

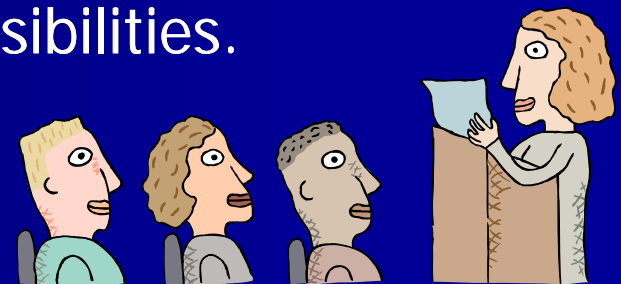
# Sheppard Chiropractic Presents...



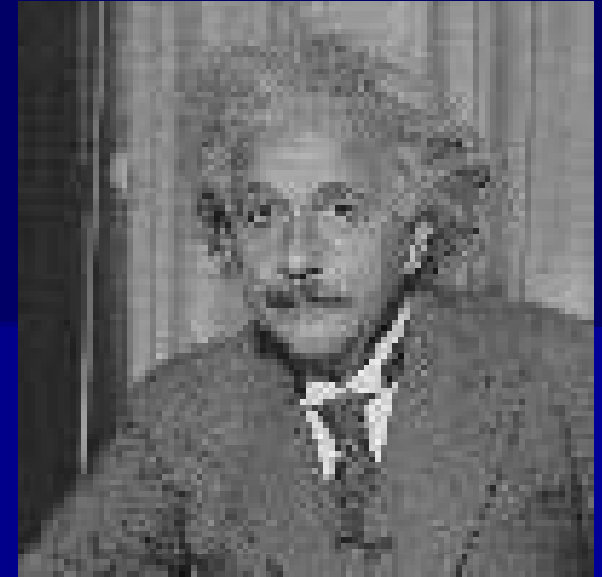
ADD & Ritalin:  
What If Albert Einstein Was  
On Ritalin?

# Open your mind, please listen; you are your family's leader.

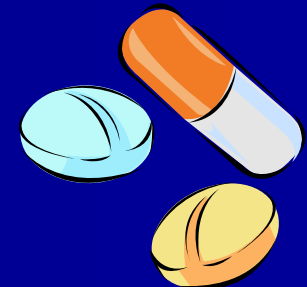
- My purpose is to give you the information about health that will allow you to make informed decisions that support your long-term health objectives, and to educate you so that you can, in turn, educate others.
- I want to get you to:
  - Think not once or twice, but at least one hundred times.
  - Recommend options and possibilities.
  - Give you a different view.



# Albert Einstein



- Did you know that Einstein, one of the greatest geniuses of the last century, did not speak until he was four years old and did not read until he was seven. He was described as mentally slow, unsociable and adrift in his foolish dreams. He was expelled from school, and refused admittance to the Zurich Polytech Institute.
- Today, he would have been put on Ritalin.



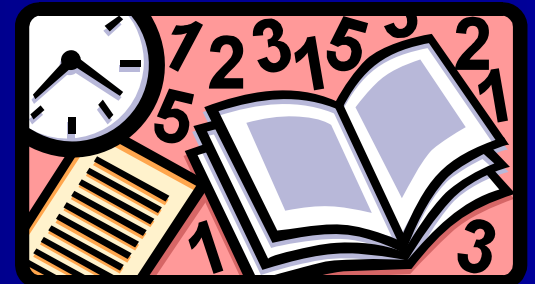
# Many people with ADHD must do things their way...

- Well, Leonardo Da Vinci was known for his famous paintings like the *Last Supper*, but numerous of his drawings were found, most of which he never completed. He wasn't satisfied with the paint he was using, so he came up with his own.
- He was classified as being ADHD.



