Mom Finds Hair Analysis as an Alternative to Ritalin for ADD

TMA – Supplements and Diet

Rebecca had put her son, Tyler, on Ritalin because the doctor told her it would help his behavior and schoolwork. Rebecca agreed but harbored reservations about putting her son who is eight years old, on such a strong medication, especially on a long-term basis. Tyler was already on asthma and allergy medications for other health problems and Rebecca didn't want to increase his medications if she didn't have to.

Rebecca found out in April that she did not have to keep Tyler on Ritalin. Rebecca went to a panel discussion sponsored by Options Center entitled, "Choose Drug-Free for ADD." The panel consisted of Helen Cox, Director of Options; Amy Fasig, Brain Gym® Instructor and Health Educator; Lisa Nelson, Art Therapist; and Dr. Richard Malter, a leading psychologist whose specialty is working with children diagnosed as ADD, ADHD, and LD on a drug-free basis.

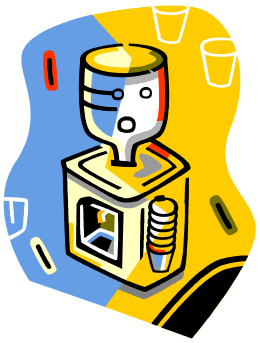
At the panel discussion, Rebecca learned of the many side effects of Ritalin including sleep disturbances, loss of appetite, stunted growth, and heart and kidney damage. Rebecca had already seen Tyler's appetite diminish and his sleeping habits change. In her words, "I was scared. I hadn't heard of some of these other side effects or of any of the long-term effects that Ritalin has. One of the other mothers said that her son was having kidney problems due to high doses of Ritalin. It confirmed my reservations about putting Tyler on Ritalin for a long time."

Dr. Malter described how Ritalin worked and how it could cause mineral imbalances which showed up in the Hair Analysis. Rebecca says, "What he was explaining made sense. It was scary to find out how the Ritalin was

actually changing the levels of minerals in his body and that this could cause other health problems. I knew I had to do something different."

Rebecca went to Options Center the week after the panel discussion to get a Hair Analysis for Tyler. Two weeks later she met with Helen Cox, Director of Options Center, who interpreted Tyler's Hair Analysis report. Rebecca learned that Tyler was a fast metabolizer and that his calcium, magnesium, sodium and potassium were all out of balance. He also had some mineral toxicities.

The report also told her what foods Tyler should avoid and what foods Tyler should increase. The biggest changes were the increase in the amount of protein Tyler needed on a daily basis and the correct daily vitamins for him.



Rebecca says that they have followed the diet pretty well, "We've stopped eating some things and are trying to decrease the starches and sugars. I've always limited Tyler's junk and fast foods because I know how important a healthy diet can be. My mom and I did the Hair Analysis too and are eating better than before. We're also drinking a lot more water."

Rebecca began noticing subtle changes in Tyler's behavior and appetite soon after starting the diet and supplement recommendations.

"Tyler is sleeping better and his appetite has increased. He's still a picky eater so I have to work with that. I think his demeanor has improved and he's a lot calmer than before. Tyler has taken responsibility for getting better too. He reminds me if I forget to give him his supplements or protein drink."

Rebecca has also seen that Tyler's intelligence comes through, now that his behavior has improved.

"His last report card was straight A's! Even in behavior! I think his concentration has also improved. I recommend to other parents to do the Hair Analysis. I even told Tyler's hairdresser about it and she's telling people. I'm so glad I found out about Options and the Hair Analysis because they offer ways of dealing with ADD without using medication -- it's a lot healthier."

If you would like to communicate with Options, please feel free to email - options@mtco.com.

Options Center for Health and Education
4316 N. Prospect Road • Peoria Heights, IL 61616 • (309) 685-7721
options@mtco.com • www.options-center.com