

ADHD: Time for a New Perspective

Holistic Healthcare – Kelly Brogan, M.D.

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Talking Points

Kelly Brogan, MD, ABIHM is boarded in Psychiatry/Psychosomatic Medicine/Reproductive Psychiatry and Integrative Holistic Medicine, and practices Functional Medicine, a root-cause approach to illness as a manifestation of multiple-interrelated systems.

- ❖ Kelly Brogan, MD asks the greater questions at hand: “What is happening to children? How are we being manipulated by the pharmaceutical industry to interpret it? And how can awareness be raised around better solutions other than ADHD medications for kids?” (54)
- ❖ Kelly refers back to *The New York Times* article “The Selling of Attention Deficit Disorder” that was part of an effort to raise this awareness.
- ❖ Did you know that “Psychiatric studies funded by the pharmaceutical industry are four times more likely to be published if they are positive, and only 18 percent of psychiatrists disclose their conflicts of interest when they publish data”?
- ❖ The American Psychiatric Association is heavily funded by pharmaceutical companies. This makes psychiatry very susceptible to industry corruption especially because diagnostic criteria is highly subjective.
- ❖ Open-label, short-term studies are being used to justify lifelong treatments in psychiatry. How does this pose a problem?
 - The ability to appreciate the natural course of an illness is lost.
 - Cumulative burden of side effects
 - “A longitudinal NIMH (National Institute of Mental Health) study, the only one of its kind, demonstrated that after an initial decrease in ADHD symptoms, the medicated group showed signs of deterioration at three years. By six years, the group suffered

worse attentional and behavioral symptoms than unmedicated controls, and increased functional impairment.” (54)

- ❖ The side effects of these drugs aren’t mild, there are studies that show risks for motor and vocal tics; addiction, withdrawal and rebound; growth suppression; adverse cardiovascular effects; and mania, suicidality, psychosis; brain atrophy (confirmed by PET scans); persistent dopamine-related brain changes on PET scans, related to Parkinsonian pathology.
- ❖ Dr. Brogan reminds us that “When we interfere with behavior and brain growth, and when we force children to conform to our needs as busy, distracted and often chronically ill adults, we may be fundamentally compromising their expression of self.” (55)
- ❖ Parents have tools at their disposal, the first thing they do doesn’t have to be a trip to the psychiatrist. Here are eight things parents can and should think about when it comes to underlying drivers of symptoms, drivers that a stimulant in no way address:
 - Sugar
 - Gluten
 - Genetically modified/glyphosate-sprayed foods
 - Food dyes and additives
 - Deficiencies and nutrient stress
 - Thyroid
 - Ultrasound in pregnancy
 - Vaccination
- ❖ Try controlling the above exposures for at least a month and see what happens.

Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

The New York Times “The Selling of Attention Deficit Disorder” (the article referred to)
http://www.nytimes.com/2013/12/15/health/the-selling-of-attention-deficit-disorder.html?pagewanted=all&_r=0

Kelly Brogan, M.D.'s website <http://kellybroganmd.com/>