# More ADHD Examples

- Ghandi said his school days were the most miserable of his life.
- John Lennon was expelled from kindergarten.
- The actor and director Kenneth Branagh feared school so much that he tried throwing himself down the stairs to break a leg rather than go.
- Albert Einstein wrote of his middle school, "I preferred to endure all sorts of punishments rather than learn gabble by rote." Earlier, he was not especially noticeable and was called Biedermeier, meaning a little dull, simple, and "unclever." His sister wrote that "he wasn't even good at arithmetic."



# More ADHD Examples

- Winston Churchill “refused to study mathematics, Greek or Latin, and was pleased in the lowest form” - what today would be referred to as the resource room, where slow boys were taught English.
- Some say that Thomas Edison tried 9,999 times to perfect the lightbulb and finally did on his 10,000th attempt. Imagine telling that story to your average ADHD kid who typically gives up if he or she doesn't obtain the desired result after the first attempt.
- We don't know for sure, but just imagine what Robin Williams must have been like in eighth grade - that speaks for itself.
- Woody Allen claims, “I paid attention to everything but teachers.”

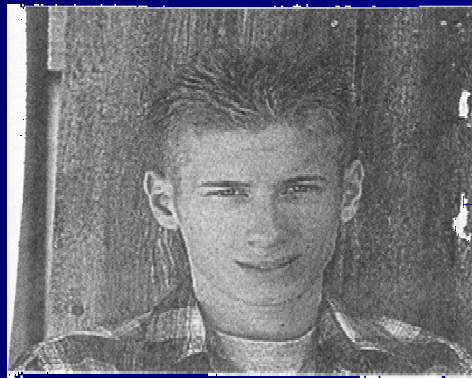
# Why is Ritalin so controversial?

- Ritalin is classified as a **Schedule II** controlled substance. This rating is given to prescription drugs that have the greatest abuse and dependence potential. Other drugs in this category are **Morphine, Opium, and Cocaine**.
- According to the Diagnostic & Statistical Manual of Mental Disorders and the PDR, the side effects of Ritalin include:
  - Stunting of growth, depression, insomnia, nervousness, skin rash, anorexia, nausea, dizziness, abdominal pain, psychosis in chronic usage, blood pressure and pulse changes, tourette's syndrome - a permanent and irreversible condition characterized by body ticks, spasms, barking sounds, and screaming obscenities.

# The Side Effects of Ritalin

- In the book, "Predicting Dependence Liability of Stimulant and Depressant Drugs," researchers Travis Thompson, PhD, and Klaus R. Unna, MD, describe the "chronic effects of stimulants in man: Perhaps the best known effect of chronic stimulant administration is psychosis. Psychosis has been associated with chronic use of several stimulants; e.g. d- and 1-amphetamine methylphenidate (Ritalin-P), phenmetrazine and cocaine.

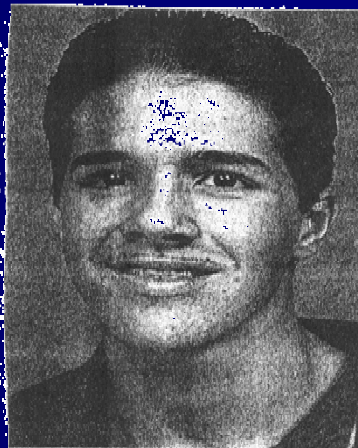
# What do these children have in common?



