



Dr. David Brownstein's NATURAL WAY TO HEALTH

Achieving & Maintaining Your Optimal Health

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ADHD: Drugs Are Not the Answer

If you live in the United States today, it's likely that you know someone — or someone's child — who has been diagnosed with attention deficit hyperactivity disorder, or ADHD. Unbelievably, the Centers for Disease Control and Prevention (CDC) estimates that 11 percent of all U.S. children are suffering from ADHD.

In addition, 5 percent of U.S. adults suffer from the condition.^{1,2} As a result, the CDC estimates that the total cost for ADHD is well over \$50 billion annually.³

But what, exactly, is ADHD? By definition it is a neurobehavioral disorder in which a person is not able to focus his or her attention. People with ADHD are overactive, impulsive, and unable to control their behavior.

In this issue of Natural Way to Health, I will tell you what is really causing this epidemic of ADHD, and how it can be treated without drugs.

Diagnosis Is Too Subjective

The first writings about ADHD were attributed to Dr. Heinrich Hoffmann, who wrote a children's book titled, "The Story of Fidgety Philip." Since that time, there have been tens of thousands of papers describing impulsivity and hyperactivity in both children and adults.

The name Attention Deficit Disorder was introduced in 1980 in the *Diagnostic and Statistical Manual, volume III*.

No one knows what causes ADHD, and there are no laboratory tests to prove that a person has the condition. Rather, ADHD is diagnosed by observing behavior. To fit the criteria for ADHD, a patient

must exhibit six or more symptoms, including:

- Does not give close attention to details and makes careless mistakes in schoolwork, work, or other activities
- Does not seem to listen when spoken to
- Fidgets with hands or feet
- Is easily distracted
- Often acts as if "driven by a motor"
- Talks excessively
- Trouble keeping attention on tasks or play activities

As you can see, a diagnosis of ADHD is dependent on very subjective factors. When I was a child, I remember many children at school (myself included, at times) who could have met the diagnosis for ADHD.

But the diagnosis didn't exist back then. And the treatment for ADHD — stimulant drugs — were not available at that time.

Over the last decade, the diagnosis rate of

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Ritalin Dangers

In the *Physicians' Desk Reference*, there is a boxed warning for Ritalin which states, "Frank psychotic episodes may occur . . . Withdrawal following chronic use may unmask symptoms of underlying disorder that may require follow-up."

Under Warnings/Precautions it states, "Sudden death, stroke, MI (heart attack) reported. May cause treatment-emergent psychotic or

manic symptoms in children and adolescents without prior history of psychotic illness or mania at usual doses. Aggressive behavior or hostility reported. May cause growth suppression in children."

That is just a small part of the warnings. Knowing this, any parent should think very carefully before allowing their child to take any kind of stimulant medication. In fact, any

child diagnosed with ADHD should only use a stimulant medication as a last resort.

This means the child has had a full nutritional, hormonal, and toxicity evaluation which includes searching for food allergies. A holistic healthcare provider can help you sort these issues out. It is ludicrous to place a child on a dangerous medication without trying other therapies.

- Headaches
- Loss of appetite
- Mood changes
- Nausea
- Trouble sleeping

Overdiagnosed Condition

Humans are very complex beings, exhibiting a wide range of behaviors. Mental health professionals often have a difficult time deciding if a patient's behavior fits the criteria to be considered normal or abnormal.

That is exactly why the DSM was created — to aid healthcare workers with making appropriate diagnoses. But I believe that the DSM's relaxed criteria for certain illnesses, ADHD included, needlessly increases the incidence of those conditions.

And of course, if there is a Big Pharma drug approved to treat the illness, an increase in the diagnoses of an illness will result in more prescriptions — and more money for Big Pharma. That is exactly what has happened with ADHD.

ADHD has been skyrocketing: Between 2003 and 2007, the CDC reported that ADHD prevalence increased by 22 percent. Why is ADHD seemingly increasing at epidemic rates?

One reason we are seeing such an increase is the changing criteria used by psychiatrists to diagnose ADHD. The criteria established by the *Diagnostic and Statistical Manual* (DSM) has been written in such a way that, over the years, it has become easier to diagnose children and adults with the condition.

