

**The Mars Venus  
Wellness Solution for**

# **FOCUS**

**Natural Remedies  
for  
ADHD**

**John Gray, Ph.D.**

# **The Mars Venus Wellness Solution for Focus**

**Natural Remedies  
for ADHD**

**John Gray, Ph.D.**

**#1 New York Times Best-Selling Author of  
*Men Are from Mars, Women Are from Venus***

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**THE MARS VENUS WELLNESS SOLUTION FOR FOCUS:**

**NATURAL REMEDIES FOR ADHD**

**BY JOHN GRAY, PH.D.**

# **The Mars Venus Wellness Solution for Focus Natural Remedies for ADHD**

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# Foreword and Official Disclaimer

As with any book regarding health, the authors are required to remind you that their ideas or the studies they quote are for your information only and not intended to diagnose, prevent or cure any disease you may have. The information in this book is to educate you so that you can make your own conclusions or decisions regarding your health and happiness.

In addition any radical changes you make to your diet or exercise regime should be reviewed by your health care provider or trusted health advocate. I have done my best to provide easy solutions that anyone can apply to supplement their diet to feel happier, healthier and more focused whether you are taking drugs or not.

In most cases, if your doctor already understood natural solutions then they would have already suggested them. Most of the ideas in this book are new and cutting edge so most doctors have not yet heard of them. In approaching your doctor with changes you would like to make it is always best to not ask permission but instead ask if becoming

healthier would interfere with any treatment you are already taking.

**Most of the ideas in this book are new and cutting edge so most doctors have not yet heard of them.**

It is not always safe to become healthier if you are taking a drug. For example, if you are taking a blood thinner and you became healthier, then it would be dangerous to continue taking the blood thinner. The blood thinner works for thick blood to become thinner but it will make healthy blood too thin. Most doctors are happy to hear you are taking responsibility to get the extra nutrition your brain and body require and suggest gradually reducing the use of drugs as your health improves.

To the best of my knowledge, every recommendation I explore in this book is completely compatible with any drug you may be taking except blood thinners. Only reduce the use of a drug if you are already feeling healthier and happier.

If you wish to go off of a drug, always check with your doctor because it can be dangerous to suddenly stop. In most cases, drugs simply suppress symptoms and even make the condition worse. When applying a natural solution,

as you begin to feel better then ask your doctor the suggested protocol to stop the drug.

**After you begin to feel better then ask your doctor the suggested protocol to stop using a drug.**

Discussing new ideas to improve your health with your doctor is your choice but keep in mind this is usually not in their training. If your doctor is not aware of drug free natural solutions it does not mean they do not work. In most cases because there are negative side effects of drugs, if a natural solution holds promise your doctor will support your attempt to go drug free. If however the natural solution is not working and the condition becomes dangerous, drugs are recommended as a last resort.

There may not be a double blind study to validate a natural protocol but that does not mean it is ineffective. There are now thousands of studies showing the benefits of natural supplements to assist the body in healing itself. Double blind studies are not always necessary to validate a treatment. For example, there have been no double blind studies on heart surgeries and yet they save lives every day.



**There are no double blind studies  
that validate heart surgery.**

Throughout this book we will refrain from using the word “cure” and instead use the word “heal.” This is actually more appropriate because a “cure” implies that a condition will never come back. Using the term “healing” is more accurate because once the condition that creates “dis-ease” in the brain or body is corrected or “healed” it may be recreated at any time if we do not stop the very things that caused the condition in the first place.

**Using the term “healing”  
is more accurate than the term “cure”**

In every chapter, you will discover a vast array of practical information to heal the condition that gives rise to the many faces and stages of attention deficit hyperactive disorder (ADHD.) You will learn the many ways you may have unknowingly created the “one” specific condition that gives rise to ADHD. By addressing this one condition you will have the key to a much more fulfilling future.

Throughout *The Mars Venus Wellness Solution for Focus*, to maintain a sense of focus on the natural remedies to heal ADHD, when other health challenges are briefly discussed that indirectly contribute to ADHD like allergies, digestion, chronic fatigue, high blood sugar and hormonal imbalance I refer readers to Marsvenus.com for additional information. At [MarsVenus.com](https://MarsVenus.com), there are over fifty short video blogs exploring natural solutions for a wide range of health challenges.

In addition, to make this book easy reading for most parents who have less time available to them, I have left out links to the thousands of studies referred to in each chapter. For those who wish to read the backup for the many ideas quoted, they are easily found in Google searches.