ERIC



MITCHELL



TOM



KIP

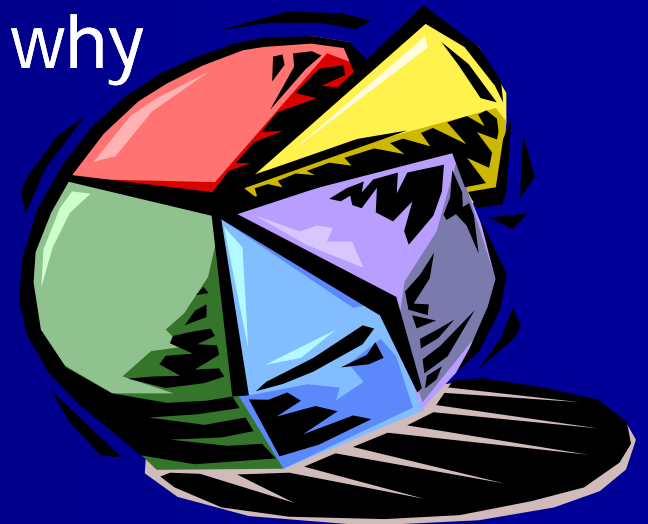
# Ritalin Alert

- Ritalin can be dangerous, even addictive.
- The production of MPH is up 500% since 1990, according to the DEA, and 3-5% of all US children between five and eighteen are taking it for ADD. But others without prescriptions are using "Vitamin R" as a party drug, crushing tablets into a powder to be snorted. For them, Ritalin acts as a stimulant like cocaine.



# Quick Facts

- There are 6,124,899,732 people in the world.
- 281,421,906 of those live in the US.
- The US makes up 22% of the total population.
- 95% of Ritalin is consumed in the US.
- If ADD is so prevalent, then why does 22% of the population consume 95% of Ritalin.
- The national average for children on Ritalin is 5.6%.



# Use of Psychotropic Drugs

- The use of antidepressants soared among children and teenagers between 1988 and 1994. The research, which gathered data on 900,000 youths ages 2 to 19, found a 3-5 fold increase over the seven year span.



*-Dr. Joseph Coyle of Harvard Medical School*

**Ritalin is so highly addictive that it is becoming one of the most highly abused recreational drugs.**

- According to a USA Today report, teens are:
  - Selling their Ritalin to other students;
  - Crushing Ritalin and snorting it like cocaine;
  - Cooking Ritalin and injecting it into their bloodstreams.
- This type of use can cause heart attacks and strokes according to Tony Tomasello, Director of Substance Abuse Studies at the University of Maryland.

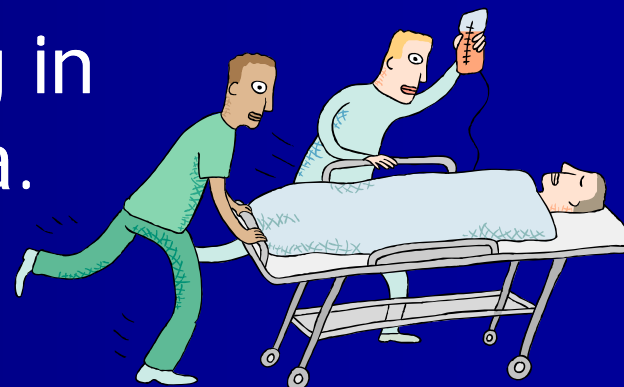
# Links to Ritalin



- Ritalin use is linked to crime and violence more than any other drug, according to a Canadian report.
- Well known criminal defense attorney from Georgia, Melvin Nash, states that between 50-60% of the people he represents for everything from traffic violations to armed robbery have been on Ritalin at some point in their life.
- According to the National Toxicology Program in laboratory tests, there was an increased incidence of liver tumors in mice that received Ritalin.

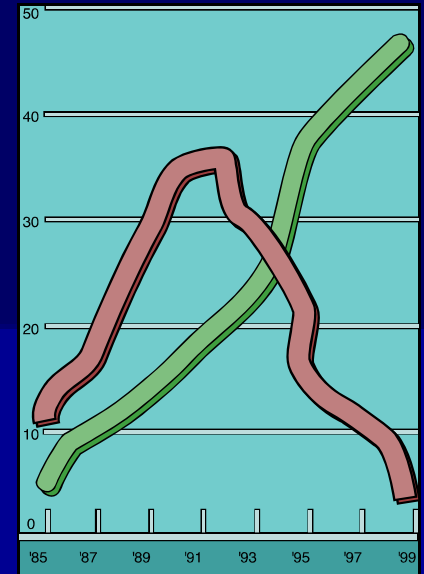
# Links to Ritalin

- Children with ADHD have a higher risk for serious injury. The researchers reviewed 8 years of injury data on more than 61,000 children ages 3 to 17 and found that those with ADHD were nearly 80% more likely to be involved in a serious accident resulting in hospitalization for trauma.



