

No More Ritalin

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Ritalin Is Not the Answer Action Guide David B. Stein 2002-03-15 A drug-free behavioral program to help parents work with hyperactive children offers step-by-step guidelines, exercises, checklists, and self-tests.

No More ADHD Mary Ann Block 2001 The author of the groundbreaking book "No More Ritalin" reveals the truth about the ADHD diagnosis and helps parents identify and improve their child's true health and learning problems.

Feeling Smarter and Smarter Harold N. Levinson, MD 2019-07-16 In this ground-breaking book, Dr. Harold Levinson, a renowned psychiatrist and clinical researcher, provides his long-awaited follow-up work about truly understanding and successfully treating children and adults with many and diverse dyslexia-related disorders such as those found on the cover. This fascinating, life-changing title is primarily about helping children who suffer from varied combinations and severities of previously unexplained inner-ear-determined symptoms resulting in difficulties with: reading, writing, spelling, math, memory, speech, sense of direction and time grammar, concentration/activity-level, balance and coordination headaches, nausea, dizziness, ringing ears, and motion-sickness frustration levels and feeling dumb, ugly, klutzy, phobic, and depressed impulsivity, cutting class, dropping out of school, and substance abuse bullying and being bullied as well as anger and social interactions later becoming emotionally traumatized and scarred dysfunctional adults *Feeling Smarter and Smarter* is thus also about and for the millions of frustrated and failing adults who are often overwhelmed by similar and even more complicated symptoms—as well as for their dedicated healers. Having laid the initial foundations for his many current insights in an earlier bestseller, *Smart But Feeling Dumb*, Dr. Levinson now presents a compelling range of enlightening new cases and data as well as a large number of highly original discoveries—such as his challenging illumination that all dyslexia-related manifestations are primarily inner-ear or cerebellar-vestibular—not cerebrally—determined and so do not impair IQ, and an “ingeniously simple” explanatory theory of symptom formation. Most important, all the dyslexia/inner-ear based impairments and their symptoms were discovered by Dr. Levinson to respond rapidly and often “miraculously” in 75 to 85 percent of cases when treated with simple and safe inner-ear enhancing medications—thus enabling bright but dumb-feeling children and adults to feel... smarter and smarter.

Ritalin Is Not The Answer David B. Stein, Ph.D. 1999-02-12 Examines the increasingly widespread use of Ritalin for disruptive schoolchildren, discusses the drug's side effects, and

offers safe alternatives and techniques for conduct improvement.

The Amphetamine Debate Elaine A. Moore 2014-01-10 This book covers both sides of the debate over amphetamine prescription and use. It discusses the history of amphetamine and related stimulants; ADHD and the use of Ritalin and Adderall to treat it; related neuroenhancers; methamphetamine from Desoxyn to crystal meth; the nature of addiction and side effects; sociological effects of amphetamine compounds; and expert opinions for and against amphetamine use.

More, Now, Again Elizabeth Wurtzel 2003-01-07 The author offers an account of her descent into Ritalin addiction, her experiences as an addict, and her difficult struggle to gain control over the drug and her life.

ADHD Nation Alan Schwarz 2017-09-05 More than 1 in 7 American children get diagnosed with ADHD - three times what experts have said is appropriate - meaning that millions of kids are misdiagnosed and taking medications such as Adderall or Concerta for a psychiatric condition they probably do not have. The numbers rise every year. And still, many experts and drug companies deny any cause for concern. In fact, they say that adults and the rest of the world should embrace ADHD and that its medications will transform their lives. -- Provided by publisher.

