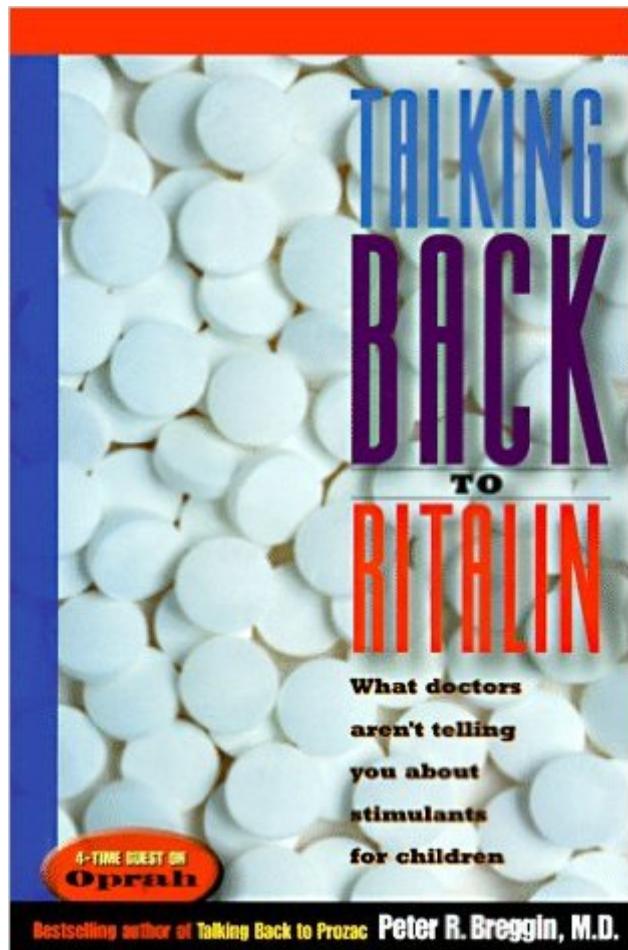


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# Talking Back To Ritalin: What Doctors Aren't Telling You About Stimulants For Children



## **Synopsis**

Ritalin, Dexedrine, Adderall, Desoxyn, Gradumet, Cylert.... Have you ever wondered whether your child's behavior might be helped by these drugs? Has a teacher or doctor suggested this to you? If so, you need the facts--facts that most doctors can't tell you because even doctors haven't been told the truth about the drugs that they prescribe. In this compassionate and compelling book. Dr. Breggin shows why our children need education, not medication. TALKING BACK TO RITALIN empowers parents to transform distracted, disenchanted and energetic children into powerful, confident and brilliant members of the family and society.

## **Book Information**

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## **Customer Reviews**

I am a licensed clinical social worker with seven years' experience working with troubled children, and am now director of a large therapeutic foster care program. From my practical experience, and from my reading, the negative reviews of this book, calling Breggin unscientific, ranting, etc. have got it exactly wrong. The "literature" supporting Ritalin and other stimulants is biased and only intermittently scientific - more like ad copy than fact. It is easy to see why stimulants dominate the treatment of ADHD. Drug companies spend over \$20 billion a year on promotion - more than they spend on research. What does this money buy them? David Healy, internationally known psychiatric researcher and writer, claims about 50 percent of all psychiatric journal articles are ghost written by employees of drug companies, and that 30% of The American Psychiatric Association's income comes from drug company subsidies, grants and advertising. Around 70 percent of all drug

research is funded by the drug companies themselves, and most of the rest, funded by the government, is heavily influenced by drug companies' extensive lobbying machinery. Major journals (including The New England Journal of Medicine and Lancet) have lamented the control of research and publishing by drug company money: The New England Journal of Medicine editorialized, stating they could hardly find reviewers for their psychiatric drug articles who did not have conflicts of interest due to financial ties with drug companies. Studies funded by drug companies, that don't support the companies' drugs, are rarely published. The bottom line: professionals and the public are bombarded with a stream of "research" and "information" financed and spun by the people who make and sell these drugs. The conflict of interest is palpable.

I think this book is one of the best researched in the alternative view about drugs. It gives well reasoned arguments that ought to give pause for the knee jerk phenemoma that is going on with Stimulant drugs and our youth. Yes Dr. Breggin is thoroughly biased, but that is a given for all human beings. Being biased in itself is not a bad thing, because it often is simply the expression of passion and certainty. Bias is a problem when there are no clear arguments or good reason to support the bias. Dr. Breggin is always quite thorough in supporting his point of view. To be fair, he gives almost no credibility to the opposite view. Since I happen to mostly share his bias, it is not something I have a problem with. While it is apparent that for many children, stimulant medications have effects and do help, the question is really about the cost of that help for the long term. Should we be using these drugs as the first and often only solution? If we can help these kids without resorting to drugs, wouldn't that be best? Once that diagnosis is surrendered to along with a lifetime of stimulant medications, is that the best option? That is what Breggin is getting at here, are we really looking at this thoroughly or simply swallowing what we are told? I'm biased against the drugs because I've been successfully treating adults and children with ADD, ADHD, OCD, etc with homeopathic medicine for several years now. Many of my colleagues in homeoapthy report similar success. There is a good book out called "Ritalin Free Kids" By the Ullman's that goes into some depth about homeopathy - one of the best solutions for ADD, ADHD, etc. The book, "Impossible Cure" (Amy Lansky), is also a wonderful primer for those interested in researching homeopathy.

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