# Introduction

Over the past decade, by sharing my personal experience of healing ADHD, thousands of adults, parents, and children of all ages and stages of life have experienced immediate benefits. With the insights I will share, healing ADHD is only the first step in a life long journey of finding and expressing your inner genius.

In the following chapters you will discover how to shift from healing the various symptoms of ADHD to developing optimal brain function. We will explore your inner potential to shift from a normal life to an extraordinary life. I hope this book will be a special gift to you and your children.

It is the “*Mars Venus*” wellness solution because it is not just about Focus and healing ADHD but it also explores how ADHD affects our relationships. In many cases, ADHD goes undiagnosed in women because the symptoms show up differently in men.

Men with ADHD gradually shift their focus from their relationship to their work. Their partners often feel ignored, unappreciated and excluded. ADHD causes men to have a kind of tunnel vision or hyper focus on their work, which in turn decreases his ability to focus on his wife and family.

Women with ADHD often become hyper focused on the needs of others and have difficulty focusing on their own needs. This common expression of ADHD in women results in feelings of “overwhelm.” ADHD causes women to “give too much” which results in frustration and disappointment.

Of course, we will also explore the many symptoms of ADHD in children. The solutions that work for adults also work for children. In many cases, parents whose children have been diagnosed with ADHD or other mental challenges have reported dramatic improvements within days by making a few small changes. Adults may take a little longer to see results; it may be weeks instead of days.

For example, replacing breakfast with a super food shake, a good multi-vitamin, a specific mineral supplement, and 300 mg of grape seed extract and 600 mg of buffered vitamin C twice a day, focus is restored and a positive mood is stabilized.

I know it seems to good to be true. Yet for many children it has helped right away. After all, we are only talking about restoring “normal” brain function. For other children, particularly if they are already taking stimulant drugs or there has been some other brain injury, it takes a

little more time heal; but with deeper insight and a little extra exploration and testing it does eventually happen.

**Healing ADHD is not that difficult, after all  
we are only talking about  
restoring “normal” brain function.**

Contrary to what most doctors were taught 10 to 20 years ago (when they went to school,) there are many new drug free, natural solutions for healing ADHD. Without an understanding of these options parents do not have the choice to go drug free. To this end I have written The Mars Venus Wellness Solution for Focus: Natural Remedies For Healing ADHD.

**Drug free, natural solutions  
for healing ADHD do exist.**

Even if you choose to continue using a stimulant drug, with these new insights for brain health you can lower the dose and help minimize the undesirable side effects. Although I recommend the natural solutions, sometimes the temporary use of stimulant drugs, can give a child or an

adult a necessary glimpse of normal focus so that they can at least be aware of what they are missing. This glimpse can inspire and motivate them to find and apply the natural solutions that have no negative side effects.

**Stimulant drugs, can give a child a necessary glimpse of their potential for focus and motivation.**

This book is an easy read but it also provides an in-depth understanding of the many faces, symptoms and stages of ADHD throughout our lives. It is a bigger subject than most people realize. It is not just affecting our children but the entire fabric of our modern society.

**ADHD is not just affecting our children but the entire fabric of our modern society.**

In the 1800's recovering from a devastating Civil War America became a nation of drunkards. Men drank three times as much alcohol as we do now. In the 1900's alcohol was slowly replaced by the mass consumption of sugar with even more deadly results. In the 2000's we are well on our

way to a global addiction to stimulant drugs and anti-depressants creating a health care catastrophe.

**In this century, we are well on our way to a global addiction to stimulant drugs and anti-depressants.**

Through applying the insights of *Increasing Focus* this catastrophe can be averted; if not for everyone, at least for you, your family and your circle of friends. I will do my best to share it with as many people as I can and would greatly appreciate your help.

Since I healed my own ADHD twelve years ago, I realized that for relationships to thrive we need more than just new communication skills, we also need the nutritional support necessary for increased focus, positive moods and increased energy.

While my passion is still helping people have better relationships I now realize that for love to thrive we also need good mental health and wellness. In later chapters we will explore how ADHD affects men and women in their relationships but first we need a vision of how to heal the condition.

**For relationships to thrive we need  
optimal brain function.**

In almost every chapter as I explore the causes and solutions for ADHD, the discussion often brings up other questions not directly related to healing ADHD or increasing focus. Rather than going off the subject of this book, as I mentioned in the Foreword, I will refer you elsewhere; to another book I have written or to a free video blog on the subject. This is my attempt to make this book as brief and to the point as possible.

