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# No More Ritalin

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More, Now, Again

Diagnosis and Treatment of Attention Deficit Hyperactivity Disorder (ADHD).

No More Ritalin

Running on Ritalin

Drug-Induced Liver Disease

Getting Rid of Ritalin

Without Ritalin

Ritalin Is Not the Answer Action Guide

Talking Back To Ritalin

Raised on Ritalin

101 Reasons to Avoid Ritalin Like the Plague

ADHD Nation

Adhd Is Not An Illness And Ritalin Is Not A Cure: A Comprehensive Rebuttal Of The (Alleged) Scientific Consensus

No More ADHD

Ritalin Nation

The Amphetamine Debate

Speed, Ecstasy, Ritalin

ADHD Does not Exist

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You, Happier

Hepatotoxicity

Myth of ADHD

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Remembering Ritalin

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ADHD Medication Abuse

No More Ritalin

Should I Medicate My Child?

Finally Focused

No More Antibiotics

The Ritalin Fact Book

Overcoming ADHD Without Medication

Is it You, Me, Or Adult A.D.D.?

The ABC's of Raising Great Kids

Is That My Child?

Recreational Ritalin: The Not-So-Smart Drug  
Nature's Ritalin for the Marathon Mind

*No More Ritalin*

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## SAVANAH TALİYAH

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*More, Now, Again* Northeast Books & Pub

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 and clear advice for everyone seeking answers.

*Diagnosis and Treatment of Attention Deficit Hyperactivity Disorder (ADHD)*. Da Capo Press

"Attention Deficit Hyperactivity Disorder (ADHD) is a battle that can be won-- without the need for medication."

*No More Ritalin* Lippincott Williams & Wilkins

Known as the "Ralph Nader of psychiatry," Peter Breggin has been the medical expert in countless civil and criminal cases involving the use or misuse of psychoactive medications. This unusual

position has given him unprecedented access to private pharmaceutical research and correspondence files, access that informs this straight-talking guide to the most-prescribed and controversial class of psychoactive medications prescribed for children. From how these drugs work in the brain to documented side and withdrawal effects, *The Ritalin Fact Book* is up-to-the-minute and easy-to-access. With its suggestions for non-prescriptive ways to treat ADD and ADHD, it is essential reading for every parent whose child is on or who has been recommended psychoactive medication.

*Running on Ritalin* Random House

A psychiatrist takes a critical look at this SSRI and newer medications that are among the most frequently prescribed drugs in America. Prozac. Millions of Americans are on it. And just about everyone else is wondering if they should be on it, too. The claims of the pro-Prozac chorus are enticing: that it can cure everything from depression (the only disorder for which Prozac was originally approved) to fear of public speaking, PMS, obesity, shyness, migraine, and back pain—with few or no side effects. But is the reality quite different? At what price do we buy Prozac-induced euphoria and a shiny new personality? Psychiatrist Peter Breggin, MD, and coauthor Ginger Ross Breggin answer these and other crucial questions in *Talking Back to Prozac*. They explain what Prozac is and how it works, and they take a hard look at the real story behind today's most controversial drug: The fact that Prozac was tested in trials of four to six weeks in length before receiving FDA approval The difficulty Prozac's manufacturer had in proving its effectiveness during these tests The information on side effects that the FDA failed to include in its final labeling requirements How Prozac acts as a stimulant not unlike the addictive drugs cocaine and amphetamine The dangers of possible Prozac addiction and abuse The seriousness and frequency of Prozac's side effects, including agitation, insomnia, nausea, diarrhea, loss of libido, and difficulty reaching orgasm The growing evidence that Prozac can cause violence and suicide The social and workplace implications of using the drug not to cure depression but to change personality and enhance performance Using dramatic case histories as well as scientific

research and carefully documented evidence, the Breggins expose the potentially damaging effects of Prozac. They also describe the resounding success that has been achieved with more humane alternatives for the treatment of depression. *Talking Back to Prozac* provides essential information for anyone who takes Prozac or is considering taking it, and for those who prescribe it.

*Drug-Induced Liver Disease* Da Capo Lifelong Books

At least one child in five experiences some form of learning difficulty, but: \* Learning difficulties as we understand them DO NOT exist \* They are not diseases just symptoms \* These symptoms never appear alone \* They are treatable and avoidable Dr Robin Pauc, an expert in child neurology, approaches learning difficulties, including Dyslexia, ADD, OCD, ADHD, Dyspraxia and Tourette's syndrome of childhood, from a truly ground-breaking perspective. All human babies are born prematurely and develop special new brain cells four months after birth. Every human's development in the womb and particularly in these early stages of life can, therefore, be affected by development delay, which can blight childhood and marginalize a child at school. Since our brains continue to grow, however, the symptoms can also be treated. *Is That My Child?* Explains the background to human developmental delay and contains: \* Advice on how to get the best assessment for your child and an explanation of what the examination must include \* The effects - good and bad - of certain foods on the brain \* Exercises and computer programs that you can use to expand your child's neural function \* Case histories of children on whom this plan has worked In the single biggest breakthrough in the history of learning difficulties, *Is That My Child?* explains the cause of Development Delay Syndromes, uses simple, easy-to-follow tips to show you how to greatly reduce the risk of your child suffering, and gives advice on what can be done to treat those children that do.