In fact, the new, fifth volume of the DSM relaxes criteria for diagnosis of ADHD even further. This will undoubtedly increase the number of patients diagnosed and the number of prescriptions written for ADHD therapies.

Stimulant medications used to treat ADHD include Ritalin, Adderall, Concerta, Dexedrine, and Vyvanse.

In my opinion, doctors prescribe these stimulant medications much too easily and without thinking about their adverse effects, which can include:

- Dizziness
- Dry mouth

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In fact, these days teachers are “trained” to recognize a child who is exhibiting signs of ADHD. Why would teachers be trained to recognize ADHD symptoms? Because the Department of Education has indicated that a diagnosis of ADHD could qualify the school for extra funding for special educational services.

Over the last 10 years, I can’t tell you how many times a patient has come to me claiming that his or her child’s teacher said that the child needed to be evaluated for ADHD.

That is what happened with Dawson.

ADHD Caused By Thyroid Deficiency

Dawson was 7 years old when I first saw him. I had been treating Dawson’s mother — Stephanie — for thyroid deficiency, also called hypothyroidism.

When Dawson was growing up, he was very fidgety. He couldn’t sit still at mealtime or focus on any of his playtime activities. He was always up and down.

“It drove me and my husband crazy,” Stephanie claimed. “He would cry uncontrollably for a half an hour then collapse into an exhausted sleep.”

Dawson was also having trouble at school. The teacher said he would not sit still, and had to be reminded to keep on task. She also complained that Dawson often didn’t seem to hear her. Finally, she suggested that he may have an issue with ADHD.

When Stephanie brought Dawson to me, she was concerned about the environment in his school.

“Dawson is being punished by his teachers for his inability to focus,” she said. “Every time there is an incident, it is implied that his issues were rooted in ADHD. It makes me feel very uncomfortable. I told his teachers that I will not drug my child. They want me to just fix it with drugs.”

Stephanie had learned a lot about thyroid problems because of her own past issues. I treated Stephanie for hypothyroidism after she had given birth to her children.

She eventually managed her deficiency with Nature-Throid, a natural thyroid hormone, along with iodine. Unfortunately, her thyroid was not well-managed when she became pregnant with her children.

“In your book, you said to check basal body

temperatures. I checked Dawson’s and it was low,” she said.

Stephanie found that Dawson’s basal body temperature was just 96.5 degrees Fahrenheit.

Basal body temperature is the body’s lowest, resting temperature, which usually occurs during sleep. The best way to measure basal body temperature is first thing in the morning. A normal temperature is between 97.8 and 98.2 degrees, if taken under the armpit. If you take the temperature orally, add a degree for normal levels.

Stephanie also explained that for the last year Dawson had been irritable, tired, constipated, and always cold. When I examined Dawson, he showed slow reflexes, a clear sign of thyroid deficiency.

His blood tests were in the normal range. I made a clinical diagnosis of low thyroid based on his history (irritable, low energy, fidgety), and physical exam signs (slow reflexes). I placed Dawson on a small amount of one-quarter grain of natural thyroid hormone (Nature-Throid) per day.

Dawson responded extremely well. A few weeks later, Stephanie reported that he was like a different child. All of Dawson’s symptoms were resolved.

The teacher even said that she could see he was taking Ritalin.

“I told her no, and that he just had a thyroid

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David Brownstein, M.D., is a board-certified family physician and one of the foremost practitioners of holistic medicine. Dr. Brownstein has lectured internationally to physicians and others about his success with nutritional therapies in his practice. His books include *Drugs That Don't Work and Natural*

Therapies That Do!; *Iodine: Why You Need It, Why You Can't Live Without It*; *Salt Your Way To Health*; *The Miracle of Natural Hormones*; *Overcoming Arthritis*; *Overcoming Thyroid Disorders*; *The Guide to a Gluten-Free Diet*; *B12 For Health*; *The Guide to a Dairy-Free Diet*; and *The Soy Deception*. He is the medical director of the Center for Holistic Medicine in West Bloomfield, Mich., where he lives with his wife, Allison, and their teenage daughters, Hailey and Jessica. For more information about Dr. Brownstein, please go to www.drbrownstein.com.