Train Your Brain, Transform Your Life Nicky VanValkenburgh 2011 This book reveals five brain boosters that enable you to conquer Attention Deficit Hyperactivity Disorder (ADHD) in 60 days, without Ritalin. It's a revolutionary brain training method that is safe, reliable, easy and effective. It's so easy, that you can do it while lying flat on your back, with your eyes closed. It's been described as the "lazy way to get rid of ADHD." However, it's also a brain training method that's based in neurotherapy, and is supported by an impressive review of literature. In this book, you'll discover: * Three ways that Ritalin stimulates and arouses the brain, and how you can get the same results without swallowing pills. * How to train your brain to restore its electro-chemical balance and produce a stable supply of neurotransmitters (such as dopamine and serotonin.) * An audio-visual rhythm that has been clinically proven to reduce ADHD. It's used in brain training clinics through out the country, and may be the biggest breakthrough in noninvasive medicine in the last 50 years. Now you can practice and master this rhythm in the comfort of your own home, without ever stepping foot inside a clinic. * Why your brain interprets ADHD as normal, and works to maintain bad habits like impulsivity, distraction and restless energy. Discover how you can interrupt your ADHD patterns, and create new neural pathways for peak performance. As you read this book, you'll realize that you have every reason to be upbeat and optimistic about overcoming ADHD. It's time to train your brain and transform your life

No More Misbehavin' Michele Borba 2003-10-27 "This will be the only discipline book you'll ever need to raise good kids." -from the Foreword by Jack Canfield, coauthor, *Chicken Soup for the Soul* and *Chicken Soup for the Parent's Soul* "Michele Borba offers insightful, realistic, and straightforward advice that is sure to get immediate results." -Editor-in-Chief, *Parents Magazine* "A sensitive, thoughtful, eminently practical book that will help parents help their children change behaviors that will improve the child's, and the entire family's, well being and happiness. A wonderful contribution!" -Alvin Rosenfeld, M.D., child psychiatrist and coauthor, *Over-Scheduled Child Anger, Anxiety, Biting, Bossy, Bullied,*

Bullying, Chore Wars, Cynical, Defiant, Doesn't Listen, Fighting, Gives Up Easily, Hitting, Homework Battles, Hooked on Rewards, Impulsivity, Intolerant, Lying and Cheating, Materialistic, Mean, Negative Peer Pressure, No Friends, Over-Perfectionism, Poor Sportsmanship, Put-Downs, Rude, Selfish, Sibling Battles, Short Attention Span, Shy, Stealing, Swearing, Talking Back, Tattling, Teased, Temper Tantrums, Whining, Yelling. Parenting expert Dr. Michele Borba tackles the most common bad behaviors that kids ages 3 to 12 repeat over and over behaviors that drive parents crazy. In this enormously useful, simple-to-use book she shows how to change these behaviors for good. For each negative behavior Dr. Borba offers a series of key tips and guidelines and outlines a step-by-step plan for a customized makeover that really works! Using the steps outlined in *No More Misbehavin'* will give you the help you need to raise kids with strong values and good character.

ADHD is not an Illness and Ritalin is not a Cure: A Comprehensive Rebuttal of the (Alleged) Scientific Consensus Yaakov Ophir

Talking Back To Ritalin Peter Breggin 2007-10-10 Millions of children take Ritalin for Attention-Deficit Hyperactivity Disorder. The drug's manufacturer, Novartis, claims that Ritalin is the "solution" to this widespread problem. But hidden behind the well-oiled public-relations machine is a potentially devastating reality: children are being given a drug that can cause the same bad effects as amphetamine and cocaine, including behavioral disorders, growth suppression, neurological tics, agitation, addiction, and psychosis. Talking Back to Ritalin uncovers these and other startling facts and translates the research findings for parents and doctors alike. An advocate for education not medication, Dr. Breggin empowers parents to channel distracted, disenchanted, and energetic children into powerful, confident, and brilliant members of the family and society.

Vegetarian Times 1997-09 To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

Getting Rid of Ritalin Robert Walter Hill 2002-01-01 After observing medical success using biofeedback training to treat epilepsy and other health/behavioural conditions, Doctors Castro and Hill began using neurofeedback (a sophisticated form of brainwave biofeedback) to treat patients diagnosed with Attention Deficit Disorder (ADD). The results were astonishing. Their book argues that the benefits of neurofeedback training far outweigh those of the symptom-attacking drugs such as ritalin that do not cure ADD.

