

Hyperactive Children

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Today we hear a great deal about hyperactive children and a common oppressive handling is to give them drugs to make learning possible and classrooms manageable. To compound the problem, those drugs are assured to be "harmless". Yet they are addictive, cause liver damage, destroy many essential nutrients, create drug addicts and children prone to drug abuse in the future.

Here is the scenario that sets up those kids to become future drug addicts:

Children arrive at school without breakfast or have consumed a high sugar and refined carbohydrate cereal. The blood sugar (necessary for brain function) is already abnormally low. In the lunch box are sweets, candy bars, packaged potato chips, soft drinks. At the canteen all the junk foods are available: carbonated drinks, sweet bakery rolls, sweets, hot dogs, chips, white refined breads, etc. Then there is the competition where one can buy five packets of chips and win a "rugby ball" or buy five Cokes and win "another junk food"! No need to rub it in. Those "offer nothing" foods supply **no** nutrients necessary for the normal functioning of the nervous system.

What are the consequences? Well we have created and labelled a "**hyperactive child**" who has the following symptoms: wiggly, squirmy, fidgety, noisy, sobbing, yelling, fighting, throwing temper tantrums, distractible and distracting human tornadoes, too many colds, infections, allergies, unable to concentrate, their attention span nil. Now he is diagnosed as ADHD (Attention Deficit Hyperactivity Disorder) and he needs to be "**drugged**" as a solution to those symptoms - how evil can that get? Interesting to note that the people who came up with ADD and ADHD can't provide scientific proof of these disorders.

What is the solution? Simple!

If these hyperactive children were recognised as victims of malnutrition and given, instead of drugs, a completely adequate diet, the majority might soon be as relaxed as sacks of cotton, their minds far more alert, their energies restored to normal. To maintain normal blood sugar, they must be allowed frequent meals rich in protein and free from all refined (junk) foods.

Hyperactivity and inability to relax are characteristic of excessive phosphorous intake combined with a deficiency of Magnesium, Calcium, Vit B6, and D, essential for the absorption of calcium.

Phosphorous is essential for strong bone formation. Nutritious protein foods rich in phosphorous are milk, most meats, liver, yeast, wheatgerm, eggs, cheese, lecithin. Excess intake of phosphorous cause deficiencies of Calcium and Magnesium. Also needed for absorption of Calcium & Magnesium into the blood are essential fatty acids (cold pressed oils). Supplement with a Cal Mag solution (not Cal Mag tablets) to avoid a phosphorous overload.

Any active child has higher requirements for all nutrients than does a lethargic one. Have the child on a good and regular food diet with the following supplements: Cal Mag solution, Multivitamin&mineral (min 10mg vit B6), 2 tsp cod liver oil, 200iu vit E, 100 - 300mg vit B1 (for better concentration).

Get off sweets, soft drinks, white flour products and other junk foods.

Appeal

I appeal to you, the reader, to freely pass this information to everyone you know. We need to help save the children of earth from the damaging effects of drugs, incorrect labelling of children as "Hyperactive" and not permit our future leaders to becoming drug addicts. Visit www.childrensrights.co.za and pass on the information.

Articles on Proteins, Essential Fatty Acids, Magnesium, Energy production, Depression, Sugar, Junk Foods are available. Click on Rights of Children in Education or e-Health CD - Health Articles.

References: Nutrition advices by Adelle Davis.