

# WHY DO WE NEED BRAIN STIMULANTS?

By: Sue Visser

## Ritalin, Cocaine, Slimming Drugs and Caffeine: The gory story

Would you treat your child's "attention deficit disorder (ADD)" with Cocaine or Ritalin? These brain stimulants have dangerous side-effects and can be habit forming. Do you know if your child is taking Ritalin at school? Some children sell their Ritalin for extra cash while others smoke Dagga or Mandrax because Ritalin makes them restless. Others steal slimming pills or save up their Ritalin to get a "high" and "party" all night. Over 80% of today's cocaine addicts took Ritalin at school.

"ADD" means learning problems for which Ritalin is automatically recommended. "It works- the child gets better marks at school" they say. Some pupils may "improve" scholastically but that does not mean: "The more Ritalin you take, the smarter you get." Conversely, amphetamines reduce the brain's natural stimulant levels, leading to a dependence on drugs to function normally.

Brain stimulants like Ritalin and the slimming drugs Nobese, Appetrol and Dietene are taken to produce other effects. The anorexic factor is used to reduce the appetite. To counteract "hyperactivity" large doses of Ritalin are used. It may help to improve concentration but overdosing can cause hysteria, delusions, paranoia, crying fits, excitability, dilated pupils, excessive sweating, suicidal tendencies and eventually nervous depression and apathy. Other harmful side effects include growth retardation, unwanted weight loss, malnutrition, nausea, dizziness, lethargy, skin rashes and a change in blood pressure or pulse rate. Physical and psychological dependence is common and stimulants such as Speed and Cocaine are often sought after in later years.



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Some children drink alcohol or smoke Dagga or Mandrax to "chill out" after Ritalin or they take Fenfluramine or "ThinZ" which has a sedating effect. To wake up again, they take amphetamines.

In America Ritalin is regarded as a "dangerous drug" by the Food and Drug Administration and the Bureau of Narcotics & Dangerous Drugs. Don't be fooled! Why are we told that Ritalin is a harmless, non habit-forming drug? Its stimulatory effect wears off so it is taken daily. The brain becomes tolerant to Ritalin, so the doses are increased. Some schools will not accept pupils unless they take it. Therefore, children taking this schedule 7 drug can be taught but if treated with natural remedies, food supplements and diets they are often viewed with suspicion.

Are there safer alternatives? Natural re-medies may take longer to work but their effects are more permanent and help to improve one's overall health. No more "hype-ups, let-downs or feeling funny". Not all adults have very long attention spans either. They are also "impulsive". How many adults actually pay attention to what you say or make sense when they speak themselves? Studies show that all children with learning disorders suffer from a lack of calcium, magnesium, zinc, copper, iron, B vitamins, essential fatty acids and amino acids like taurine. The brain cannot manufacture them, regardless of the amount of stimulants given.

Ritalin suppresses the appetite and children with zinc deficiencies are fussy eaters who crave sweets, junk foods and fizzy drinks. Low blood sugar is not a deficiency of sugar. It is caused by sugar abuse. The saying: "Sugar gives you go" is not true. Sugar triggers the release of excessive insulin when consumed without protein, fat or fibre. The body craves more sugar because too much insulin once again lowers blood sugar and this affects one's ability to concentrate.

Is low blood sugar involved? Symptoms of low blood sugar are: feeling dizzy, headaches, moodiness, irritability, confusion and a lack of concentration. They usually occur by mid-morning in pupils who eat too little breakfast. By starting the day with only sugar coated cereals, blood sugar will reach an ultimate low after two hours. "ADD" is common to people suffering from bad eating habits. Stimulants cannot compensate for a lack of food. Adults use coffee and other stimulants when they can't concentrate, but their children are given a schedule 7 drug!

Treating "ADD" with food supplements. You can prevent low blood sugar. Start with nutritious breakfasts, meals and snacks every two hours. Omit sugar and junk food. Give vitamin and mineral supplements daily. A recent study showed that over 30% of the "ADD" children who took extra zinc, copper, calcium and magnesium could come off amphetamines like Ritalin. Trials show that calcium and magnesium supplementation converts acidic conditions in the body to a healthier and more alkaline pH. Low blood sugar and other ailments also improve.

Well-nourished and happy children have abundant levels of energy and an acceptable concentration span usually better than that of their parents. Their non-verbal IQ's are way above those of children who live exclusively on junk foods and sweets. Yes, there is another a cure for "attention deficit disorders." We call it common sense.