No More Ritalin Mary Ann Block 1996 Ever year in the U.S., over two million children are given the drug Ritalin to combat Attention Deficit and Hyperactivity Disorder (ADHD). Now, Dr. Mary Ann Block shows why Ritalin may be very dangerous to a child's health--and offers parents safer and more effective alternatives. Using thorough research and actual case histories from her clinic, Dr. Block provides powerful evidence that a drug-free approach works.

Speed, Ecstasy, Ritalin Leslie Iversen 2008-01-10 Amphetamines have had a relatively

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short, though chequered history. In this book, a leading authority on psychoactive drugs explores the uses and abuses of amphetamines. Eschewing dogma, Iversen presents a fascinating and accessible exposé of recreational and medical amphetamine use.

The Opiate Cure Robert T. Cochran 2011-12-09 THE OPIATE CURE tells the stories of painful people whose mental illness were relieved when they were given opiates for their pain. This improbable outcome has occurred in those with bipolar depression and mania, attention deficit disorder, obsessivecompulsive disorder, and narcolepsy. These several diseases are now linked together, constituting the bipolar spectrum. Linked also to bipolar spectrum is chronic pain in its many forms, including migraine. This book will clearly demonstrate that bipolar spectrum is uniquely responsive to opiate therapy. The Opiate Cure offers new insights and, more importantly, hope.

Rides of the Midway: A Novel Lee Durkee 2002-04-17 Mississippi teenager Noel Weatherspoon--a clairvoyant, asthma sufferer, insomniac, dopehead, would-be erotic photographer or baseball star, vandal, and somnambulant mercy killer--finds his life spinning out of control as he struggles to cope with his romantic failures, dark secrets, religious zealots, and more. A first novel. Reprint.

Activities of the House Committee on Government Reform United States. Congress. House. Committee on Government Reform 2003

More, Now, Again Elizabeth Wurtzel 2007-11-01 I crush up my pills and snort them like dust. They are my sugar. They are the sweetness in the days that have none. They drip through me like tupelo honey. Then they are gone. Then I need more. I always need more. For all of my life I have needed more. A precocious literary light, Elizabeth Wurtzel published her groundbreaking memoir of depression, *Prozac Nation*, at the tender age of twenty-six. A worldwide success, a cultural phenomenon, the book opened doors to a rarefied world about which Elizabeth had only dared to dream during her middle-class upbringing in New York City. But no success could staunch her continuous battle with depression. The terrible truth was that nothing had changed the emptiness inside Elizabeth. Her relationships universally failed; she was fired from every magazine job she held. Indeed, the absence of fulfillment in the wake of success became yet another seemingly insurmountable hurdle. When her doctor prescribed Ritalin to boost the effects of her antidepressant medication, Elizabeth jumped. And the Ritalin worked. And worked. And worked. Within weeks, she was grinding up the pills and snorting them for a greater effect. It reached the point where she couldn't go more than five minutes without a fix. It was Ritalin, and then cocaine, and then more Ritalin. In a harrowing account, Elizabeth Wurtzel contemplates what it means to be in love with something in your blood that takes over your body, becomes the life force within you -- and could ultimately kill you. *More, Now, Again* is an astonishing and timely story of a new kind of addiction. But it is also a story of survival. Elizabeth Wurtzel hits rock bottom, gets clean, uses again, and finally gains control over her drug and her life. As honest as a confession and as heartfelt as a prayer, *More, Now, Again* recounts a courageous fight back to a life worth living.

Without Ritalin Samuel A. Berne 2001-09-20 Safe and effective holistic treatments proven successful for more than 3,000 patients We spent \$373 million on Ritalin and its generic counterparts in 1996; today, some 4 million children are taking the drug daily. Is it any

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wonder that parents are searching for safe, nontoxic, drug-free alternatives? In *Without Ritalin*, Dr. Samuel Berne explains the approach with which he has successfully treated more than 3,000 ADD/ADHD-diagnosed patients, including information on detoxification, nutrition, and developmental learning programs and activities.

