



# ADD/ADHD

## *Are There Alternatives to Drugging Our Children?*

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Why is it that more than 2.5 million children under the age of 11 have been diagnosed with either Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD)? Why are 4 to 6 million children and teenagers in America on prescription drugs for these disorders? Could something as simple as a dietary and lifestyle change be a better solution than a school system demanding parents put these children on mind-altering drugs? Dr. Samuel L. Blumenfeld, in an article for Citizens Commission on Human Rights titled, *how the overmedicated school children states*: “There are between four and six million school children (all ages) taking psychotropic drugs daily so they can attend school. There must be something wrong with an educational system that requires so many children to be drugged just to attend school.” He further states in the same article that, after a visit to China last year, “. . . in China they don’t have ADD and they don’t drug school children.”

Drugs are abnormal molecules to the body and they come with negative side effects. Ritalin, Adderall, Dexedrine, and others are all stimulants; they are mind-altering, powerful drugs. They have a high potential for abuse and the long-term effects of these drugs are not well known or popularized. Not only are these drugs risky but, to make matters worse, they don’t work. Ritalin can make Johnny sit in his chair, but that doesn’t mean he will learn. Studies over at least three decades have repeatedly found that academic performance was not improved by stimulants. Parents have been

sold a bunch of empty promises.

In 1910, George M. Gould, M.D., observed, “For several years it has been growing clearer to me that many patients do not get well because they live too exclusively on sugary and starchy foods. . . children exhibit the morbid tendency by excessive nervousness, de-nutrition, and ease of becoming ill. . . I have asked parents of such children to stop them in their use of sweets and most starches, and almost immediately there was gratifying disappearance of the nervousness, fickleness of appetite, colds, and vague manifold ailments.” In the early 1900s, sugar usage averaged 5 pounds per person per year. Today, sugar usage averages 150 + pounds per person per year! Is it any wonder our school children are being diagnosed with Attention Deficit Disorder and Hyperactivity?

There are several factors that contribute to the symptoms known as ADHD, not all of which are present in everyone who has ADHD. The factors can be all classified in the two categories of (1) poor nutrition and (2) toxicity in the body. Under the category of poor nutrition, we find poor essential fatty acid status, especially of the omega 3 fats; poor mineral status; low B vitamin intake; heavy use of refined flour and sugar; amino acid deficiencies; and reactions to common foods and food additives.

You may think that exposure to allergenic foods is under the category of toxicity, but adequate and proper nutrition will help a person deal with the insults of our toxic environment, i.e. the allergies go away. In

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## Brain Power Smoothie

- 6-8 ounces organic apple juice, almond milk or rice milk
- 1/4 cup frozen organic blueberries or other frozen organic fruit
- 1 rounded Tbsp. Nutritional Essentials Vanilla flavor (available from Hallelujah Acres®)
- 2-3 Tbsp Freshly ground organic flax seed or Hallelujah Acres B-Flax-D powder
- 200 mg DHA (the contents of 1 or 2 capsules of an algae derived DHA) See page 28 in this issue.
- 1 Ripe banana

Blend all ingredients and enjoy twice daily.

the realm of toxicity, we find high levels of toxic or trace metals like lead, cadmium, boron, chromium, copper, and aluminum; candida, dysbiosis and overuse of antibiotics; and high intakes of food additives (not just reactions to common whole foods but to chemicals in processed foods).

At Hallelujah Acres®, we teach a message of health based on Biblical principles as found in Genesis 1:29, where God first told mankind how to properly nourish the marvelous self-healing human body. Basically mankind was created to function optimally, and to maintain health and vitality on a primarily raw plant-based diet! We have found that, when people eliminate the processed, sugar and chemical-laden foods, and the antibiotic- and hormone-containing animal flesh and dairy products, and move to a predominately raw plant-based diet, not only do such problems as ADD and ADHD disappear, but so do almost all other physical problems.

It is not uncommon to see letters come in such as this one stating, "Since I changed my way of eating and thinking, I can't help but spread the word... My eight-year-old son was having difficulty in school with attention and they wanted to evaluate. Well, I decided to just put him on the Hallelujah Diet, and a week later the teacher called and said he was a different child!" Another states, "Additionally, my son has overcome ADHD and my children have not had the need to see a doctor in over eight years."

Numerous scientific studies have been conducted that clearly demonstrate a strong link between what children are eating and how they are behaving. The results of 26 of these studies may be reviewed at [www.hacres.com/diet/research.asp](http://www.hacres.com/diet/research.asp), where you will find an extensive article on Attention Deficit Hyperactivity Disorder.

It was found that, in 1994, each person in the U.S. was consuming from 8 to 10 pounds of food additives annually. The entire population of the U.S. consumes approximately 100 million pounds of food colors alone. Several scientific studies have shown a significant correlation between hyperactivity and food additives.

(Encyclopedia of Natural Medicine, Michael Murray, N.D.) When we adopt a primarily raw plant-based diet, we no longer subject our bodies to the ravages of these additives found in processed foods. Can you imagine the impact a diet devoid of processed foods and animal products can have on a growing child and his or her behavior and learning

ability?

Barbara Stitt, in her book *Food & Behavior*, illustrates the impact food choices have on behavior. As a probation officer years ago, she found that if she could get criminals who were released under her supervision to make radical dietary changes and get the junk food out of their diet, they never returned to a life of crime, whereas the vast majority of those who were unwilling to change their diet resorted to a life of crime.

It is clear that a multi-faceted nutritional approach can be effective in dealing with many emotional and behavioral problems. Even in situations where children have been reluctant to make a major shift in dietary choices, some people have found the simple addition of what we call a 'Brain Power Smoothie' to their child's dietary routine is very helpful in nourishing the brain with many of the essential nutrients required for optimal function.

I would challenge you to give a primarily raw plant-based diet, with the addition of the smoothie (see recipe on page 9), a three-week trial just to see the impact it can produce in a child's behavior and ability to learn. I submit to you that we do not have to drug our children if we will but simply feed them in a way that optimally nourishes their bodies. For more information on the Hallelujah Diet®, visit the web site at [www.hacres.com](http://www.hacres.com). ■