



# Kids First!



OUR FAMILY NEWSLETTER

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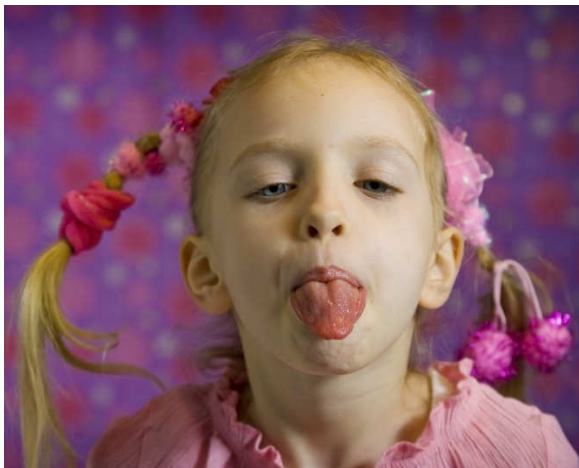
**My Mission is to help as many people in my lifetime as I can – especially children!**

I hope you've all enjoyed the last few issues of this newsletter. The reason I decided to write about the topic of Disc and Spinal Degeneration is simply because the vast majority of patients that I see in my office are somewhere in the midst of that process – even children!

And the reason is that Vertebral Subluxation, that starts this whole ball rolling, usually begins in childhood – we covered all that. And by now, you should understand why it is so important to have all your kids checked. It is absolutely crucial!

Let's move onto a topic that has been a huge frustration for parents, children and teachers alike:

## Attention Deficit Hyperactivity Disorder:



**ADHD** - Those four letters strike fear into every parent whose children are in the school system. Home-schooled children don't fit into this category – you'll see why.

The acronym "ADHD" simply stands for **Attention Deficit Hyperactivity Disorder** – the scourge of the school system.

The next issues of my **Kids First Pediatric & Family newsletter** will focus on this problem – what it is? How can it be treated? Do medications work? Are they safe? Are there alternatives? How Chiropractic can help, and the controversy surrounding the diagnosis of ADHD.

That is a mouthful!

I want to warn you: This is a very difficult topic to discuss with any degree of impartiality. Why is it so difficult to be impartial? Because it involves our children!

It has been called by many as "Teacher's Little Helper." I'm referring to the popular drug Ritalin, which is widely prescribed to "treat" the condition of ADHD - commonly referred to as simply "**Hyperactivity.**"

The number of children taking this drug has risen by drastically in the last 20 years or so, much to the delight of the shareholders of Ciba-Geigy (now Novartis), the drug's manufacturer. And if you can believe it, nearly 100 percent of all children in second through fifth grade, have been prescribed the drug Ritalin, even though many of them probably don't have Attention Deficit Hyperactivity Disorder. That was the conclusion of Dr. LeFever and researchers who published their findings in the *American Journal of Public Health*. (LeFever, Gretchen, et al, *The Extent of Drug Therapy for Attention Deficit Hyperactivity Disorder among Children in Public School*. American Journal of Public Health). There is something wrong here!

The United States and Canada are leading the parade in Ritalin use, while European countries are far down the list. As a matter of fact, Health Canada has launched an investigation to delve into the over prescribing patterns of this narcotic just recently. Maybe children across the ocean are different? Perhaps our kids are "sicker?" Could it be marketing? Could it be hype?

According to Dr. LeFever, doctors are overprescribing Ritalin, which is a psychotropic drug and a Class II narcotic. *"It's hard to believe this many children actually have the specific brain-related problem called ADHD,"* stated Dr. LeFever, an assistant professor of Pediatrics and Psychiatry at the Centre for Pediatric Research.

Health care advocates say that physicians are routinely diagnosing children with ADHD, even though there are no clinical tests for this condition. *(I want to make sure that you understand this statement: There are no tests for this condition – None!*

Instead, they find it easier to write a prescription for Ritalin - or other stimulants - than discuss diet or parenting skills with the child's family.

The diagnosis of ADHD is purely made on observation and someone's personal view of what constitutes "normal behaviour." Taking into account that approximately 20 percent of the population have antisocial tendencies, and 2-3 percent are anti-social, this type of criteria used to establish a true diagnosis of ADHD, then sits on very perilous ground. Would you agree?

From my perspective as a doctor, it seems as if almost every child today is being labelled with ADHD. It appears to be a catch-all name given to kids who don't fit into someone's definition of how a child "should" behave. The criteria used to make this diagnosis fit almost every child I have encountered in practice. It probably fits most of your friends and relatives also. Maybe even you! There's a concept! So much for being clinical and objective!



According to Peter Breggin, Director of the International Centre for the Study of Psychiatry and Psychology and faculty member at Johns Hopkins University, in his book, *The War Against Children of Color*, ADHD tends to be a middle class diagnosis. A yuppie "thing."

Let's look at the factors that would label a child as having ADHD:

1. Often fidgets and squirms in his/her seat.
2. Has difficulty remaining seated when required.
3. Is easily distracted.
4. Often blurts out answers to questions before they have been completed.
5. Has difficulty waiting his/her turn during games.
6. Has difficulty following instructions.
7. Jumps from one thing to another.
8. Often talks excessively
9. Interrupts others.
10. Often loses things.
11. Does not seem to listen.
12. Has difficulty playing quietly.