# Links to Ritalin

- While the debate over the disorder's epidemic status rages, some long-term data on whether the drugs are actually helping ADHD children have begun to trickle in. A study by William Frankenberger and Christine Cannon at the Human Development Center at the University of Wisconsin in Eau Claire published in 1999 found that 13 ADHD children on medication performed progressively worse over four years on standardized tests when compared with a group of 13 normal children with similar IQs and other characteristics.



# **“Negative Research Withheld: BBC April 2004”**

- Drug Companies have been accused of failing to publish drug trials which do not give the “right” result. Published research suggested a type of antidepressant was safe for children, but unpublished data indicated it was not. The pharmaceutical industry said it was taking steps to solve this problem. But, after looking at the unpublished trials, it was found that, with exception of fluoxetine, the risks exceeded the benefits. The Department of Health in UK, said last year that most SSRI’s should not be given to children.

# ADD Criteria - Inattention (Need 6 of 9 to Qualify)

- Often fails to give close attention to details or makes careless mistakes in school work, work or other activities.
- Often has difficulty sustaining attention in tasks or play activities.
- Often doesn't seem to listen when spoken to directly.
- Often doesn't follow instructions and fails to finish school work, chores or duties in the workplace.
- Often has difficulty organizing tasks and activities.
- Often avoids, dislikes, or is reluctant to engage in tasks or activities that require sustained mental effort (such as homework).
- Often loses things necessary for tasks or activities (i.e. toys, assignments, books, tools).
- Often easily distracted by extraneous stimuli.
- Often forgetful in daily

# Hyperactivity-Impulsivity (Need 6 of 9 to Qualify)

- Often fidgets with hands or feet or squirms in seat.
- Often leaves seat in classroom or in other situations in which remaining seated is expected.
- Often runs about or climbs excessively in situations (in adolescents and adults, may be limited to subjective feelings or restlessness).
- Often has difficulty playing or engaging in leisure activities quietly.
- Is often "on the go" or often acts as if "driven by a motor."
- Often talks excessively.
- Often blurts out answers before questions have been completed.
- Often has difficulty awaiting turns.
- Often interrupts or intrudes on others (butts into conversations or games).



# Requirements



- Present at least six months, maladaptive and inconsistent with development level.
- Some symptoms that caused impairment were present before age seven.
- Some impairment from the symptoms is present in two or more settings (i.e. at school, work, or home).
- There must be clear evidence of clinically significant impairment in social, academic, or occupational functioning.

# Famous People Who Exhibit ADD Behaviors or Have Been Diagnosed as ADD

- Hans Christian Anderson, Ann Bancroft, Beethoven, George Burns, Harry Belafonte, Thomas Carlyle, Andrew Carnegie, Lewis Carroll, Prince Charles, Agatha Christie, Winston Churchill, Admiral Richard Byrd, Stephen Hawkins, Mariel Hemingway, The Wright Brothers, Eddie Rickenbacker, Ernest Hemingway, Bill Cosby, John Corcoran, Leonardo da Vinci, Salvador Dali, Dwight D. Eisenhower, Michael Faraday, F. Scott Fitzgerald, Henry Ford, Benjamin Franklin, Galileo, Danny Glover, Steven Hawkins, Tracey Gold, John F. Kennedy, Zsa Zsa Gabor, Micheal Jordan, Robert Kennedy, Jason Kidd, John Lennon, Abraham Lincoln, Carl Lewis, Mozart, Napoleon Nasser, Issac Newton, Picasso, Edgar Allan Poe, Ronald Reagan, Dan Quayle, George C. Scott, John D. Rockefeller, Eleanor Roosevelt, Babe Ruth, Nolan Ryan, Pete Rose, Charles Schwab, Steven Spielberg, Sylvester Stallone, Van Gogh, Robin Williams, Stevie Wonder

