



*Wisdom* for Healthy Living

## **ADHD & ADD - Healthy Kids made Patients ADHD**

**(Attention Deficit / Hyperactivity Disorder)**

### **Definition**

**ADHD** is a modern chronic condition that affects millions of children and often continues into adulthood. **ADHD** includes a combination of persistent problems such as difficulty sustaining attention, hyperactivity and impulsive behaviour.

“ADD and ADHD is the fastest growing childhood disorder in the USA, affecting an astounding 9-10% of all school aged children” *NUTRITIONAL HEALING, p201, Phyllis A. Balch, CNC & James F. Balch, M.D.*

### **What Causes ADHD and ADD?**

#### **1. SUGAR and refined Carbohydrates**

Researchers who performed 5-hour oral glucose tolerance tests on 61 hyperactive children found that 74% displayed abnormal glucose tolerance curves, suggesting a connection between hyperactive behavior and the consumption of sugar” *NUTRITIONAL HEALING, p205, Phyllis A. Balch, CNC & James F. Balch, M.D.*

I fully agree that “food” such as beverages, sweets and snacks that contain sugar is one of the main contributing factors that causes these childhood ‘dis-eases’. The central nervous system (CNS) was never designed to function with an overdose of continuous abnormal elevated blood sugar levels. The brain reacts differently and irregularly if it is continuously exposed to these modern high blood sugar levels. However, these ‘dis-eases’ are not only caused by this one variable. White flour presents the same results: a massive blood sugar rush that, apart from being a contributing factor in ADHD and ADD, it poses multiple health risks such as overweight, diabetes, tooth decay, osteoporosis, inflammation, acidosis and many more.

#### **2. Nutritional Injury**

The CNS is complex and most advanced and therefore needs special building blocks/nutrients to develop and function at its full genetic capacity. The modern processed food chain lacks these nutrients. Dr Weston A. Price observes in his study that tooth decay can be cured naturally. Clinically a nutritional real food program augmented with natural fresh food supplements completely controlled the dental caries of each member of his group. But observe the primary benefit: “Two different teachers came to me to inquire what had been done to make a particular child (who



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was in an orphanage that had rampant tooth decay due to poor modern processed foods) change from one of the poorest in the class in capacity to learn, to one of the best. Dental caries is only one of the many expressions of our modern deficient nutrition." P260-261, *NUTRITION AND PHYSICAL DEGENERATION*, Dr Weston A Price.

It is clear that in the absence of the required nutrients a child's CNS won't be able to develop to its full genetic capacity.

### **3. Toxicology - Chemicals in modern processed food and other modern practices**

"Many people with these conditions react to certain preservatives, dyes, and salicylates in modern foods. These items can throw off the balance in the chemistry in the brains, often producing undesirable changes in behavior." *NUTRITIONAL HEALING*, p205, Phyllis A. Balch, CNC & James F. Balch, M.D.

#### **TESTIMONY**

**Read this beautiful and profound testimony of a family that responded in wisdom to these truths. They addressed and removed the root causes of the 'DIS-EASE' and again homeostasis was the result. PRAISE GOD for HIS DESIGN of SELF-HEALING.**

This testimony is not an isolated case. We helped numerous of our customers to reverse ADHD and/or ADD which resulted in improved school grades. The modern foods that are saturated with white sugar, white flour products, processed foods, preservatives and colorants are DESTRUCTIVE and are known to spike and maintain elevated blood sugar levels that alter brain chemistry.

#### **The SOLUTION**

Remember, the body is designed to win and heal when the correct nutrients and environment are made available. One can say the body has an 'INNER DOCTOR' who knows how to heal the body and its CNS. Our responsibility is to make sure our bodies with its 'INNER DOCTER' are empowered by providing it with the correct nutrients and environment.

#### **HOW DO I DO IT?**

##### **A. Change your diet – Let REAL Food be Your Medicine**



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My suggestion is, choose to GO NATURAL and SIDE STEP these MODERN 'DISEASES'.

Our book GO NATURAL offers a **10 Point NUTRITIONAL Plan** to optimally nourish your family. It is quick and easy. I invite you to read our book and to be informed and empowered.

## **B. FOOD SUPPLEMENTS**

There are many food supplements available but make sure you make use of a reputable brand with results. Remember, supplementing is a short-term solution until you receive all the nutrients through your daily diet and lifestyle, plus when the desired results were achieved.

## **C. CLEAN LIVING**

Make sure you and your family are not exposed to toxins like:

- Fluoride in toothpaste – this is a nerve toxin.
- MSG - a nerve toxic food preservative and taste enhancer.
- Mercury and other harmful neuro toxic preservatives in vaccines.

Remember, toxin A plus toxin B does not equal AB. Rather, the synergistical effect of two toxins is far more dangerous and unpredictable than the two toxins in isolation.

Much more is exposed in our book GO NATURAL that will empower you to live in WISDOM.

