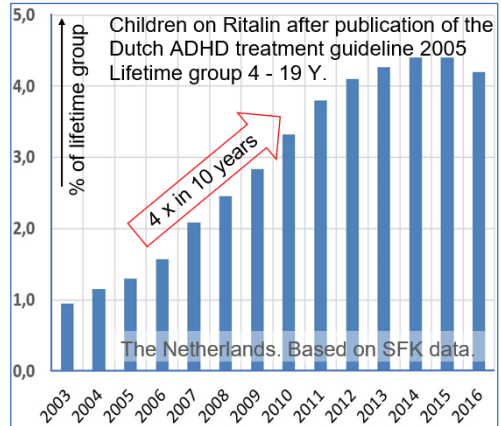


ADHD, a short intro

In the psychiatric handbook DSM, ADHD is the collective name for animated, inattentive and dreamy behaviour that is considered to be undesirable in our society. Criteria that determine whether someone "has ADHD" are so broad that they will be met by a relatively high percentage of young people. Medication may follow after the diagnosis. Too little work is being done to tackle the real causes of the child's situation with "ADHD".

Approximately 4% of Dutch youth use ADHD-medication. This is an indication of societal problems harming our children. Prescriptions of Ritalin in the Netherlands skyrocketed since 2005, when an ADHD treatment guideline was published, concocted by Big Pharma - influenced experts. A decrease of Ritalin prescriptions started only after protests arose from society and from a few maverick experts.



Graphic: Fast increase of Ritalin use in the Netherlands after publication of the Dutch 2005 treatment guideline, biased by data from Big Pharma -related psychiatrists.

Symptoms

Vaguely defined behaviour that may lead to an ADHD diagnosis, include the following "symptoms": *often* fails to pay close attention to details, *often* has trouble paying attention to a task, *often* seems not to be listening when spoken to, *often* has difficulty following instructions, etc. These phenomena could also be called normal child behaviour rather than a mental disorder.

Often ignored environmental risk factors

Youngest children in the class (school effect), educational errors at school, work overload in the school system, low socio-economic level and low education level of the family, excessive screen exposure (television, smartphone, etc.). Premature birth, child maltreatment, depressive mother during childhood, teenager mother.

The psychostimulant drug

Parents should know that methylphenidate (the active ingredient of Ritalin, a psychostimulant drug) is on schedule 2 of the Convention on Psychotropic Substances. If used as a medicine, the drug hides the problems, while committing attacks on the body.

Side effects

Aggression, chest pain, anorexia, change in blood pressure and heart rate, depression, drowsiness, dry mouth, hallucinations, headaches, palpitations, hypersensitivity, increased irritability, insomnia, uncontrolled tics, liver malfunction, mood changes, nervousness, psychosis risk, restlessness, stomach pain, stunted growth, suicidal thoughts, irregular heartbeat, abnormal weakness or tiredness, violent behaviour, "zombie look" and more.

Parents should take control of what happens with their child

Be critical and do your own research, because generally speaking, psychiatric science is of low quality.

School: visit the principal or teacher who reports on your child. Ask critical questions. Does your child have a thorough understanding of the study materials? Are there any children or adults who bully or belittle your child? Refuse to be pressurised towards using medication.

At home: listen to the child, it needs kindness and understanding. Are there any factors causing stress within the family? Handle problems and disagreements with proper communication. Diet, medical: avoid sugar. Poor nutrition and lack of exercise may affect emotional state and behaviour. There may be a metabolic disorder or a deficiency of one or more vitamins or minerals. Ask a reliable doctor to check these things.



And don't forget: good experts on child behaviour who can really help, do exist!



The Nederlands Comité voor de Rechten van de Mens (NCRM) is part of CCHR's international network that addresses abuses in psychiatry (CCHR, <https://www.cchrint.org/>) and was founded by Scientology (USA) and dr. Thomas Szasz. NCRM is a non-profit foundation. Website www.ncrm.nl