# Researchers Locate Key Area of Brain Impacted By ADHD

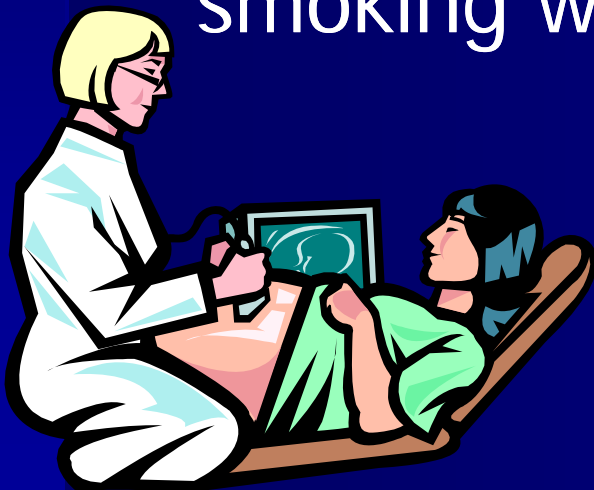
- The McLean study involved six healthy boys with no history of ADHD or psychiatric disorders, and 11 boys diagnosed with ADHD according to the standard DSM-IV criteria. All 17 boys also were given a computer test that uses an infrared motion analysis system to objectively measure activity, movement and attention. Six of the 11 boys who met DSM-IV criteria for ADHD were also confirmed to be hyperactive by the objective computer test. For the six ADHD boys who tested objectively hyperactive, the researchers found that use of Ritalin enhanced blood flow significantly in the putamen. However, conversely, for the five ADHD boys who were not objectively hyperactive, Ritalin decreased blood flow in the putamen even further. "This study supports other research that points to the putamen as an important region of the brain involved in ADHD, and that diminished blood flow in the putamen may be another way to objectively diagnose ADHD," said Martin Teicher, MD, PhD. "It also shows that Ritalin may not be effective for all children diagnosed with ADHD using only DSM-IV criteria."

# Inefficient Conversion of ALA (Flax Oil) To EPA and DHA

- A possible cause for the low fish oil status of the ADHD children may be impaired conversion of the fatty acid precursors LA and ALA to their longer and more highly unsaturated products, such as EPA and DHA (fish oil fats).
- It appears that children with ADHD just are not able to chemically convert the plant omega-3, ALA to fish oil very well. The problem is further worsened when omega-6 fats are consumed and the ideal omega-6:3 ratio of 1:1, progresses to the typical standard American ratio of 15:1. Many of these children have ratios which are even worse and can be as high as 50:1.
- This study provides the research evidence supporting the use of the omega-3 fats found in fish oils to effectively address the underlying deficiency that is present in most of these children and appears to be contributing to ADHD.

# Smoking and ADHD

- Research shows that smoking while pregnant will increase the possibility of having an ADD child by four times. Ohio has the highest incidence of mothers smoking while they are pregnant: 56%.



# I just don't believe in chiropractic care...

- Chiropractic care is based on two facts:
  - The body is a self-healing and self-regulating organism.
  - The nervous system is the master system and controller of the body.
- Therefore, if there is any interference with nerve function then there must be an interference with healing and regulation. People do not lose their health do to lack of drugs in the blood, etc...something inside is interfering with health expression.
- Let me explain what a vertebral subluxation is...