If your child displays at least six to eight of these criteria, he is a candidate for the ADHD diagnosis. *(All of a sudden I'm very concerned about myself, and most of my friends and colleagues!)*

*I will continue my discussion of this topic in the next issue of this newsletter.*

*Please stay tuned!*



## Should Your Food Chirp?

If you were to eat a cricket canapé what beer would you drink with it?

That depends on the seasoning, say bug chef Natalia “Cookie” Martinez and Canada’s only certified master cicerone Mirella Amato, who have created five cricket and beer pairings for Toronto’s Beer & Bug event on Oct. 31.

Amato says she’d choose a beer that mirrored the flavours of the dish. If it is Martinez’ Thai herb spoon (fried crickets with fish stock and seasoned with lemongrass and a mix of cilantro, parsley and chili powder), she’d choose a malty, American-style pale ale. The hops give tones of citrus and herb with a mix of sweetness and bitterness to reset the

palate, she says.

While eating insects may make most North Americans squeamish, two billion people worldwide already dine on 1,500 species. Earlier this year a report by the United Nations’ Food and Agriculture Organization suggested that insects could be an environmentally sustainable source of protein for a ballooning global population.

This event by food-culture company Alimentary Initiatives is part of its Future Food Salon series. **Most of us haven’t eaten bugs since preschool. So....What do crickets taste like?**

Apparently they can be nutty, or fishy, like shrimp. It changes based on what you feed them. One chef north of Toronto uses apples and rosemary and it gives them a rosemary-alcohol taste.

There you have it. And just when you thought it was safe to go into the water.....  
*Toronto Star....*

## Connecting the Dots Between Your Teeth and Your heart:

For more than 100 years, doctors have said that if the gums are infected there may be other health problems, such as heart disease.

But even all these years later it seems to be too soon to understand this link.

Researchers from the American Heart Association recently looked at scientific research on the subject. They couldn’t say for sure if gum disease helps cause heart disease or if heart disease can cause gum disease.

But the researchers also said that there is a link between heart disease and gum disease that isn’t explained by other factors they studied.

Mayo Clinic experts recommend protecting against gum disease by flossing daily and brushing with fluoride toothpaste twice daily.





## Next-generation Tablets Target Toddlers:

Toymakers jockeying for dominance in booming niche market to get children online

NEW YORK – Toddler-safe texting has arrived.

Spurred by burgeoning demand for kid-styled tablets, LeapFrog Enterprises and VTech Holdings revamped their tyke-targeted devices to add features that let 3-year-olds send short messages to grandma and even watch online videos without stumbling across websites kids shouldn't see.

Exposing out children to the Internet at an early age is incredibly valuable, but how do you do it safely?" John Barbour, chief executive officer of Emeryville, Calif.-based LeapFrog, said in an interview.

By tackling parents' fears about their kids going online, these toymakers are seeking to extend their dominance in a niche category of the booming tablet market that they created two years ago after releasing the first versions of LeapFrog's LeapPad and VTech's InnoTab.

With the added Web features in the recently released LeapPad Ultra and InnoTab 3s, they are also presenting more of an alternative to devices from Amazon.com, Samsung Electronics and Apple in the larger market for tablets that is projected by researcher IDC to increase 34 per cent to 67 million units shipped this year.

The LeapPad became a runaway hit, and its success helped turn around the company's fortunes. The shares have more than doubled since the first version went on sale in July 2011, compared with a 9-per cent gain for the Standard & Poor's 500 Index.

That easy ride has ended and it's not because Mattel and Hasbro, the world's largest toymakers, have entered the market. Despite these devices being one of the few bright spots in the sluggish U.S. toy industry, they've stayed out, saying making tablets is too expensive and risky and will instead focus on creating branded content for mobile devices.

Meanwhile, Samsung announced a kit tablet Tuesday, and Amazon's recent television advertising in the U.S. features a parade of children, marketing the 7-inch Kindle Fire as "the perfect family tablet." While sales of children's tablets account for a small part of the total tablet market, which includes Apple's top-selling iPad, there may be plenty of room to keep carving out this niche with more families now buying more than one tablet, IDC said. Given that LeapFrog has established itself as a leader in kid tablets and has increasing support from retailers, the Ultra is projected to be one of the top-selling toys this holiday-shopping season, said Michael Swartz, an analyst with SunTrust Banks Inc. in Atlanta. *Although this is the direction our society seems to be heading, I have some reservations in this area.*

*Matt Townsend – Bloomberg*

## Eating Before Bed – The Good News!

Eating before bed will cause you to GAIN weight. Right?

Not every food that you eat past 7PM will be automatically deposited to your butt, thighs, and love handles.

Here are some top pre-bedtime choices:

1. **White Meat Animal Protein** (not red meat or fish) - White meat protein sources such as chicken and turkey are great pre-bed meal choices because they digest slowly and have a very low insulin release.

2. **Cottage Cheese** - Cottage cheese is very slow digesting and coats the stomach to be assimilated by the body over many hours.

3. **A Slow-digesting, Low-carb Protein Shake**

**Avoid carbs**