*Getting Rid of Ritalin* Jossey-Bass

Featuring more than 4100 references, *Drug-Induced Liver Disease* will be an invaluable reference for gastroenterologists, hepatologists, family physicians, internists, pathologists, pharmacists, pharmacologists, and clinical toxicologists, and

graduate and medical school students in these disciplines.

#### **Without Ritalin** Harmony

ADHD is a childhood epidemic. By some estimates, 5 percent or more of the school-age children in the U.S. have been diagnosed, and most of them are being treated with powerful prescription drugs. Scientists have now discovered that a simple, basic human activity--exercise--has the same positive influence on the brain without the negative side effects. Nature's Ritalin for the Marathon Mind shows how, in a great many cases, doses of medication can be decreased or eliminated in favor of a regular schedule of exercise, with vast improvements in the quality of life for the children and their families. The author describes in detail the scientific basis for exercise as therapy, how to determine the optimal schedule, and how to help children become motivated to obtain the appropriate level of exercise without parental nagging. If you are the parent of a hyperactive child, this may be the most important book you will ever read. This is not an "anti-Ritalin" book. The author notes that in some cases, medication is essential, and that any change in treatment should be done in consultation with a physician. However, he shows that exercise is a far better solution for many children, one that can be safely tested because it is a natural part of life.

*Ritalin Is Not the Answer Action Guide* McGraw-Hill Companies  
Up to one-third of all school-aged children in the U.S. are diagnosed with so-called Attention Deficit Disorder (ADD) or Attention Deficit with Hyperactivity Disorder (ADHD). They fall into a diagnostic category that didn't exist twenty years ago. Two million of these children are being coerced by teachers, administrators, and doctors into taking Ritalin, which has side effects ranging from insomnia and irritability to personality change, anorexia, and heart palpitations. Even more alarming is the way the drug interferes with normal height and weight gain. Other areas of great concern are the danger of addiction and an increasingly widespread illegal use of Ritalin as a recreational drug. This crusading book passionately advocates a new alternative to Ritalin -- the Caregivers Skill Program (CSP), a step-by-step plan for both school and home that focuses on behavioral and motivational problems. Based on extensive clinical trials and application, CSP offers concrete, easy-to-apply techniques for understanding and improving children's behavior, school performance, and self-esteem. The book also tells parents how to

resist pressure from teachers and doctors to give their kids speed just to shut them up.

#### Talking Back To Ritalin Vital Issue Press

Amphetamines have had a relatively 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.

#### **Raised on Ritalin** W. W. Norton & Company

No More Ritalin, reveals the truth about the ADHD diagnosis and helps parents, step by step identify and improve their child's true health and learning problems.

#### 101 Reasons to Avoid Ritalin Like the Plague Upper Access Books

In this illuminating investigation of the epidemic of attention deficit disorder (ADD) and Ritalin, psychologist DeGrandpre sounds the warning that we may be failing our children by treating symptoms and not causes with a quick fix and ultimately unsatisfactory solution.

#### *ADHD Nation* Simon and Schuster

#1 New York Times bestselling author Dr. Daniel Amen reveals the seven neuroscience secrets to becoming more than 30 percent happier in just 30 days—regardless of your age, upbringing, genetics, or current situation. Happiness is a brain function. With a healthier brain always comes a happier life. After studying more than 200,000 brain scans of people from 155 countries, Dr. Amen has discovered five primary brain types and seven neuroscience secrets that influence happiness. In *You, Happier*, he explains them and offers practical, science-based strategies for optimizing your happiness. Dr. Amen will teach you how to discover your brain type based on your personality and create happiness strategies best suited to you; improve your overall brain health to consistently enhance your mood; protect your happiness by distancing yourself from the “noise” in your head; and make seven simple decisions and ask seven daily questions to enhance your happiness. Creating consistent happiness is a daily journey. In *You, Happier*, Dr. Amen walks you through neuroscience-based habits, rituals, and choices that will boost your mood and help you live each day with clearly defined values, purpose, and goals.