For example when I talk about balancing blood sugar levels to heal ADHD, the inevitable question of healing diabetes comes up. Not everyone reading this book will be interested in that subject but some will so I want them to at least know that natural solutions are available.

Rather than simply suggesting they talk with their doctor as many books do, I want to provide them with a real choice. Instead of going into detail regarding a natural solution I provide a link to a free video that explores the issue in greater detail.



Most people do not have a choice to create a healthy life because they are not educated to understand why their body gets sick and what they can do to heal the condition.

**Most people do not have a choice  
to create a healthy life  
because they do not know their options.**

Taking into consideration that you too may have symptoms of ADHD and not just your children, I have created short chapters so that you can jump around according to your interests.

If you would first prefer a clear understanding of the symptoms and stages of ADHD along with the dangers of taking stimulant drugs, I suggest you go straight to Chapter Twenty to thirty-two. When you are done you can return to chapter one, fully motivated to explore the natural solutions for healing ADHD.

If you start with chapter one, we start by exploring the many solutions to heal ADHD. Next we get to the many causes of ADHD and then eventually we explore how ADHD has many faces and stages that are different for different people.

**ADHD has many faces and stages  
that show up throughout our lives.**

I put my favorite solution for ADHD in the second paragraph of this introduction. For some people it is enough to get started and get immediate results. It is what I did to first heal my Parkinson's disease and then to my surprise discovered that I had also healed ADHD.

It turns out that the same condition that creates Parkinson's disease also creates ADHD. By healing my Parkinson's disease I automatically healed my ADHD symptoms.

**By healing my Parkinson's disease  
I automatically healed my ADHD symptoms.**

I wrote about that journey in a previous book called the Mars and Venus Diet and Exercise Solution. In that book I explored gender specific insights revealing how diet and exercise can support weight loss, loving relationships and healthy brain function.

The additional insights in this book helped me to go beyond healing Parkinson's disease and ADHD to creating optimal brain function to consistently access my genius potential and overall wellness. We all have a genius potential but to access it, we first need to restore normal brain function, free from the symptoms of ADHD.

**The insights in this book  
helped me go beyond healing Parkinson's disease  
to create overall wellness.**

In my experience of sharing these ideas with thousands of people, applying the simple insights in the second paragraph of this introduction can out perform any ADHD drug. All it takes is a few extra supplements and a healthy low-carb nutrient dense breakfast.

Breakfast is the most important meal because your brain makes more feel good brain chemicals during the first two hours after sunrise. A super food shake is quick to make and provides the right balance of easy to digest protein, carbs and fats essential to heal ADHD.

While this simple formula works for me, once you understand the basics of healing the brain you will be able to design the right program for you and your children.

For example if you don't wish to drink a super food shake in the morning, a good nutrient dense breakfast with the added supplements will most likely do the job. It could be as easy as making two soft-boiled eggs with steel cut oatmeal, organic butter and two teaspoons of raw sugar. A small amount of bacon, sausage or salmon can be helpful but only if they are hormone free.

**During the first two hours after sunrise  
your brain can make the most  
feel good brain chemicals.**

If making a healthy brain food breakfast takes up too much time when you're rushed in the morning, a simple super food shake will do the trick. It has worked for me for the last twelve years.

I presented the recipe for this super food shake for optimal brain function on the popular Dr. Oz show. Unfortunately, the emphasis was only for increasing passion

in marriage and we did not explore how it also helps heal ADHD.

This breakfast plan works best if at least for breakfast you leave out the bread, pasteurized milk, processed cereals and juice and of course any form of fast food or junk food. What you eat for the rest of the day is not as strict.

My motto is I get my nutrition at breakfast and to a certain extent eat for recreation at lunch and dinner. For some children depending on the severity of their condition this simple solution is not enough.

**For some children,  
this simple solution is not enough.**

Most parents and doctors are just not aware of the natural solutions that can actually heal ADHD. Their solutions are limited to prescription drugs or teaching a child or adult how to “cope” with the disorder. Without this vital insight the standard debate goes on and on; “Do we use drugs or do we not.”

The answer to this question is not so black and white. We will explore the many options in between. In a few hours you will have the insights to create the life you have

dreamed of. Instead of coping with a condition that could limit you for the rest of your life, you will have the keys to develop and express your full potential for health and happiness.