### **Conventional Treatment**

1. Ritalin
2. Concerta
3. Strattera, etc.

### **“SHOCKING Side Effects of Mainstream ADHD and ADD Medicine**

1. Impotence and erectile dysfunction and disturbance
2. Sleep disturbances
3. Restlessness
4. Headaches
5. Irritability
6. Changes in sex drive
7. Permanent brain damage
8. Liver damage



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9. Heart and blood vessel damage
10. Heart attack, stroke, and sudden death
11. Changes in personality, depression and/or hallucinations, suicide
12. Increased cancer risk

[https://databankwv.lareb.nl/Downloads/kwb\\_2010\\_3\\_methyl.pdf](https://databankwv.lareb.nl/Downloads/kwb_2010_3_methyl.pdf)

<http://articles.mercola.com/sites/articles/archive/2014/05/01/antidepressants-adhd-drugs.aspx>

### **A Child Has No Say**

My heart goes out to the innocent children who can't discern and choose for themselves. Children do not decide to eat these deceptive, modified and addictive QUICK FIX 'foods' that cause all the modern 'dis-eases'. Instead, the deceptive QUICK-FIX 'foods' are offered to them through 'The faulty 'food' SYSTEM' and vetoed by ill-informed parents when they put these 'foods' in their trolleys.

### **INJURIES to the CHILD:**

1. The primary injury is that when children are kept on these destructive modern 'foods' that cause continuous elevated blood sugar that results in altered brain behaviour.
2. The second side effect is that these quick fix nutrient poor 'foods' will not allow the child to develop to his/her full capacity both physically and/or cognitively.
3. The third possible injury awaits the child if and when the QUICK FIX drugs are used to treat the symptom, while the root cause remain untouched.

Let us stand together and share the truth. The TRUTH set me free from the shackles of unnecessary and harmful medicine while fighting MS, and the TRUTH can do the same for your children. Long term vitality and abundant health is the result if you GO NATURAL.

### **More READING**

#### **1. Attention-Deficit Disorder - NATURAL ALTERNATIVES to DRUG THERAPY**

By Nancy L. Morse BSc CNPA

#### **Overview of her book**

A growing number of children are unable to concentrate, constantly move around, have poor school performance even though they are intelligent, and behave in a



disruptive manner. Conventional therapies to modify this behaviour involve suppression of symptoms using stimulant and antidepressant drugs. These treatments, although they can be effective, merely mask features of the condition and do nothing to correct the underlying problem. In addition, mounting evidence suggests that these remedies produce harmful side effects that are often as troublesome as the condition itself.

There is a better way. This book provides a concise overview of natural options for such learning disorders as:

- Attention-deficit disorder (ADD)
- Attention-deficit hyperactivity disorder (ADHD)
- Hyperactivity
- Dyslexia
- Dyspraxia

You will find information on how the elimination of toxins, diet changes, nutritional supplements and treatment of essential fatty acid and other deficiencies can help, without the high cost or dangerous side effects of conventional drugs.

## **2. The ADHD FRAUD – How Psychiatry Makes “Patients” of Normal Children**

By Fred A. Baughman Jr. M.D. with Craig Hovey

### **Overview of his book**

Fred A. Baughman Jr., MD is an adult and child neurologist who has made "disease" (brain tumour, multiple sclerosis, etc.) vs. "no disease" (emotional, psychiatric) diagnoses daily and has discovered and described real diseases. Herein he describes the difference between psychiatry/psychology, on the one hand, and neurology and all organic medicine, on the other, and why ADHD and all of psychiatry's "chemical imbalances" are not diseases at all--but fraud. Referring to psychiatry, he states: "They made a list of the most common symptoms of emotional discomfort of children and in a stroke, that could not be more devoid of science or Hippocratic motive--termed them "diseases"/ "chemical imbalances" each needing/requiring a "chemical balancer"- a pill." In 1970, when "hyperactivity"/"minimal brain damage" (forerunners of ADHD) was first represented to Congress to be a brain disease, only 150,000 had it. Today, not by science or truth, but the "big lie" -saying it is a disease often enough, 6 million have it! Nor is ADHD the only "chemical imbalance." They give us conduct disorder (CD), oppositional-defiant disorder (ODD), major depressive disorder (MDD), OCD, PTSD, GAD, SAD, etc., a total of 374 psychiatric disorders in the Diagnostic and Statistical



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Manual (DSM-IV-TR) of the American Psychiatric Association (APA), said to be "chemical imbalances" needing "chemical balancers" --pills! In 2003 Congressional hearings it was said that 17% of the nation's school children, 8.8 million, were labelled and drugged by psychiatry. Today it is 20%; one in five; over 10 million! How better to sow the seeds of our own destruction? As if this were not enough, the President's New Freedom Commission on Mental Health is set to foist compulsory, government-mandated, mental health screening on all 52 million US schoolchildren. When normal people are lied to, told they have a "disease" to make "patients" of them, their right to informed consent has been abrogated and they no longer live in a democracy. When, pursuant to that lie, they are drugged, what we have is not "treatment" but poisoning. This is the greatest health care fraud in modern medical history.

<http://www.ritalindeath.com/The-ADHD-FRAUD.htm>

**Watch the interview with Mike Adams the HEALTH RANGER and dr Baughman**

<http://www.adhdfraud.org/> Dr Baughman

### **3. The ADHD Scam and the Mass Drugging of Schoolchildren (Transcript)**

[http://www.naturalnews.com/023334\\_child\\_children\\_brain.html](http://www.naturalnews.com/023334_child_children_brain.html)

### **4. The Truth About ADHD and the Mass Drugging of America's Children**

<https://www.organicconsumers.org/news/truth-about-adhd-and-mass-druggingamericas-children>

### **5. Research Raises Questions over ADHD Drugs**

<http://articles.mercola.com/sites/articles/archive/2015/12/10/research-raisesquestions-over-adhd-drugs.aspx>

### **6. Non-Drug Treatment of ADD/ADHD (Part 1)**

<http://articles.mercola.com/sites/articles/archive/2001/01/07/lendon-smith.aspx>