family Chiropractic ~ Dr. John M. Ferguson, D.C.  
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Our goal is to inspire you, to provide you with the latest health care options available, make you smile, and help you to help us fulfill our mission – *to reach as many parents and children as we can!*

Last month I really got into the very contentious and controversial issue of **ADHD**. Many people have strong opinions on this subject – and I can't blame them. It deals with our children. So let's continue...

The late Dr. Robert Mendelson, M.D., one of the most respected pediatricians in North America, and a self-proclaimed medical –heretic felt that it could be our perception that may be at fault.



"Is it the child who is hyperactive", he asked, "or is it that the average earthling is no longer excited about life?" Interesting thought.

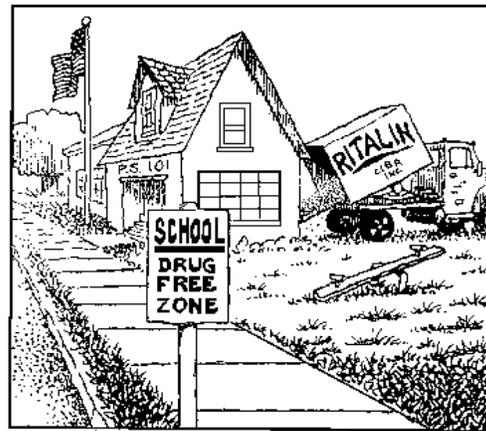
And some authorities, Dr. Peter Breggin being one of them, feel that ADHD should be renamed to "DADD" Dad Attention Deficit Disorder.



The feeling is that a lack of parental attention and lack of discipline could be the cause. Hmmmmm.....

### Creating a Drug-Dependent Child

To treat this strange, new affliction, children are most often placed on the drug **Ritalin**, categorized as a Class II narcotic.



To bring this into perspective, Class I drugs are those substances that even a licensed physician can't prescribe, eg: Heroin, LSD, etc.

Class II are those substances that are also addictive but may have some limited medical value, eg: **Ritalin, Cocaine**, etc. Class III and IV are substances that have the potential for abuse, such as Valium, etc. I also need to add that there are other drugs such as **Adderall** that are used for ADHD and are placed in the same classification.

As parents, you may not realize that Ritalin is highly addictive and that is why it is placed under the same classification as cocaine. Ritalin is a psychotropic drug; it alters behavior and a child's perception of the world. The purpose of this drug is to force the child to obey (It also has another, more sinister purpose, which will become all too clear as you read on). I feel it robs children of their individuality.

Are we turning our kids into robots? This drug is so popular that toddlers are the new target market. As a matter of fact, other drug companies, in their quest for a share of the

market, are now suggesting that children be placed on Prozac. This is not OK!

There have been few conclusive research studies done on the long-term effects of Ritalin. However, Johnson and Stewart found that:

- 83% of children on Ritalin had trouble with frequent lying
- 60% were still overactive and rebellious
- 59% had contact with police
- 52% were destructive
- 34% threatened to kill their parents
- 15% contemplated suicide

**Drugs are recommended and often suggested to help scholastic achievement, yet according to the U.S. Drug Enforcement Administration "...a review of 17 studies using 55 independent measures of academic achievements showed that psycho-stimulants have NO long-term beneficial effects on scholastic success."**

*"Methylphenidate Review," August 1995 (edited version, October 1995), Office of Diversion Control, Drug and Chemical Evaluation Section, U.S. Department of Justice, Drug Enforcement Administration*



*Do these kids really look like they need drugs? Well, maybe the second girl in line. Just kidding!*

### **Nutritional/Supplement Considerations**

In the last decade or so, a number of research studies into children diagnosed with ADD and learning disabilities have pointed to further causes: nutritional deficiencies and heavy metal toxicity from environmental pollutants. Clinically, I feel that both factors are involved most of the time.

Symptoms of a mineral deficiency can include: *Nervous system dysfunction, memory loss, hyperactivity, restlessness, confusion, depression, irritability, poor coordination, insomnia, fatigue, nervousness, and much more.* "Typical Signs of Nutrient Deficiency," Knowledge Base, [www.dadamo.com](http://www.dadamo.com); Total Wellness, J. Pizzorno, M.D

Environmental factors that can also trigger hyperactive symptoms are:

Chlorine in water, chemicals in furnishings, decorating products, cleaning products, insect repellents, pesticides, dust, mold, aerosol disinfectants, school air, and pollen. "In Harm's Way," Executive Summary, [www.getipm.com](http://www.getipm.com); T. Schettler, M.D., J. Stein, M.D., F. Reich, Psy.D., et. al., [www.preventingharm.org/harmswayreadmore](http://www.preventingharm.org/harmswayreadmore).

