

# OVER FOUR MILLION KIDS MEDICATED FOR ADHD

*By Sunny Ariel*

## **Could a small change in diet have changed what happened in Red Lake, Columbine and the other school shootings of recent years?**

Jeff Weise, the teenager who went on a shooting rampage at his high school was put on the antidepressant Prozac after a suicide scare last summer, according to Sky Grant, a friend of Weise's since sixth grade. Family members said the boy's dosage had recently been increased.

Grant, who was himself taking Zoloft, said he and Weise talked in detail about antidepressants. He said Weise told him he was taking 40 milligrams a day of Prozac: 20 in the morning, 20 at night. Family members told the New York Times that Weise's dose had recently been increased to 60 milligrams a day. "He was a lot more quiet. I wouldn't say any better," Grant said, speaking from the Red Lake reservation in northern Minnesota.

According to **P. M. H. Atwater's** book, *Beyond the Indigo Children: The New Children and the Coming of the Fifth World*, "Children have surpassed seniors and all other age groups as the fastest growing segment of the prescription drug market. Ritalin, Prozac, and Risperdal are the most commonly prescribed.... There has been no long-term study on the effect these drugs have on children. What science has learned: Ritalin can shrink a child's size and weight, and may cause permanent changes in the brain; Prozac can cause violent and bazaar behavior; **children treated [with prescription drugs] for ADHD have unusually high incidents of depression and suicide regardless of what drug is used; the most helpful medication yet found with the least harmful side effects is illegal - marijuana.** The drugs of choice used in treatment remain 'iffy.'"

There is no clear or simple solution. Scientists, doctors, and determined parents are finding of late, however, the fact that **80% of all childhood disorders can be linked to allergies, nutrition problems, improper digestion, a build-up of toxic metals in the system, and so forth.** Researchers are now identifying nutritional deficiencies during the prenatal period and early childhood as one of the main contributing factors in the astonishing rate of brain-related behavioral problems. Specifically, **they have noted a consistent lack of essential omega-3 fatty acid DHA, which is associated with improved cognitive abilities in children.**

Studies indicate that a decrease in the number of breast-fed babies, an increased intake of processed foods high in trans fats and preservatives as well as an overabundance of sugar are where some of these nutritional deficiencies may be originating.

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