Irritable Bowel Syndrome Is a Symptom, Not a Disease

In each issue, I will share with you the story of one of my patients and how sometimes simple alternative approaches can solve major health problems. Names and some details have been changed for privacy's sake, but the problems and their resolutions are real.

— Dr. David Brownstein

On her first visit, my patient Judy told me that she had been diagnosed with irritable bowel syndrome 10 years earlier, when she was 25. "I was having periods of diarrhea and stomach pains. My doctor told me it was irritable bowel syndrome, and that it was caused by anxiety. Since then, I have tried to control the anxiety but nothing has helped my stomachaches," she said.

Over the next 10 years, Judy was given a battery of tests including an ultrasound, colonoscopy, esophageal gastroduodenoscopy, blood work, and stool tests.

"But all the tests came out normal," Judy told me. "If I'm normal, why do I suffer so much?"

Identifying Food Allergies

Irritable bowel syndrome (IBS) is characterized by abdominal pain, bloating, and alternating bouts of constipation and diarrhea. IBS is a very commonly diagnosed condition, with 14 percent of the American population estimated to be suffering from it, according to a report in the journal *Alimentary Pharmacology & Therapeutics!*

But I don't like this diagnosis. In fact, I don't think IBS is a true disease.

IBS is a diagnosis of exclusion. When no other reason can explain a patient's bowel and stomach discomfort, many doctors simply label it IBS. But that's just a description of the patient's complaints. When a patient comes to me with a diagnosis of IBS, I know that I have to start over to try to uncover the true cause of their abdominal discomfort.

I am not making light of IBS. Sufferers do experience abdominal pains, diarrhea, constipation, and bloating. But a diagnosis of IBS doesn't tell the patient what is causing the problems.

Worse yet, conventional medicine offers no good treatments for IBS, relying only on antispasmodic drugs such as dicyclomine or antidepressant medications. I have seen little benefit from any conventional drug therapy for IBS. The reason these treatments fail is because doctors do not search for the underlying cause(s) of IBS.

Food allergies are the number one cause of IBS. Yet

most doctors are not taught how to properly diagnose and treat food allergies. For instance, allergists do skin testing for food allergies — but skin testing is not the best test for identifying such allergies.

The best way to identify food allergies is to try an allergy-avoidance diet — which simply means not eating foods that you suspect may be causing the problem.

Dairy is the most common food allergy that I see. Common signs of dairy allergies include dark circles under the eyes. These allergies are commonly associated with sinus and mucous production. My experience has shown that approximately 80 percent of patients have dairy sensitivities.

Why do so many people have dairy sensitivities? I feel the pasteurization and homogenization of milk is altering the protein structure enough that it is causing problems. I have seen many patients who are better consuming raw milk instead of pasteurized.

Furthermore, many vaccines contain the milk protein casein as an adjuvant. Injecting casein is bound to cause food allergies.

The next most common food allergen is gluten, the protein in many grains including wheat, oats, barley, and rye.

'It Was Dairy the Whole Time'

Let's get back to Judy's case. When I first saw her, she had dark, puffy circles under her eyes. I took a dietary history, and Judy indicated that she loved dairy products. Though I didn't have her blood tests back, I suggested she avoid all cow-derived products, including milk, yogurt, and cheese as a therapeutic trial. I told her it would take six weeks to clear all the antibodies out of her system.

Judy wasn't happy, but she agreed to try.

Three weeks later, she returned to my office. "I could never have predicted this," she said. "I feel so much better. The bloating is gone and my bowels are getting back to normal. It has been a long time since I did not think about my stomach after I eat. I can't believe it was dairy the whole time."

Any person suffering from chronic bowel or stomach discomfort should try keeping his or her diet dairy-free for a trial period. If that doesn't work, a gluten-free diet deserves a fair trial.

