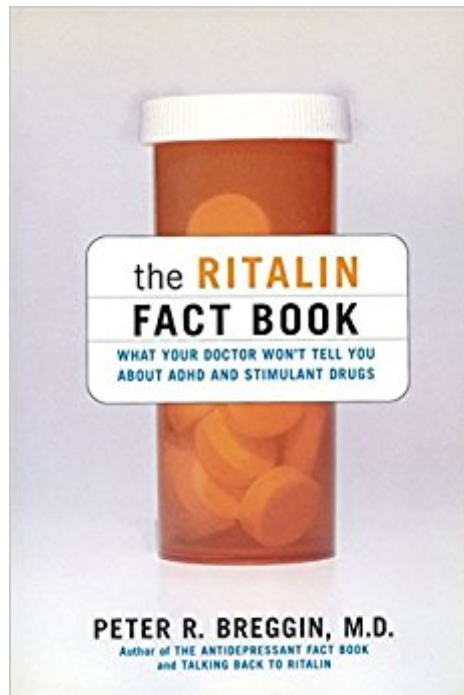




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# The Ritalin Fact Book: What Your Doctor Won't Tell You



## Synopsis

Known as the "Ralph Nader of psychiatry," Peter Breggin has been the medical expert in countless civil and criminal cases involving the use or misuse of psychoactive medications. This unusual position has given him unprecedented access to private pharmaceutical research and correspondence files, access that informs this straight-talking guide to the most-prescribed and controversial class of psychoactive medications prescribed for children. From how these drugs work in the brain to documented side and withdrawal effects, *The Ritalin Fact Book* is up-to-the-minute and easy-to-access. With its suggestions for non-prescriptive ways to treat ADD and ADHD, it is essential reading for every parent whose child is on or who has been recommended psychoactive medication.

## Book Information

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## Customer Reviews

Author Peter Breggin doesn't try to hide his opinion: the introduction to *The Ritalin Fact Book* clearly states, "This book is written from a viewpoint that is critical of stimulant drugs and their prescription for 'attention deficit hyperactive disorder.'" As a medical expert in legal cases against pharmaceutical companies, Breggin has access to information many doctors have never seen, and what he presents is frightening. After a vivid and harrowing tale of a young man placed on numerous medications that only compounded his problems, Breggin dives into several fairly technical chapters concerning the effects of stimulating drugs on children and how they can actually cause psychiatric disorders. He repeatedly insists that ADHD, which he refers to in quotation marks

as "ADHD," can be corrected by improved parenting and teaching styles, and assures readers that a biochemical basis for the disorder is "simply nonsense." For many children this may be true, but the book will be frustrating reading for parents who have been exploring therapy and self-control training for years without positive effects. While many of Breggin's detailed explanations of chemistry and character are important for navigating the maze of pediatric mental health, his explosively negative style could do as much harm as good. --Jill Lightner

Peter R. Breggin, M.D., is the author of a dozen books, including Talking Back to Prozac and The Antidepressant Factbook. He lives in Ithaca, New York.

His criticism of the pharmaceutical industry is right on. The whole industry of psychoactive drugs is wrapped up in making money and causing addiction, not healing. One of his most poignant observations is the fact is that FDA only requires a 6 week study to show if a drug is ok. These drugs are often used for years and few people are asking what the results are. Read the book and find out, it's good.

This is a bible! Finally a doctor who dared to talk about that drug. So many children are involved in this kind of easy medicine... so many parents lost in the drug s world being generated by those big companies . A wonderbook in sad world of children shrugs.

Good book!

This book takes a very different prospective to the stimulant medications. If your child is diagnosed with ADHD and you are pressed by school and public oppinion to medicate your child, this book will give you strength to resist the medicine. Some of the ideas in the book seems too extreme for me but in general it's a great scientific prospective.

I purchased this book for my niece to give her "ammunition" when dealing with her son's teachers and school administrators who want to place him on drugs for ADHD. This is a very good book and my niece was very impressed with it.

If you are not ready to hear the truth about these drugs do not buy this book. And only read it if you are prepared to hear about how corrupt our medical establishment has become. Children have

become fodder for profit. Drug companies destroy lives and our society looks away. If this book doesn't make you angry you are either a doctor who has bought into the system or you work for big pharma selling this crap to children.

Must read for anybody close to children who are close to being labelled. And with it, close to being drugged. Peter Breggin needs to be translated in Dutch for a bigger audience. One million prescriptions in the Netherlands...Jan

After reading this book you will not be ready to inspire world peace, end world hunger, or even balance your own check book. However, you will be a better parent for taking the time to educate yourself about a critical topic. The easy answer is to cave into an educator's diagnosis that your child is ADHD and get a prescription to dope your child. The educators are motivated to neutralize your child if they pose any teaching challenge. And what doctor won't write prescriptions? Everything that Dr. Breggin writes will not work for your child. However, traditional doping may not be right for your child either. Be a good parent, do your own research and follow your instincts. In conducting my own research, I found a father who lost his daughter to Ritalin - suicide. I Googled him and found his phone number. During our discussion, his most memorable statement was that he should have followed his instincts and taken her (daughter) off the Ritalin. None of the expert opinions should replace your parental instincts! Read contradictory pieces to formulate your own position. Without the courage of Dr. Breggin and others like him, we would only get to read the pharmaceutical industries position. Finally, regarding the input from "A Reader", who is the quack? The commentator refers us to "Quackwatch" to uncover some discrepancies regarding Dr. Breggin. However, what you find is that Dr. Breggin is guilty of his biased opinion. Just as the author of Quackwatch has his own bias. Additional Googling uncovered that the author of Quackwatch (Dr. Barrett) has also had his credibility challenged. As posted on the Canadian Lyme Disease Foundation web site, "under a heated cross-examination ... Barrett conceded that he was not a Medical Board Certified psychiatrist because he had failed the certification exam." Maybe "A Reader" should have read a little more! Read Breggin's books along with the books of other authors. More importantly speak with other parents and learn from their challenges. Also, is your child just like you? Did you need doping? If not, why does your kid? Use a little logic and common sense.

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