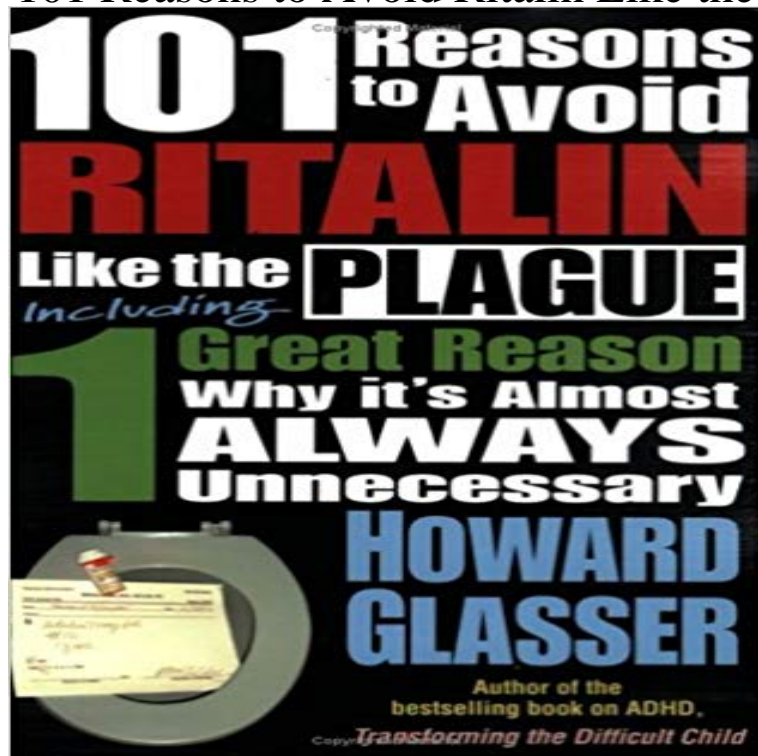


## 101 Reasons to Avoid Ritalin Like the Plague



This book captures the bigger picture of all that is sacrificed with the pivotal decision to put a child on Ritalin or medications. There are so many physical and psychological side-effects that never get mentioned to the parent who is seeking help or being pressured by the school to do something about their child's behavior or poor performance at school. This book fights for the parent to have full disclosure of the truth. Parents are never told: Oh by the way, once in a while a child dies simply by taking their prescribed medication, or by the way, children on stimulant medications have twice the future rate of drug abuse, or by the way, 1/3 of all children on these medications develop symptoms of obsessive compulsive behavior within the first year. Most doctors don't tell parents these things because they simply don't know. Most doctors get the majority of their information about these medications from the same pharmaceutical companies that have a tremendous vested interest in selling more and more medications each year. Most doctors can't tell parents the truth about the psychological side effects because they have no idea that simply giving children these drugs makes it near impossible for the child to deeply believe in themselves and their own power and resourcefulness but rather the child comes to be reliant on the hoped-for power of the medication. Worse, the message to the child is neither you, nor your teacher, nor your parents, nor we the doctor can handle your intensity, it scares us and we need to make it go away. Thus starts the diabolical inner war between a child and their life intensity. The very life force that all great people tap into now becomes overwhelming and frightening to this child who then spends a lifetime on the run and unable to enjoy the fruits and beauty of their intensity. The subtitle of this book is: Including one great reason why Ritalin is almost always

unnecessary. The truth is that the author would still be recommending Ritalin himself if he had not discovered an incredibly simple and reliable way to help convert a child's intensity into their source of greatness. An entire section of this book is devoted to describing this method in detail. The icing on the cake is the supersize me collaboration between the author and his physician where Ritalin is prescribed in increasing dosages for 10 days and both the author and his doctor journal the surprising results.

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