The Hyperactivity Hoax Dr. Sydney Walker, III, M.D. 2015-09-08 Each year, millions of children take Ritalin, which means thousands of doctors are diagnosing them with hyperactivity or ADD. But what do these diagnoses mean? Are drugs the answer for these illnesses? And most importantly, is your child getting the proper treatment for his or her problem? In *The Hyperactivity Hoax*, neuropsychiatrist Dr. Sydney Walker cogently explores the medical minefield of hyperactivity and helps parents arrive at safe, effective answers for their children, without unnecessarily drugging them with potentially dangerous mind-altering medicine. Included in his in-depth guide is: * How to determine if your child needs medical help * How to find a good doctor, a real diagnosis, and effective treatment * How to assert yourself when talking to doctors and school officials * How to evaluate both traditional and alternative approaches to treating hyperactivity and ADD * And much more invaluable information in caring for your child's health. A myth-shattering book no parent can afford to miss! "This book is a disturbing but compelling must-read for any parent whose child shows signs of a hyperactivity disorder or is using Ritalin now."--Publishers Weekly

Remembering Ritalin Lawrence H. Diller 2011-05-03 How are the kids of Generation Rx doing now? This groundbreaking book reveals the answers—and raises some important new questions. Written by a clinician with more than thirty years of experience with child patients, *Remembering Ritalin* offers an intimate and revealing look at the ADHD generation—how they're doing now and the long-term effects of their diagnoses, medication, and treatment. Revisiting former patients who are now in their twenties, Dr. Diller takes a fresh look at the issue of treating our kids. Is ADHD a useful diagnosis, or an oversimplified, harmful label? What are Ritalin's long-term effects—good and bad? Together with his articulate former patients, *Remembering Ritalin* provides insights into one of the most controversial treatment methods of our time. Parents, professionals, and anyone who has been prescribed Ritalin will find these observations illuminating as they delve into the healing process and attempt to answer the question, "Was it the right choice?"

The Cult of Pharmacology Richard DeGrandpre 2006-11-06 America had a radically different relationship with drugs a century ago. Drug prohibitions were few, and while alcohol was considered a menace, the public regularly consumed substances that are widely demonized today. Heroin was marketed by Bayer Pharmaceuticals, and marijuana was available as a tincture of cannabis sold by Parke Davis and Company. Exploring how this rather benign relationship with psychoactive drugs was transformed into one of confusion and chaos, *The Cult of Pharmacology* tells the dramatic story of how, as one legal drug after another fell from grace, new pharmaceutical substances took their place. Whether Valium or OxyContin at the pharmacy, cocaine or meth purchased on the street, or alcohol and tobacco from the corner store, drugs and drug use proliferated in twentieth-century America despite an escalating war on "drugs." Richard DeGrandpre, a past fellow of the National Institute on Drug Abuse and author of the best-selling book *Ritalin Nation*, delivers a remarkably original interpretation of drugs by examining the seductive but ill-fated belief that they are chemically predestined to be either good or evil. He argues that the determination to treat the medically sanctioned use of drugs such as Miltown or Seconal separately from the illicit use of

substances like heroin or ecstasy has blinded America to how drugs are transformed by the manner in which a culture deals with them. Bringing forth a wealth of scientific research showing the powerful influence of social and psychological factors on how the brain is affected by drugs, DeGrandpre demonstrates that psychoactive substances are not angels or demons irrespective of why, how, or by whom they are used. *The Cult of Pharmacology* is a bold and necessary new account of America's complex relationship with drugs.

[ADHD Medication Abuse](#) Rosa Waters 2014-11-17 People with ADHD—attention-deficit/hyperactivity disorder—can be helped by medications such as Ritalin™ and Adderall™. Alternatively, other young adults are abusing these same drugs to their own detriment. Discover the true consequences of ADHD medication abuse, including the many health risks of taking these drugs. Learn how abusing ADHD medication can change your life for the worse. Discover the downside of ADHD medication abuse!