If you have children and you are reading this book to help them I suggest you also do it for yourself first. I know it is for your children but it can also be a wake up call for you as well. In my experience, the best way to teach our children is by modeling. As Gandhi said, “We need to first become the change we wish to create.”

You can best lead your family by being an example. By noticing the immediate changes in your own ability to focus and manage stress more effectively you will have the increased confidence necessary to consistently apply these natural solutions for your family.

By first exploring and practicing what works best for you, then automatically you are paving the way for your children to effortlessly follow. I have taken 12 years to test these insights with thousands of willing students and now finally I get to share these ideas in written form. I hope you enjoy reading this book as much as I have enjoyed writing it.

# Chapter One

## Focus

Did you know that millions of children and adults today experience a host of new challenges and set backs because they lack focus?

In epidemic proportions, more children at school are falling behind. At home they are more difficult to manage.

Without focus, communication breaks down in all relationships and frustration increases. In romantic relationships passion is lost while breakups and divorce continue to rise.

At work people are increasingly dissatisfied and bored often feeling unappreciated, distracted, exhausted or overwhelmed.

Somehow, in the midst of our modern accelerated progress, as a society we have lost our way. In our modern lives, we have a greater consciousness of new possibilities but we have lost our focus.

**We have a greater consciousness  
of new possibilities but we have lost our focus.**

The inability to sustain focus on what is most important creates a vacuum in our lives that is automatically filled with a host of unwanted desires, irrational feelings and fears. This lack of focus results in an unconscious denial of what is most important; as if we are lost at sea in a raging storm, we fall prey to a wide range of addictions that rule our lives.

Without focus, our lives lose meaning and purpose, we are easily distracted, forgetting what we are here for: forgetting or never realizing what is most important in life.

**Without focus we fall prey to  
a wide range of addictions that rule our lives.**

This book provides a map to assist you in developing your full potential for creating a fulfilling life. It is not “the” answer but it will help you find “your” answer. It is not filled with helpful philosophies, spiritual insights or self help tips. Instead it only provides a new understanding of your body and brain to increase your ability to focus.



This new insight can immediately help you apply and integrate the many benefits of education, religion, personal development programs and trainings, counseling, coaching and therapy. In addition, these same insights for increasing focus will dramatically improve your health and free you from dependence on medications for a variety of common health challenges.

Focus is needed in all areas of our lives. It is necessary to finish tasks and get things done. To improve communication, it helps us listen more effectively in relationships. It dispels the fog of confusion. It helps us increase our comprehension while reading. But most important, it helps us to hold on to our beliefs and correctly prioritize what is most important.

Overall increasing focus helps us balance and organize our lives properly. It even supports us in developing positive character traits necessary for success and positive relationships like patience, persistence, integrity and commitment.

**Focus helps us to hold on to our beliefs  
and correctly prioritize what is most important.**

The inability to sustain appropriate focus gives rise to specific symptoms commonly labeled by the medical community as ADD (Attention Deficit Disorder) and ADHD (**A**ttention **D**eficit **H**yperactive **D**isorder.) Addressing this modern challenge, new discoveries about the brain have been made around the world that can benefit everyone at all ages and stages of life.

Lack of focus is not just limited to the commonly known symptoms of ADD and ADHD. To compensate for a lack of focus, we seek out a greater intensity according to our different unique temperaments. The inability to focus gives rise to an extended range of “hyper” symptoms that show up differently for different people.

These are a few examples:

- A creative person who likes to start new things becomes hyper distracted.
- A responsible person who loves order becomes hyper controlling.
- A bold person who is naturally more active becomes hyper active.
- A caring person who is more sensitive by nature becomes hyper sensitive.

All of these “hyper” tendencies are symptoms of the same condition that creates ADHD. For simplicity we will refer to all of them as ADHD.

## Chapter Two

### Natural Solutions for ADHD

Regrettably, new discoveries for treating ADHD are overshadowed by outdated medical solutions using stimulant drugs like Ritalin and Adderall. These stimulant drugs have certainly helped many millions of children but they also create undesirable short term and long-term side effects. The long-term changes are not commonly recognized.

Unless addressed and healed, the brain condition that gives rise to ADHD goes on for a lifetime with many faces and stages. Even stimulant drug manufacturers admit these drugs have repeatedly failed to heal the condition. In treating ADHD, they are at best limited to temporarily suppressing symptoms because they do not directly address the cause.

**No medical studies even suggest that medical drugs can heal the condition that gives rise to ADHD.**

The medical community at large continues to be in denial of the abundance of drug free solutions available today. Universities and mainstream experts usually take a few decades to update their protocols. When better solutions are proven and then demanded by the public they are finally forced to change.