Finally, it is rare for any patient suffering from ulcerative colitis and Crohn's disease not to improve their condition by eliminating food allergies. □



The Prostate Mistake Millions Of Men Are Making

PLUS: How to end frequent bathroom trips and keep your prostate healthy for life

How much more enjoyable would your life be if you didn't need to "go" so often? How about being more than satisfied with your sex drive and stamina? By age 50, 1 in 2 men will suffer from prostate problems, and by age 70, an astonishing 9 in 10 will.^[1,2] It's a myth, however, that this is an unavoidable part of aging.

I'm Joshua Corn, Editor-in-Chief of the *Live in the Now* natural health newsletter. Our mission is to help people take control of their health by empowering them with information and practical solutions.

The BIG Problem with Prostate Drugs

If you go to your doctor complaining about having to "go" all the time, you'll likely get put on a drug that may ease some of your symptoms, but comes with disturbing side effects. In fact, the FDA recently warned that these drugs increase your risk for prostate cancer!^[3]

For decades, the theory has been that prostate problems are caused by the conversion of regular testosterone into *dihydrotestosterone*, or DHT. This happens naturally as men get older, and is catalyzed by an enzyme called 5-alpha reductase.^[4] So, the pharmaceutical companies created drugs that block 5-alpha reductase. But as it turns out, this can actually make matters worse, because another enzyme takes its place and starts turning your testosterone into estrogen!^[5] This excess estrogen actually contributes to prostate enlargement, while obliterating your libido, causing breast enlargement and accelerating hair loss. So you can see why prostate drugs are not a good solution!

The Natural Prostate Solution...With a Catch

If you've looked into natural ways to support prostate health, you've no doubt come across saw palmetto. Gold-standard studies have shown that it reduces prostate swelling, increases sex drive, supports exercise recovery and boosts hair growth!^[6,7,8,9] Best of all, it's effective in 90% of users^[10] and has no interactions or side effects.^[11] But recent tests showed that almost half of the leading brands were lacking in potency. So how do you know if you're getting a good product? Here are my top 5 things to look for when shopping for saw palmetto:

- 1. At least 300 mg of concentrated, ripe saw palmetto berries:** Many supplements are made with unripe, low-potency berries!
- 2. Made in the USA:** Most supplements are made with berries grown in China, where there is little safety regulation in place.
- 3. Organic saw palmetto berries:** There's big money in saw palmetto, and growers often use copious amounts of pesticides.
- 4. Solvent-free extraction:** The vast majority of saw palmetto berries are processed using toxic chemical solvents.
- 5. Affordability:** Don't spend more than \$20 for a bottle, but make sure it's concentrated so you only have to take 1-2 pills daily.

The Easy, Affordable Prostate Solution

In addition to my work with *Live in the Now*, I own a company called *Stop Aging Now* that has been making premium grade supplements for over 15 years. Working extensively with my Scientific Advisory Board, I created an advanced prostate support formula called OptiProstate XTS™ that is superior to anything else out there. It's made with highly concentrated organic, ripe saw palmetto berries harvested just a few miles away from our manufacturing facilities in Florida, which ensures that it's highly potent and free of pesticides, herbicides and other toxins. OptiProstate XTS is produced with a patented solvent-free extraction method, so unlike other products, there are ZERO harsh chemicals found in the formula. It also features organic pumpkin seed oil, which enhances saw palmetto's benefits and provides additional antioxidant protection for your prostate. OptiProstate XTS is so concentrated that you only need to take 1 small softgel per day, making it convenient, which is great for guys who don't like taking pills.

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problem that is being treated. She looked at me like I was crazy,” Stephanie told me.

The thyroid gland forms during the first trimester of pregnancy. If a baby is not supplied with enough thyroid hormone during the first trimester, its thyroid will not form correctly. Eventually, the child will exhibit signs of a disorder.

My experience has shown that thyroid problems occur during four main time periods:

- During a large growth spurt
- Menopause or andropause (male menopause)
- Pregnancy
- Puberty

Growth Spurt Causes Relapse

About eight months later, Stephanie called. “It’s not working anymore,” she said. “Dawson is back to his old self. He can’t sit still at home or at school, the teacher is complaining, and it is driving me crazy.”