Raised on Ritalin Tyler Page 2016-09

[Drug Use and Misuse](#) Stephen A. Maisto 2021-06-16 Taking an interdisciplinary approach in its comprehensive coverage of current drug issues, Maisto/Galizio/Connors' *DRUG USE AND MISUSE*, 9th Edition, weaves historical, social, psychological, cultural, biological and medical perspectives as it emphasizes the idea that a drug's effects depend not only on its properties, but also on the psychological and biological characteristics of its user. Thoroughly updated with the latest research, emerging social trends and legal changes, the new edition includes the most current survey data available on patterns of drug use in the U.S. and other countries as well as the most recent data available from the Center for Behavioral Health Statistics and Quality and the National Survey on Drug Use and Health (SAMHSA). Timely end-of-chapter essays and critical thinking questions help you focus on the real-world application of chapter concepts. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

What You Need to Know about Ritalin James Shaya 1999 An authoritative guide to the most frequently prescribed drug for Attention Deficity Hyperactivity Disorder explains what to do if a family member suffers from ADHD, how Ritalin works, what it can and cannot do, potential side effects, alternative treatments, and more. Original.

Ritalin Nation Richard J. DeGrandpre 2000 Argues that the causes of ADD lie mainly in society's reliance on stimulants and not in biological factors, and that the drug Ritalin is a quick fix rather than a long-term solution.

[Beyond Ritalin](#) Stephen W. Garber 1997-02-27 In the late 1980s, ADHD (Attention Deficit Hyperactivity Disorder) and its treatment with the drug Ritalin came to national attention and became one of the most hotly debated health issues. That debate continues to rage today. But for the millions of ADHD children, adolescents and adults, it still remains painfully difficult to get clear and authoritative answers to the many questions that this confusing disorder poses. Do I have a correct diagnosis of ADHD? What kind of medication might be helpful? What else can and should I do to help myself or my child deal with this problem? Now, at last, the authors of *Beyond Ritalin*, acknowledged experts on ADHD, provide a complete road map and guide for coping with this disorder. Including anecdotal case histories, as well as a complete checklist of ADHD symptoms, charts, work sheets and a

comprehensive list of valuable resources and support groups.

Medicating Children Rick Mayes 2009-01-31 Integrating analyses of clinical, political, historical, educational, social, economic, and legal aspects of ADHD and stimulant pharmacotherapy, Mayes and colleagues argue that a unique alignment of social and economic factors converged in the early 1990s with greater scientific knowledge to make ADHD the most prevalent pediatric mental disorder.

Please, mum, no more pills Pia Brandt Danborg 2018-04-03 Benjamin starts to take Ritalin to treat ADHD symptoms at age four. We follow Benjamin for 15 years, as he experiences worsening of symptoms, psychoses, more medication to get better, forced treatment, until he finally meets a psychiatrist, that is able to help him withdraw from psychiatric drugs. The book was written in the hope of creating debate about the way we use psychiatric drugs. Do we consider potential harms thoroughly enough? What happens during polypharmacy? Is it even ethically sound to do forced treatment?

United States Congressional Serial Set, Serial No. 14801, House Reports Nos. 805-811 The Serial Set contains the House and Senate Documents and the House and Senate Reports. This volume includes House Reports from 107th Congress, 2nd Session, 2002.

No More Amoxicillin Mary Ann Block 1998-01-01 An insightful and essential guide illustrates how amoxicillin can put the health of children at risk and provides ways to prevent ear and respiratory infection by identifying such factors as airborne allergies, food sensitivities, and poor nutrition, in order to strengthen the immune system. Original.

No More Antibiotics Mary Ann Block 2000-01-01 An insightful and essential guide illustrates how antibiotics can put the health of children at risk and provides ways to prevent ear and respiratory infection by identifying such factors as airborne allergies, food sensitivities, and poor nutrition, in order to strengthen the immune system. Reprint.

