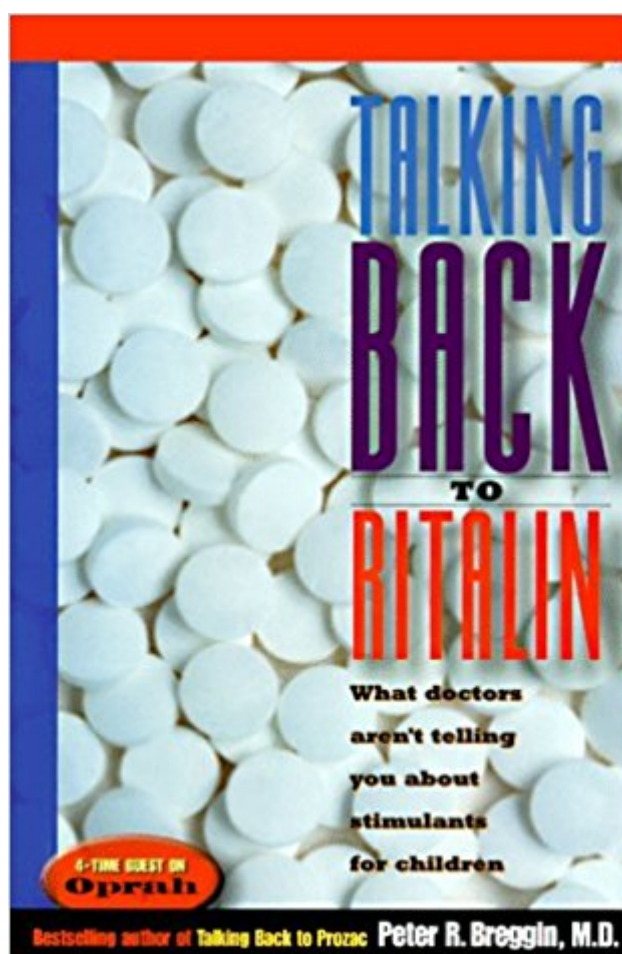


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# Talking Back To Ritalin: What Doctors Aren't Telling You About Stimulants For Children



## 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

"As medical director of D.C. General Hospital, I intend to make this book required reading for all child care providers on my staff." -- Ronald David, M.D., Pediatrician and Medical Director, D.C. Health and Hospitals Public Benefits Corporation"Every child needs a hero--a champion who will speak truth to power. That hero is Peter Breggin. When he writes on behalf of children and caring parents, the world should stand up and take notice. This book is packed with information needed by anyone who is considering prescribing psychiatric drugs to children." -- Jeffrey Moussaieff Masson, Ph.D, former projects director of the Freud Archives and author of *Dogs Never Lie about Love* and *When Elephants Weep*"I am a mother first and a doctor second... The principles in this book help us as parents to empower our children to be successful in life." -- Sharon A. Collins, MD, pediatrician

Peter R. Breggin, M.D. is a psychiatrist in private practice in Bethesda, Maryland, where he also directs the International Center for the Study of Psychiatry and Psychology. He teaches on the faculty of the Johns Hopkins University Department of Counseling. His background includes Harvard College, the Case Western Reserve School of Medicine, a Teaching Fellowship at Harvard Medical School, and two years as a full-time consultant with the National Institute of Mental Health (NIMH). He has published more than a dozen books, including *Talking Back to Prozac*, *Toxic Psychiatry*, and *The War Against Children of Color*.

Dr. Breggin is truly a hero. Yet another lifesaving book.

Dr. Breggin is a Hero. Read all and any of his publications, you will not be disappointed. He's not flying by opinion. He is educated, mindful, and really writes to help at an understandable level.

Dr. Breggin is wonderful as are all of his books.

A great and scientifically documented boom.

This man is an expert on the affects of this drug on the brains of children, at a time when the drug companies are moving to sell more drugs at any cost to the humans receiving them. Most of the test results are not made public, bad results are hidden, and law suits for harm done are settled out of court and paid off. There is a movement afoot to test very small children to see if there is an excuse to give them ritalin or adderal.

