

FROM THE EXPERTS

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ADHD

by **Dr. Andrew T. Brady**



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Not a week goes by that I don't see a child in our office who has been diagnosed with Attention Deficit Hyperactivity Disorder (ADHD). The number of children diagnosed with ADHD has nearly doubled since 2003 and now totals 6.4 million among children aged 4-17. The medical treatment for ADHD is prescription amphetamines (Adderall) or methylphenidate (Ritalin or Concerta). Both of these drugs are controlled substances and have a high potential for addiction, because their effects on the brain are very similar to the street drugs meth and cocaine. These drugs also carry risks. For instance, they can cause premature heart disease, sexual dysfunction, hallucinations, suicidal thoughts, abdominal pain, headaches,

depression, anxiety and even sudden death.

Another problem with these medications is that they don't address WHY the child is having attention problems. ADHD is a unique "disease" in that it is a disease diagnosed entirely upon symptoms you describe to a doctor. There is no imaging, blood work or any other diagnostic tool to show ADHD is an actual pathological disease.

As a chiropractic physician, I'm interested in what is CAUSING the symptoms of ADHD rather than the symptom itself. A major problem contributing to the diagnosis of ADHD, I believe, is that our children are forced to sit in classrooms anywhere from 6-9 hours a day being bombarded with new information and concepts. To make matters worse, we have now removed recess in a lot of schools and made gym "optional" for high school students. When in the history of the human species did we ever make children sit for that long without physical activity? Never. In addition to chronic inactivity, we allow children to consume so much sugar that they literally begin to fidget because their bodies are telling them they need to get up and play to burn off the energy. Sound familiar?

Another thing to consider is that it is not a "disease" to be uninterested in the material you are being taught. There is nothing wrong with you or your brain, and it doesn't make you any less capable of achieving greatness. There are plenty of people I know personally who had a hard time focusing in school as kids and are now extremely successful adults. This is because they found their passion and pursued it.

Before putting your children on medication, consider the alternatives. There are plenty of them, chiropractic care being one of them.

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