# Vertebral Subluxation: The most common injury to the spine causing interference in the nervous system.

- This injury to the spine causes a cycle of degeneration that leads to nerve damage. Damage begins within two weeks.
- Dr. Sharpless states, "It takes the pressure of a dime on a nerve to take away 60% of its function."
- Vertebral subluxations are caused by:
  - Traumatic Birth Syndrome: Forceps (110 lbs), Suction (90 lbs), C-Section (grabbing any body part), Natural birth (<90 lbs) - doubles the length of a baby's neck.
  - Mental Stress: Deadlines, finances, relationships, work, anxiety.
  - Chemical Stress: Environmental toxicity, air and water pollution, prescription drugs, NutraSweet, sugar.
  - Physical Stress: Lifting, bending, twisting, sports injuries, house work, yard work, accidents, etc.

# The more mechanically distorted a child's spine, the more abnormal the behavior.



- A leading German authority, Dr. Gutmann, found that 800 infants out of 1,000 checked the first month had subluxations directly related to the birthing process.
  - Gutmann G. *Blocked atlantal nerve syndrome in infants and small children*. 1987
- Research indicates that the major cause of spinal kinesio pathology in infants is childbirth. In our mind, stressing the need for correction from birth so that irreversible subluxation degeneration does not occur is vital. Nervous system injury through cervical spine trauma at birth causes: abnormal function, abnormal behavior and early death (SIDS).
  - Abraham Towbin, MD. Neuropathologist. Harvard Medical School. *Spinal cord and brainstem injury at birth*. Arch Path 1964, 77:620.

# Wellness



- What kind of difference would it make in a child's life growing up with this belief system versus wellness?
- The Random House dictionary defines wellness as the fact or condition of being in maximum physical and mental health.
- Wellness is a prospective health philosophy and is sweeping the planet.
- Chiropractic care is leading the charge.
- Why???

# Health



- Dorlands: A state of optimum physical, mental, and social well-being and not merely the absence of disease and infirmity.
- To achieve health, every cell, tissue and organ of your body must be functioning 100% all the time.
- Gray's Anatomy: The purpose of the brain and nervous system is to control and coordinate the function of all the cells, tissues and organs in the body, and to adapt the organism to its environment.
- "Health is our natural state. All disease results from disruption of the flow of intelligence."
  - Deepak Chopra, MD

# Other types of interference that cause stress to the nervous system:



- VSC - makes all other interference worse
- Chemicals - NutraSweet, smoke, alcohol
- Foods - sugar, yeast
- Drugs - antibiotics, malnutrition
- Poor Communication, Family Dynamics
- All of these cause more VSC as they increase stress in your body.
- Interference in the nervous system must be cleared for your body to function normally and for your mind to be clear.
- Chiropractic care removes interference allowing your innate intelligence to create 100% function all the time so that you and your family can be at 100% of your potential all the time.
- No static on the line...your child's life depends on it. Do you have a choice?

# Remove All Interference

- Chiropractic care should begin at birth and be an ongoing source of wellness for you and your family.
- Eliminate VSC and birth trauma.
- Nutrition - Shop in healthy places and get good nutritional advice.
- Examine family dynamics.
- Examine teacher-child dynamics.
- Educate yourself.
- Be proactive.
- Take this opportunity to be proactive.



# ADHD: The Research

## Bryan K. Bajakian, D.C.

- I have referenced two specific studies that assessed the role of Chiropractic treatments in the management of children who have been diagnosed with hyperactivity disorders. These studies, both separate from one another, revealed that hyperactivity, and other behavioral conditions, responded well to chiropractic care and even exceed results seen from medication.
- One medical study demonstrated the existence of a positive relationship between cranial motion restrictions and learning disabled children, as well as children with a history of an obstetrically complicated delivery.

# HEALTH CERTIFICATE

This certificate entitles the bearer to a complete first visit at ***Sheppard Chiropractic*** including consultation, chiropractic exam, x-rays (if needed) and an adjustment. A \$275 value for only \$37.

# Sheppard Chiropractic

- For additional information or to make an appointment, call our office at (513) 753-5437.
- We are located at 1238 Ohio Pike, Amelia, Ohio 45102.