Dawson had failed his spelling test even though his mother had practiced with him the night before and he knew all of the words. “I can’t understand why he failed.”

I asked Stephanie if Dawson was going through a growth spurt.

“Yes,” she said, “His pants are short on him.”

I told Stephanie to take Dawson’s basal body temperature again. She called me a few days later and said that Dawson’s basal body temperatures, which had increased to 97.8 degrees on thyroid therapy, had fallen to 96.8 degrees.

I told Stephanie that when the body is changing the thyroid gland needs to secrete more hormone. Like most other patients who have thyroid deficiency, Dawson’s thyroid couldn’t do that. We needed to adjust his dose slightly. I asked her to give

him an extra quarter-grain tablet per day.

Within seven days, Dawson was better again. Stephanie had Dawson redo his spelling test — without practice — and he did very well. Stephanie sent me a note saying that his ADHD symptoms, including the fidgeting, were gone.

Stephanie wrote, “Perhaps all the kids being diagnosed with ADHD are really hypothyroid.”

I couldn’t agree more.

I use Dawson’s case history as a tool for other doctors to learn about how to treat hypothyroidism and recognize it as an underlying cause of ADHD. The reason Dawson failed his spelling test was that he was suffering from hypothyroidism.

Without adequate amounts of thyroid hormone, the brain will not function well. Hypothyroidism also leads to headaches, foggy thinking, anxiety, and a general decline in brain function.

Since treating Dawson, I have seen many children and adults who meet the criteria for ADHD significantly improve by treating their thyroid deficiency.

Link Between Iodine and ADHD

The thyroid gland also cannot function without adequate iodine levels. In fact, you cannot manufacture thyroid hormone, or any hormone in the body, without adequate iodine.

It is important for pregnant women to have sufficient iodine in order for the fetus to form a healthy neurological system. It is well-known that iodine deficiency in pregnancy is associated with a decline in the IQ of the child.

One recent study found that iodine deficiency during pregnancy was associated with a decline in educational abilities of the child nine years later — in third grade.⁴

Compared to children born to mothers with sufficient iodine, third graders born to mothers deficient in iodine were behind in spelling, grammar, and English literacy.

But lower IQ is not the only problem associated with iodine deficiency. Researchers who studied pregnant women from an iodine-deficient area and compared them to pregnant women from an iodine-sufficient area found that nearly 70 percent of those

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(Please remember to use lowercase letters.)

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In the News: Reading Between the Medical Headlines

CT Scans Linked to Cancer

In a study published in the May 22, 2013, issue of the journal *BMJ*, researchers reviewed the medical records of 10.9 million people involved in the Australian Medicare program, from birth to 19 years. All of the 680,211 CT scans given to these patients were identified.

The authors reported that after an average follow-up of 9.5 years, they found that overall cancer incidence was 24 percent greater for those exposed to CT scans than those who were not. The authors also noted that the risk of cancer increased by 16 percent for each additional CT scan. The risk also increased with CT exposure at earlier ages.

There was a significantly increased risk of solid cancers (such as of the digestive organs, melanoma, soft tissue, female genital, urinary tract, brain, and thyroid), as well as leukemia, myelodysplasia, and other lymphoid cancers.

The authors concluded, "... CT scans should be limited to situations where there is a definite clinical indication."

I do not recommend getting a coronary CT scan, which exposes the thorax to way too much radiation. Keep in mind what is in the thorax — the heart and lungs. And the liver, spleen, and kidneys are not far away.

If an MRI can be performed instead of a CT scan, opt for that, as it will not expose your body to radiation.

Older Patients Should Take Fewer Drugs

Researchers studied 119 disabled patients in six geriatric nursing departments versus a control group matched for age, gender, and co-morbidities. The article, published in the June 2007 issue of the *Israeli Medical Association Journal*, was titled, "The war against polypharmacy: A new cost-effective geriatric-palliative approach for improving drug therapy in disabled elderly people."

The aim of the study was to see if discontinuing prescription drugs, when indicated, resulted in better health outcomes. The authors discontinued 332 drugs for 119 subjects for an average of 2.8 drugs per patient. There were no adverse effects.