A study in the *Annals of Allergy* showed children on a diet free of dairy, wheat, corn, soy, citrus (especially oranges and orange juice), eggs, chocolate, peanuts, artificial colors, flavors and preservatives for two weeks experienced considerably less hyperactivity. An elimination diet – removing the suspected food completely for 2 weeks and then re-introducing that food on an empty stomach – is a great way to determine if there is a chemical food allergy contributing to ADHD symptoms.

The following seven nutrients have been known to either enhance brain function or detoxify the body – and sometimes both.

-Fish and fish oils: fish has a high content of omega-3 essential fatty acid called docosahexaenoic acid (DHA). DHA is the building block of our brain tissue and is found especially concentrated in the brain's grey matter.

-Evening primrose: this flower is one of the best sources of an omega-6 fatty acid - gamma-linoleic acid (GLA). GLA is an important brain-development nutrient and is easily incorporated into brain lipids or fats.

-Phosphatidylserine (PS): is the most abundant and important of the brain phospholipids, or "good" fats. It helps keep brain cell membranes healthy and fluid so that cells can easily communicate.

-L-Glutamine and N-acetylsterine (NAC): L-Glutamine, or simply glutamine, is known as brain fuel. It easily passes thru the blood-brain barrier and converts to glutamic acid, an essential factor of proper brain function. NAC is an extremely powerful detoxifier of environmental pollutants. In combination with glutamine, NAC is known to raise levels of a compound called glutathione, itself an important antioxidant, also required for proper brain function.

-Grape seed extract: its superior antioxidant properties are about 50 times stronger than vitamin C and E. A flavanoid known as proanthocyanidin, grape seed extract has shown a remarkable ability to protect the body's fat (including the brain) from free radical damage

due to environmental toxins, including heavy metals.

-Spirulina: for its detoxifying power and general nutritional quality, spirulina is perhaps the most complete of the green “super foods”. Spirulina is an easily digestible microalgae containing high amounts of protein, GLA, amino acids and the nucleic acids RNA and DNA.

### Let your kids move...

As humans, we are a species designed to move and movement is a nutrient that nourishes the brain! According to behavioral and developmental pediatrician with training in sensory-motor integration, Susan Johnson, M.D., “The truth is that children should be taught to read, write and spell only when their neurological pathways for doing so have been fully formed...In order for children to be able to **sit still, pay attention** and remember abstract shapes like letters and numbers, they first have to have developed their **proprioceptive system**”, a part of the nervous system which enables them to sense their own body’s position.

The proprioceptive system is strengthened by physical movement, such as sweeping with a broom, pushing a wheelbarrow, carrying groceries, emptying the trash, pulling weeds, hanging from monkey bars and spinal adjustments by a pediatric chiropractor such as myself. These activities stimulate pressure receptors within the muscles, tendons and joints, allowing the mind to map the location of these various pressure receptors. In this way, a child develops a sense of where her body is in space, and even if her eyes are closed, she will be able to sense the location of muscles, joints and tendons within her trunk, arms, legs, fingers and toes.

What’s the ADHD connection you ask? Here’s an example. Take little Timmy who is asked to sit still at a desk. His brain can’t “feel” where he is in space. He has to keep moving his muscles and body all the time, or sit with his feet anchored underneath him or around the legs of the chair, in order for his mind to sense his position. I have found that this child will also have difficulty balancing on one foot with eyes closed – a simple task to demonstrate proper proprioception and nerve function. These children like Timmy are often suspected of

having ADHD because they appear fidgety in their movements, have difficulty paying attention and have poorly developed fine motor skills. They are often labeled as having learning disabilities in visual processing (for example, dyslexia). They have difficulty recalling letters, numbers and shapes that are shown to them. They may also have difficulty remembering the orientation and direction of letters and numbers—such as confusing b with d, or writing 2’s or 3’s backward without noticing. This case is hardly from a lack of narcotics, rather a brain and body in need of stimulation – and chiropractic care in most cases!



### A Better Way!

Trained pediatric Chiropractors, like myself, have been successfully helping ADHD children for years. I often find that an interference with the proprioceptive nervous system, caused by a vertebral subluxation in the spine, is at the heart of the matter. These vertebral subluxations can be the result of a difficult birth, a fall, poor posture during sleep or daily activities resulting in spinal misalignment and resulting interference with normal nerve system function. A vertebral subluxation is a continual irritant to the nervous system. It is similar to having a pebble in your shoe that you can’t get rid of! Chiropractic care is directed at correcting these subluxations through spinal adjustments that stimulate the proprioceptive system thereby making the child’s nerve system function normally and reduce the need for hyper-activity. It’s that simple!

If your child has been labeled ADHD or is in the process of being labeled, my suggestion would be to consult me without delay. As a pediatric specialist in chiropractic who has handled dozens and dozens of these cases with great success, it is critical to be evaluated by the right doctor.

Next month we’ll switch gears and move toward a health problem that affects mainly adults but has not spared children entirely: Urinary Incontinence & Overactive Bladder Disease.

**Please...if you have any questions, or would like any information on any health topic, it would be my pleasure to help you! Talk with you next month.....**