If you are a parent with a "difficult" child, chances are you have seen pamphlets in your doctor's office on ADHD. These reassuring documents tell you that the drugs will transform your child, and assure you that they are safe and effective. Turn the pamphlets over, however, and you'll see that they are printed by the drug companies. Visit the CHADD (the big ADHD support group) web site and you'll see the same info. Don't worry, they tell you -- your child has a "neurobiological disorder" and none of it is your fault or the child's fault. Dig around in their site and you might notice a mention at the bottom of their annual report page that they receive funding from the drug companies. Oh...I'd like to believe this happy information. But these mainstream sources never seem to address in any depth at all the questions that naturally arise: what is the long term effect of keeping your child on the equivalent of speed for several years? How do children feel about being labeled disordered, and

about solving their problems with pills? Doesn't that cause damage in itself? What studies have been done to see if kids on these drugs are more likely to become addicted to drugs later in life? How much testing has been done on young children? What is the plan for getting a child off the drugs and teaching them to cope with their "disorder"? Or can they expect to spend all their lives on stimulants? All of these are answered -- if they are addressed at all -- with brief reassurances that there is no need to worry. These are powerful drugs that are restricted and monitored by the government. I need more than glib reassurances before I will put my child on them. This book looks at all the unattractive aspects of these drugs that CHADD and the "experts" brush off so lightly. Anyone can manipulate data, but Breggin quotes time and again from the pro-drug scientists' own studies to show the lack of hard evidence that the drugs work over time, that they are safe, and even that ADHD exists as a disease. He uses their own words to make his point. As a reasonably intelligent reader, I know Breggin is making an argument for his own point of view, and thus has a bias. But I am more likely to trust the document that tackles the tough questions than the ones that pretend they don't even exist. This book certainly does not have all the answers. It does not offer a real way to handle these kids, (beyond "fix the schools, and give them love and attention"). But it takes a well-documented and convincing look at the frighteningly flimsy basis for the mass drugging of children.

Wish I had heard of this book 5 years ago when wasn't sure if son would be able to get through 1st grade. Doctors and researching tells you that Ritalin is OK, but this book tells you the real hard facts. We tried all the other alternative therapies but nothing really worked until son took a neurotransmitter test and the results were awful! That led to IgG 96 food allergy test identifying allergies to gluten, dairy, eggs. Turns out child was highly allergic and these foods were being eaten all the time. Within 1 month of changing diet, and stopping Ritalin, my son was doing so much better in school than he ever did before on Ritalin! Teacher was shocked at the change. He was finally participating in class and completing homeworks all by himself, something that had never happened before. Wish more Drs would take the time and effort to look beyond the seeming quick fix of a little pill, after all that's what your insurance premiums are supposed to be paying for.

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. Many people lack access to effective non-drug ways to deal with "ADHD." But this is no proof that the drugs are especially effective and safe - it just shows the advantage of having billions of dollars to finance and promote the drugs. I have a challenge for readers who dismiss Breggin's book: Read half a dozen responsible critiques of biopsychiatry and psychiatric drugs. Try David Healy's *The Creation of Psychopharmacology*, also Healy's *Let Them Eat Prozac* (soon to come out in the U.S.), Robert Whitaker's *Mad in America*, Glenmullen's *Prozac Backlash*, Fisher and Greenberg's *From Placebo to Panacea - Putting Psychiatric Drugs to the Test*, and Elliott Valenstein's *Blaming the Brain - The Truth About Drugs and Mental Health*. These are not works by new agers who think crystals heal schizophrenia. They are by respected academics, researchers and clinicians (and not all of them, especially Healy and Glenmullen, are against psychiatric drugs). But read these books, and note the claims and evidence they cite about the drugs. Now, here's the challenge: look in mainstream psychiatric literature for any serious attempt to address these claims. I've read over forty books, pro and con, on psychiatric drugs - and I've yet to find pro-drug literature that addresses 98% of these arguments, not in general, and not point by point. This is a matter of informed consent. See if Peter Breggin's words in *Toxic Psychiatry* are not at least very plausible: "In the world of modern psychiatry claims can become truth, hopes can become achievements and propaganda is taken as science". Yes, Breggin is angry. He pulls no punches and gives no quarter. But he deserves serious consideration - he has been qualified as an expert witness in numerous product liability cases

against drug companies around the country. Try to find, anywhere, point by point refutations of the specific claims he makes in this book. Except for a few points, biopsychiatry's silence on Breggin's claims is deafening. Ask an "authority" on ADHD whether, as Breggin claims, the panel of experts at the NIH Consensus Conference on ADHD DID or DID NOT conclude in their final report, "...there are no data to indicate that ADHD is due to a brain malfunction," and ask the "authority" who it was that later took it upon himself to edit that statement to muddle the wording, but without changing its bottom line. And ask if it is true that the conference organizer, Peter Jensen, later admitted in a 2000 article that the experts at this conference found NO proof that "ADHD reflects a disordered state." (See Breggin, page 16). If, after looking into the issue, you decide to give your child Ritalin, so be it. But each parent, child and professional deserves to know the whole story - something you will not get reading standard psychiatric literature.

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