For example, twenty years ago they did not even consider that changes in diet could prevent and treat diabetes, heart disease and cancer. Yet health enthusiasts like Paul Bragg, Jack Lalane and Arnold Erret have been teaching and applying these insights for the last hundred years.

Many doctors still scoff at natural solutions for health and wellness. Meanwhile an increasingly large portion of the educated public is wising up, ignoring their doctors advise and spending billions of dollars each year buying natural supplements and eating organic foods and meats for their health.

In many American hospitals, cancer doctors can lose their jobs for recommending anything other than chemotherapy and radiation. When it comes to medical emergencies, western medicine can save lives but

unfortunately doctors know little about health. It is not really health care but instead sick care.

**In many American hospitals, doctors  
can loose their jobs for recommending natural solutions**

I can remember just ten years ago when most doctors claimed that sugar and processed foods did not contribute to diabetes, heart disease or cancer. The sugar industry still promotes the idea that sugar does not cause diabetes. Technically they are correct; it is not sugar per say but the high amounts of sugar we eat.

Defending sugar is like saying cigarettes don't cause cancer.... it is just the daily use of cigarettes that causes cancer. It took fifty years before it was publicly acknowledged by the government that cigarettes cause lung cancer. It will probably be another fifty years before they acknowledge the dangers of holding cell phones to your head.

Today we have slowly progressed to the point where some insurance companies will finally cover non-drug healing protocols for heart disease. It may take another

twenty years before the natural solutions for healing ADHD are recognized by most doctors.

**It may take another twenty years  
before natural solutions  
for ADHD are recognized in medical school.**

With a lack of training in physical, nutritional and behavioral therapy most doctors stick to what they have been taught and know best. To their credit along with popular media outlets, they have helped identify and increase public awareness of the many symptoms of ADHD so it can be treated.

Unfortunately ADHD is still treated with drugs. Diagnosis is provided to justify giving children and adults potentially dangerous drugs rather than to validate a legitimate challenge, which can be corrected naturally. In some schools, parents are even warned they may have their children taken away by child protection agencies if they refuse to give their children drugs to treat ADHD.

**Unfortunately ADHD is only diagnosed  
to justify giving children drugs  
rather than natural solutions.**

Medicine is out of control. Our dependence on drugs rather than education and personal responsibility for our health has created a massive health care crisis. If we continue to medicate our children the behavior and health challenges we see today will only get worse.

It is my hope that after you read this book, and experience the benefit of health education and natural drug free solutions, you will share these insights with your family, friends and community. I do not know which solutions will work for you but I invite you to share your experience with others and me at [MarsVenus.com](http://MarsVenus.com).



# Chapter Three

## What Is ADHD?

ADHD is the number one common neurological disorder diagnosed in children and teens. Some estimates reveal that one out of five boys are diagnosed with ADHD while one out of 38 boys are autistic (a more extreme version of ADHD.) Compared to girls and women, these symptoms are four times as common in boys and men. This is a shocking and tragic statistic. Just 30 years ago, one in 10,000 children had autism; ADHD was so rare or mild that it was not even diagnosed.

ADHD is a growing epidemic particularly in America but also spreading around the world. Without a practical drug free solution, millions of children, teens and adults needlessly spend their lives “coping” with one or more of it’s hidden undesirable symptoms; from mood disorders, “failure to launch” and divorce to obesity, anxiety and addictions.

This condition not only touches our children but most adults as well. It causes couples to loose interest and

attraction for each other, which eventually leads to divorce. Then if you live long enough, the inability to focus results in dementia in one out of three seniors. This inability to appropriately regulate or sustain focus affects all areas of life at every stage. Without sustained and flexible focus we have limited access to our potential for happiness and success.

**ADHD inhibits our ability  
to appropriately regulate or sustain focus.**

Symptoms of ADHD or ADD (**A**ttention **D**eficit **D**isorder) as it was originally called, show up in many different ways but with one common thread. One condition creates different symptoms that can easily be identified as hyperactive, hyper-focused, hyper-impulsive, hyper-controlling, hyper-sensitive, hyper-distracted, hyper-introverted, hyper-extroverted, hyper-social, hyper-reclusive, hyper-independent or simply spaced out and unable to focus at all. Just add the word “hyper” to normal temperaments and you get ADHD.

