Healing by Design

ADD/ADHD/DYSLEXIA/DYSPRAXIA

10 STEP PROTOCOL TO PARTNERING WITH GOD’S DESIGN

1. Eat WHOLE FOODS designed by God, not processed foods. Eliminate most grains and sugars, including fructose, from your child's diet. Grains (gluten especially) and sugars both tend to cause allergies in sensitive individuals. Even organic, whole, sprouted grain can cause problems in many children so it would be wise to give them a "grain holiday" and see if their behavior improves. **Body Ecology Diet** to eliminate all allergenic foods, heal the gut, boost immune system and fight infections. Breakfast should be eggs, turkey sausages and green smoothies instead of sugared cereal, pancakes, syrup, muffins and toast.

2. Foods that will greatly improve brain function for you and your children: **Alkaline, negatively ionized water, spirulina, chlorella, blue-green algae, wheatgrass, chlorophyll, pine pollen, bee pollen, royal jelly, medicinal mushrooms (chaga, reishi), colostrum, aloe vera, hemp seeds, raw cacao, avocado, sprouts, seaweeds and sea vegetables.**

3. Essential fatty acids. **Green Pastures Butter/Cod oil** is very high in Vitamins A&D and helps with proper mood and brain function. **UDO’S Oil from Flora** is a great fatty acid blend of 7 seed oils. Eating fish, avocados, olives and almonds or walnuts also provide healthy fats and balance blood sugars.

4. Get fermented! Probiotics to heal the gut and strengthen digestion. **Garden of Life, Raw Probiotic Kids.** Our favorite probiotic is the **Primal Defense by Garden of Life.** Begin eating sauerkraut, kim-chi and other fermented vegetables.

5. Water (hydration and minerals). Replace soft drinks, milk, fruit juices and all other beverages with water. Ideally, it would alkaline, negatively ionized water. Children must have minerals for brain function. **ENDURE by Trace Minerals Research or Ojio Thunderbolt Electrolytes (packets or 4oz dropper) provide electrolytes. Inner Vitality by Morningstar Minerals** provides valuable plant based minerals (all your trace minerals) in a liquid form (2oz daily is a good amount). Add these to water, shakes or smoothies for the entire family.

6. Sunshine, fresh air and be outside. God is waiting to be discovered. Children should not be inside watching tv and video games. They need to release energy and get the health benefits of sun, dirt (yes, it’s critical for good health) and fresh air. Take **Astaxanthin** to absorb more sunshine and avoid burns.

7. Boost the adrenal glands. **Focus & Attention by Cedar Bear.** This is an adrenal formula that works great for both children and adults in helping with focus, concentration and memory. **Mighty Kids by North American Herb** is Royal Jelly for children, which boosts the immune system and the adrenals. **Himalayan Salt Stones by NHI.** Using the sole method, try taking 1 teaspoon of pink salt water in a glass of water each morning for hydration, mental focus and energy. Amazing results!

8. Calm and relax. Try **Quiet time by Wishgarden, and CALM by Natural Vitality** (1 teaspoon in water twice daily). A magnesium bath can be life changing! **Magnesium Chloride by Health and Wisdom.**

9. Chemical and heavy metal detoxification. **Metal Free Spray by Body Health** and **Toxin Therapy by Harmonic Innerprizes** are powerful heavy metal chelators. **Detoxi-drops by North American Herb** is easy & tastes good.

10. Boost the brain! Normalize brain function with **Etherium Gold by Harmonic Innerprizes.** This balances the two brain hemispheres and maximizes alpha brain wave patterns in 3 days! Also try herbs like **Brain Booster by Cedar Bear** and **Think by Herbally Grounded.**
Before His Death, Father of ADHD - **Admitted it was a Fictitious Disease**


On his death bed, the psychiatrist and autism pioneer, Leon Eisenberg, admitted that ADHD is essentially a “fictitious disease,” which means that millions of young children today are being needlessly prescribed severe mind-altering drugs that will set them up for a life of drug addiction and failure.

As explained by The Sons of Liberty host Bradlee Dean, who also writes for The D.C. Clothesline, ADHD was merely a theory developed by Eisenberg. It was never actually proven to exist as a verifiable disease, despite the fact that Eisenberg and many others profited handsomely from its widespread diagnosis. And modern psychiatry continues to profit as well, helping also to fill the coffers of the pharmaceutical industry by getting children addicted early to dangerous psychostimulant drugs like Ritalin (methylphenidate) and Adderall (amphetamine, dextroamphetamine mixed salts).

“ADHD is fraud intended to justify starting children on a life of drug addiction,” said Dr. Edward C. Hamlyn, a founding member of the Royal College of General Practitioners, back in 1998 about the phony condition. Adding to this sentiment, psychiatrists Peter Breggin and Sami Timimi, both of whom oppose pathologizing the symptoms of ADHD, say that ADHD is more of a social construct than it is an objective “disorder.”

The purpose all along for pathologizing ADHD symptoms, of course, was to generate more profits for the drug industry. According to the citizen watchdog group Citizens Commission on Human Rights International (CCHRI), roughly 20 million American children today are taking dangerous, but expensive, psychiatric drugs for made-up behavioral conditions like ADHD. And another one million or so children have been blatantly and admittedly misdiagnosed with phony behavioral conditions for which psychiatric medications are being prescribed.

“The psychiatric/pharmaceutical industry spends billions of dollars a year to convince the public, legislators and the press that psychiatric disorders such as Bi-Polar Disorder, Depression, Attention Deficit Disorder (ADD/ADHD), Post Traumatic Stress Disorder, etc. are medical diseases on par with verifiable medical conditions such as cancer, diabetes and heart disease,” explains CCHRI. “Yet unlike real medical disease, there are no scientific tests to verify the medical existence of any psychiatric disorder.”

Ritalin, manufactured by Novartis, is the close cousin to speed which is given to perhaps four million American schoolchildren for a condition called Attention Deficit Disorder (ADD), or ADHD (Attention Deficit Hyperactivity Disorder).

ADD and ADHD, for which no organic causes have ever been found, are touted as disease-conditions that afflict the young, causing hyperactivity, unmanageability, and learning problems. Of course, when you name a disorder or a syndrome and yet can find no single provable organic cause for it, you have nothing more than a loose collection of behaviors with an arbitrary title.