Running on Ritalin Lawrence H. Diller 2009-09-23 In a book as provocative and newsworthy as *Listening to Prozac and Driven to Distraction*, a physician speaks out on America's epidemic level of diagnoses for attention deficit disorder, and on the drug that has become almost a symbol of our times: Ritalin. In 1997 alone, nearly five million people in the United States were prescribed Ritalin--most of them young children diagnosed with attention deficit disorder. Use of this drug, which is a stimulant related to amphetamine, has increased by 700 percent since 1990. And this phenomenon appears to be uniquely American: 90 percent of the world's Ritalin is used here. Is this a cause for alarm--or simply the case of an effective treatment meeting a newly discovered need? Important medical advance--or drug of abuse, as some critics claim? Lawrence Diller has written the definitive book about this crucial debate--evenhanded, wide-ranging, and intimate in its knowledge of families, schools, and the pressures of our speeded-up society. As a pediatrician and family therapist, he has evaluated hundreds of children, adolescents, and adults for ADD, and he offers crucial information and treatment options for anyone struggling with this problem. *Running on Ritalin* also throws a spotlight on some of our most fundamental values and goals. What does Ritalin say about the old conundrums of nature vs. nurture, free will vs. responsibility? Is ADD a disability that entitles us to special treatment? If our best is not good enough, can we find motivation and success in a pill? Is there still a place for childhood in the performance-

driven America of the late nineties?

Dr. Bob's Guide to Stop ADHD in 18 Days Robert DeMaria 2005 This how-to guide can rid children and families of medications and detrimental foods -- junk foods loaded with sugar, preservatives, dairy products, and trans- fatty acids -- so that children and families can enjoy optimal health.

Teaching the Restless Chris Mercogliano 2004-01-15 educator Chris Mercogliano has been working with hyperactive (ADHD) children for many years at the Free School in Albany, New York, and has developed numerous ways to help these students relax, focus, modulate emotional expression, make responsible choices, and forge lasting friendships-all prerequisites for learning. In *Teaching the Restless*, Mercogliano uses the stories of six boys and three girls to share valuable lessons, offering a way to work with these children without assigning them labels or resorting to the use of stimulant drugs like Ritalin.

101 Reasons to Avoid Ritalin Like the Plague Howard Glasser 2005-08-01 Doctors, including psychiatrists, hand out prescriptions for Ritalin as if it were candy. Unfortunately, they get most of their information about Ritalin and drugs like it from the pharmaceutical companies. But there's another, sometimes deadly, side of the story-a side that the drug companies don't tell doctors-so your child's doctor can't tell you. This book will tell you the secrets the drug companies don't want you to know.

ADHD Does not Exist Richard Saul 2014-02-18 In this groundbreaking and controversial book, behavioral neurologist Dr. Richard Saul draws on five decades of experience treating thousands of patients labeled with Attention Deficit and Hyperactivity Disorder—one of the fastest growing and widely diagnosed conditions today—to argue that ADHD is actually a cluster of symptoms stemming from over 20 other conditions and disorders. According to recent data from the Centers for Disease Control and Prevention, an estimated 6.4 million children between the ages of four and seventeen have been diagnosed with attention deficit hyperactivity disorder. While many skeptics believe that ADHD is a fabrication of drug companies and the medical establishment, the symptoms of attention-deficit and hyperactivity are all too real for millions of individuals who often cannot function without treatment. If ADHD does not exist, then what is causing these debilitating symptoms? Over the course of half a century, physician Richard Saul has worked with thousands of patients demonstrating symptoms of ADHD. Based on his experience, he offers a shocking conclusion: ADHD is not a condition on its own, but rather a symptom complex caused by over twenty separate conditions—from poor eyesight and giftedness to bipolar disorder and depression—each requiring its own specific treatment. Drawing on in-depth scientific research and real-life stories from his numerous patients, *ADHD Does not Exist* synthesizes Dr. Saul's findings, and offers clear advice for everyone seeking answers.

Is it You, Me, Or Adult A.D.D.? Gina Pera 2008 Presents a guide to maintaining a relationship with an adult diagnosed with the disorder, with information on the basics, challenges, and options for treatment.