*Adhd Is Not An Illness And Ritalin Is Not A Cure: A Comprehensive Rebuttal Of The (Alleged) Scientific Consensus* Oxford University

Press

When *Running on Ritalin* was published in 1998 it touched off a firestorm about treating children with psychiatric drugs. Dr. Lawrence Diller established himself as the leading expert on the controversial use of stimulants for attention deficit disorder. Since then, parents, physicians, teachers and psychologists, have clamored for his expertise on psychological problems beyond ADD and on drugs beyond Ritalin. More and more parents are asking the simple question: Should I medicate my child? The answer is not as simple as some "experts" say. Children who are angry, intense, distractible, over-energetic, obsessive, shy, listless, or remote rarely benefit from an either/or strategy. Unlike those with a strong pro- or anti-drug agenda, Dr. Diller advocates a balanced approach; he shows how a wise pediatrician -- one who prescribes drugs but also urges non-pharmaceutical interventions when possible -- makes decisions. *Should I Medicate My Child?* empowers parents to ask the same questions Dr. Diller poses in diagnosis and treatment: Have all non-drug approaches been tried? Is the diagnosis accurate? What's known (or unknown) about the recommended drug? Calmly comforting, authoritative, and illustrated with real-life examples, *Should I Medicate My Child?* is essential reading for parents who have been told their preschooler should be "tested" for a disorder, whose fifth-grader has been prescribed Prozac or Depakote, or whose teenager has been diagnosed with a "chemical imbalance." *Should I Medicate My Child?* features a detailed, easy-to-access Appendix of Frequently Prescribed Drugs -- what they do, side effects, dosages, and more. *Should I Medicate My Child?* answers parents' vital questions: \* Is it fair to discipline my hyperactive child if he can't help himself when he misbehaves? Choosing the right kind of discipline is essential. Often the time-honored "time-out" is not the best choice. \* The psychiatrist says the medication he's prescribing is "safe." How can I know if that's true? Dr. Diller's detailed Appendix includes little-known information on how (or if) a drug has actually been tested on children. \* Does it make good sense to use medication right away? Dr. Diller explains why this can sometimes be the best course of action. \* My pediatrician says there are drugs that will help my shy six year old be more outgoing. Is this true? Prescribing drugs for withdrawn children is a risky business. Dr. Diller explains why and offers alternatives to help ease their distress.

**No More ADHD** Hampton Roads Publishing

This is the brutally honest account of Wurtzel's descent into drug addiction and how she managed to break free from Ritalin to love life and herself.

Ritalin Nation Jossey-Bass

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.

The Amphetamine Debate World Scientific

Attention Deficit Hyperactivity Disorder (ADHD) will soon be the most frequently diagnosed chronic condition among children, surpassing asthma. Yet research shows that ADHD can't be that prevalent. ADHD, a problem once thought to affect a small percentage of children, has exploded into one of the most misdiagnosed psychiatric conditions. Now doctors and Big Pharma are targeting children and adults worldwide to get the diagnosis and take medications that will, they say, transform their lives. In *ADHD Nation*, acclaimed New York Times journalist Alan Schwarz takes readers behind the scenes to tell the full story of this billion-dollar industry. There's the father of ADHD, Dr Keith Conners, who spent fifty years promoting the disorder in the US and pills like Ritalin before realising just what he had wrought; a troubled young girl and studious, teenage boy who get entangled in the ADHD machine and are prescribed medications that lead to serious problems; and the pharmaceutical industry that promoted the disorder and continues to earn billions from the rampant

mishandling of ADHD. An investigation of how Big Pharma and medical professionals are complicit in the creation, maintenance and continuing expansion of the ADHD industry, this book sounds the alarm for UK readers and demands we wake up to the problem that we too could face in the future.

Speed, Ecstasy, Ritalin CRC Press

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.

ADHD Does not Exist 1201 Alarm Press

Is Attention Deficit Hyperactivity Disorder (ADHD), the most prevalent neuropsychiatric label in childhood, a valid medical condition? Should we really refer to the millions of children diagnosed with ADHD as children who suffer from the 'diabetes of psychiatry' — a chronic and harmful biological condition that must be treated regularly with powerful psychoactive substances? Building on previous critiques, this thorough, elegant, and mainly courageous book answers these questions through a step-by-step rebuttal of the scientific consensus about ADHD and its first-line treatment with stimulant medications. While maintaining scientific rigor, this book is written in a clear, creative, and flowing way, using colorful examples — some funny, some tragic — which sweep the reader and inspire social change. The book integrates key critiques into one consolidated source, uncovers massive evidence against the efficacy and safety of stimulant medications, and offers principal solutions to this burning socio-educational problem. But most importantly, this book reviews dozens of reliability and validity gaps in the overriding biomedical consensus. It exposes multiple biases and non-parsimonious

bandages (unjustified rationalizations) aimed at hiding the scientific holes of the consensus and it redefines ADHD as a non-pathological quality/mode-of-thought that has both weaknesses and strengths. In this way, the book serves as the missing needle required to pierce the over-blown theoretical balloon commonly known as ADHD. Related Link(s)

Ritalin Is Not The Answer Nurtured Heart Publications

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.

You, Happier Basic Books

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.