The one-year mortality rate was 45 percent in the control group versus 21 percent in the study group. The patients' annual referral rate to acute care facilities was 30 percent in the control group, but only 11.8 percent in the study group. The intervention was associated with a substantial decrease in the cost of drugs.

I see way too many elderly patients who come to me on multiple medications. I can assure you that elderly patients do not do well when they take multiple drug therapies because compared to younger patients, older patients do not detoxify drugs as well.

Older patients also have reduced kidney function. A reduced kidney function coupled with a decreased ability to detoxify is a double whammy against a patient's ability to tolerate drug therapies.

‘If an MRI can be performed instead of a CT scan, you should opt for that.’

Remember, most drugs poison enzymes and block receptors. The more you poison enzymes and block receptors the more problems you are bound to have.

What can you do? Work with a healthcare practitioner who is knowledgeable about the problems with simultaneously taking multiple prescription drugs. You don't have to suffer from the adverse effects of prescription drugs once you educate yourself about natural alternatives.

Statins Damage Muscles

In order to determine whether statin use is associated with musculoskeletal adverse events in physically active individuals, 46,249 subjects were examined in a study that appeared in the June 3, 2013, issue of *JAMA Internal Medicine*. The subjects were broken down between statin users (13,626) and non-statin users (32,623). The authors found that statin users had a 9 to 19 percent increased risk for musculoskeletal conditions, arthritis, injuries, and pain.

These musculoskeletal side effects are not unknown; in fact, they could easily be predicted. Statins poison a crucial enzyme, HMG CoA Reductase.

When this enzyme is poisoned, downstream metabolites decline. Coenzyme Q10 is one such downstream substance. CoQ10 is needed for proper muscle function.

There are multiple factors that can cause heart disease, such as infections as well as nutrient and hormonal imbalances. Healthcare providers should search for the underlying cause of heart disease. Once the underlying causes are identified, then a treatment program can be initiated. □

Eat Right to Fight ADHD

I cannot stress enough that eating a healthy diet is the most important thing you can do to improve any condition, including ADHD. Eating a diet free of refined food products such as sugar, salt, flour, and oils is a must.

In addition, drinking adequate amounts of water is crucial. The brain is 70 percent water and it will not function well in a dehydrated state.

Identifying and eliminating food allergies is also crucial for treating ADHD. I have found many children and adults suffering from food allergies, which adversely affects their neurological condition. The most common food allergies are dairy and gluten.

NAET is an acupuncture treatment designed to diagnose and treat food allergies. You can find an NAET practitioner by going to www.naet.com.

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in the iodine-deficient area had children who were diagnosed with ADHD.

By contrast, none were diagnosed in the iodine-sufficient area.⁵

My own research has found iodine deficiency occurring in more than 96 percent of patients that I have tested. Is it any wonder we are facing an epidemic of neurological disorders?

I have written about iodine deficiency and ADHD in my book, *Iodine: Why You Need It, Why You can't Live Without It*.

Vitamin B12 Deficiency and ADHD

Like iodine, vitamin B12 is necessary for proper brain function. Sadly, vitamin B12 deficiency is also occurring in increasing numbers in our country, partially due to the fact that our food supply is woefully deficient in vitamins and minerals.

Recent studies have correlated declines in B12 with memory problems and a decline in brain volume. I have seen many children and adults diagnosed with ADHD significantly improve their brain function with vitamin B12.

For children, sublingual doses of natural vitamin B12 are adequate — either hydroxy- or methylcobalamine are adequate. For adults, the same forms of B12 in injection form are more

effective. More information about vitamin B12 can be found in my book, *Vitamin B12 for Health*.

Toxins: Another Cause

Proper testing and treatment for heavy metals and other toxins can dramatically improve neurological conditions such as ADHD. After 20 years of checking every patient who walks in my office for toxicities, I can assure you that we are becoming more heavily exposed to toxins.

More than 70 percent of my patients test positive for mercury poisoning, while 100 percent have shown bromine toxicity. Mercury toxicity adversely affects the thyroid and the neurological tissues, and bromine toxicity causes and worsens iodine deficiency.

