

ADD & ADHD

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naughty, boisterous child, punishment is due. If the child is bored or neglected because the teacher is incompetent or overburdened by too many pupils in the classroom, we have another problem. If the child is in good health, and does not have nutritional deficiencies and does not eat junk food, we need to investigate a bit further. It is too easy for the teacher to complain to the parents, the school psychiatrist or the occupational therapist when they have a so-called ADD or ADHD problem on their hands. How many teachers can honestly say they are willing to spend extra time with a problem pupil until the exact cause can be detected and the communication gap begins to narrow? How can teachers deliver a lesson in such a way that the pupils are really interested and can pay attention? Good and competent teachers that I have spoken to are rare and wonderful human beings who do not accept the ADD and ADHD disorder. When there is a problem, they find a solution. In an age of information technology, we are not short of information, help or solutions. By trying to solve the learning problem with drugs, we are creating even more problems for ourselves as well as our children. Try drug free alternatives, the nutritional and natural therapies that really work and can improve the quality of life for you and your children.

For more information contact: www.naturefresh.co.za for free diets and lists of recommended supplements, therapists and other resources.

Here after follows an extra story, a very personal one and it may help other parents

DRUG ADDICTION: DON'T LET IT HAPPEN TO YOU. By saying it is OK for kids to take drugs we are blinding ourselves to the consequences. The after effects of a smack on the butt are soon forgotten, but the long-term benefit remains. Jack, (a true story with names changed) a beloved child who became a drug addict, suffered from chronic depression and finally tried to commit suicide: not once, but many times and almost succeed-

ed. We shared Jack's agony with his parents for many years: just because a few school friends encouraged this boy to have some of their Ritalin, for kicks. This led to dagga to calm down again and then to experiments with all kinds of cheap and nasty, toxic and very dangerous drugs. Then came the stealing, to get money for more expensive "experimentation". What nobody realized, was that Jack had autistic tendencies and the amphetamines triggered off attacks of schizophrenia, mania, violence and self-affliction. He used to run away from home and eventually return full of cuts and bruises: thin, emaciated, bare-foot, with big black dilated pupils and full of hatred and disgust for his parents. It all started very innocently at junior school, but Ritalin is a schedule 7 drug and the street equivalent is speed. Jack took it because his friends were given these pills by their parents. Think about it. Think about the fact that this boy is only alive today because of the unflinching support he had from people who loved him and prayed for him. When Jack finished school, he decided to come clean, quit the drugs, leave the country and turn his back on these so-called friends: the pupils from up-market Cape Town schools who wrecked the lives of their friends and families by becoming clandestine drug addicts. Today his "friends" cannot survive without their daily uppers and downers because their brains were manipulated with drugs at primary school. No rehabilitation has worked so far: no expensive medication or therapy. Jack is not alone: every day, children are having their brains disabled with innocent sounding amphetamines like methylphenidate (Ritalin) as well as ephedrine and noradrenaline from slimming pills that they buy at the chemist. Are you sure you want to give your children drugs at school? Do you want an alternative solution?

See also page 17 Procydin New Hope for Hyperactive Kids.