The number one cause of mercury toxicity is dental amalgam fillings; fish consumption is number two. Bromine is found in a wide variety of food and consumer items such as furniture and clothing.

A proper detoxification plan that includes iodine supplementation can help eliminate these toxins. Other toxicities including lead, cadmium, arsenic, and aluminum could also be present.

ADHD is often misdiagnosed and wrongly treated. It is being caused by imbalances in the hormonal and nutritional systems as well as toxicities. A holistic approach that searches for these imbalances can be very effective at treating the symptoms of ADHD.

Keep in mind that stimulant drug therapies are dangerous. There are zero studies that show these drugs are safe and effective for children. And no one yet knows the long-term effects of treating so many children with these drugs.

Studying the mechanism of action of these drugs would lead any thinking person to conclude that it is not in the best interest of our society to medicate our youth with dangerous substances that do not treat the underlying cause of their illness. □

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Ask Dr. B

Dear Readers,

I will try to answer as many questions as I can. However, because of the volume of questions, I cannot answer each letter personally. Please include your full name, city, and state when submitting. If you have a question for me, please email it to: askdrdavid@newsmax.com.

I have been trying to get my husband to go off his statin medication because he gets muscle cramps in the backs of his thighs. Is there any alternative?

— Carrie J., Rockwood, Calif.

Statins are one of the most prescribed classes of drugs in the world. It is amazing to me that so many doctors continue to prescribe these drugs, which have not been shown to prolong life.

The benefits of statins are slight — about a 1 to 3 percent decline in a recurrent heart attack. Meanwhile, the adverse effects include brain fog, amnesia, and liver and kidney dysfunction, as well as muscle breakdown.

Reports indicate that as much as 50 percent of patients suffer muscle problems with statin drugs. Sometimes these problems are irreversible.

Statins do not make biochemical or physiological sense. I suggest that people take 300 mg of coenzyme Q10 each day to combat some of the adverse effects. Keep in mind that CoQ10 does not mitigate all of the negative effects of statin drugs.

If your husband's pain is directly related to taking the statin medication, I would highly advise you to talk with your healthcare provider about stopping it.

I have written extensively about statins in my book, *Drugs That Don't Work and Natural Therapies that Do!*

My 9-year-old son has an extremely low tolerance for certain processed foods. Should I get him tested for food sensitivities?

— Rebecca J., New York, N.Y.

I have seen a child's behavior change for the worse after eating poor-quality foods. What constitutes poor quality food? Any food that is made from refined products, including refined sugar, salt, oils, and flour, as well as food that contains artificial

preservatives and sweeteners. Eating poor quality food leads to poor behavior and poor health. Eating nutritious food does the opposite.

Unfortunately, conventional medicine does not recognize these common-sense ideas. Many patients are being medicated with stimulants to treat ADHD when they simply need to eat a better diet.

NAET, an acupuncture treatment for food and environmental allergies, can help both diagnose and treat food allergies. However, NAET is no substitute for quality food.

I have taken my temperature (under arm) for six days and the temperatures were: 94.8, 95.8, 96.8, 96.5, 94.9, and 93.3. What do those readings indicate?

— Marie M., Juneau, Alaska

Taking your temperature first thing in the morning when you get up gives you what is known as a basal body temperature. The basal body temperature test was popularized by Dr. Broda Barnes in the 1970s.

A normal basal body temperature, under the arm, is between 97.8 and 98.2 degrees Fahrenheit. If you take the basal body temperature orally or on the forehead, add a degree to those numbers.

A low basal body temperature — below 97.8 degrees Fahrenheit — can be a sign that the thyroid is under-functioning. However, a low temperature can also indicate other things, such as low adrenal function.

I use basal body temperature and blood tests to identify and monitor and treat thyroid and adrenal problems.

Because your temperatures are so low, I suggest that you seek out a healthcare provider knowledgeable about both basal body temperature tests and hypothyroidism. Once you have your hormonal system balanced, the basal body temperature should return to the normal range.

I have written about the basal body temperature test in my book, *Overcoming Thyroid Disorders*.

To your good health,



David Brownstein, M.D.