**ADHD adds the word “hyper”  
to normal temperaments.**

A common example of temperaments you are probably familiar with is “introvert” and “extrovert.” Here are some examples:

With ADHD a naturally “introverted child” becomes “hyper” introverted and thus overly fearful of social interactions. A naturally “extroverted child” becomes “hyper” dominant and can be insensitive to others.

Another common difference in children is playful and serious. A “naturally serious child” becomes “hyper” responsible but often resistant to change and overly judgmental of others.

A “naturally playful child” becomes “hyper” playful and spontaneous to the extent that they don’t finish things and can be disorganized.

## **ADHD and The Four Temperaments**

There can be endless ways to describe and categorize our natural and healthy differences, but to begin a discussion for understanding temperaments we will focus on the four broad categories mentioned in Chapter one. They are “creative,” “responsible,” “bold,” and “sensitive,”

Certainly in each of these four categories a child's temperament could be more thinking or feeling, physical or intuitive. In addition these categories will commonly show up differently according to gender, which in turn are dramatically conditioned by social norms.

**ADHD symptoms also vary according  
to gender differences,  
which are conditioned by social norms.**

Every parent or teacher knows that one child may be more “bold” while another may be more “sensitive.” Another child may be a combination of many temperaments. A child's temperament may be similar to a parent's or completely different. A child may shift back and forth between many temperaments.

With ADHD a child's natural temperament (or combination of temperaments) becomes chronically exaggerated creating extra challenges and needs. By understanding these distinctions we can be more accepting and supportive to our children, family members and our selves. Here are a few examples:

1. With ADHD, a child with a creative temperament becomes hyper-creative. These happy and playful children have a high risk of being easily distracted and disorganized. They have difficulty finishing projects, getting bored too easily. They can live on the wild side but are more vulnerable to addictive pleasures. They need extra stimulation, variety and the opportunity to explore different interests. They thrive in the role of student or problem solver. They seek happiness.

2. With ADHD, a child with a responsible temperament becomes *hyper*-responsible. These organized and orderly children have a high risk of being too controlling and critical of others. They can be resistant to change and have difficulty taking risks. They may seek out comfort foods and passive stimulation. They need security, stability and routine. They thrive in the role of organizer and manager. They love order as in “order in the court.” They want to be right.

3. With ADHD, a child with an active temperament becomes *hyper*-bold. These busy and highly motivated children have a high risk of being inconsiderate or mean to other children. They can go too fast, acting or speaking

without thinking of consequences. They can be impulsive thrill seekers. Danger is their game. They are more vulnerable to addictive substances. They need extra acknowledgment for what they do and increased opportunities to feel successful in making a difference. They thrive in the role of leader or hero. They seek power.

4. With ADHD, a child with a sensitive temperament becomes hyper-sensitive. These caring and considerate children have a high risk of feeling depressed, unhappy and over-emotional. They may seek out negative attention. They need extra empathy and attention to their feelings. They need to feel helpful and emotionally supportive to others in need. They thrive in the role of nurturer and team player. They seek to be good.

ADHD is simply another way of saying a chronic imbalance in brain function that exaggerates our natural tendencies. Brain injury does not determine our natural differences in temperament but it does cause imbalance. In later chapters we will explore these four faces of ADHD in greater depth.

# Chapter Four

## What Causes ADHD?

By addressing the cause of this “hyper condition” we can restore balance in the brain. In the simplest of terms, the cause is ... injury to the brain. A concussion is an obvious injury to the brain that gives rise to ADHD, but there are a multitude of other unrecognized ways. We will explore in greater detail the many causes of injury but for now to satisfy your curiosity they include the following:

1. Fever suppressants, cold, flu, allergy and pain relief pills like Tylenol, NyQuill, Percocet and Vicodin which contain acetaminophen. (Tylenol the biggest seller, has only widely used since 1980 which is when ADHD and autism began to increase.) Over 600 hundred medicines contain acetaminophen. These include over the counter and prescribed drugs.

**Acetaminophen inhibits the production of glutathione which is necessary to heal the brain.**

All ADHD children and adults as well those who suffer from dementia have low glutathione production. Low glutathione levels inhibit the growth of the myelin sheath that insulates the nerves and protect the brain from over-stimulation. Demyelination is the hallmark of neurodegenerative disease.

2. Chronic exposure to known neurotoxins like excessive MSG (monosodium glutamate) and HVP (Hydrolyzed Vegetable Protein.) These common flavor enhancers that are approved by the FDA are added to thousands of packaged foods you eat. Manufacturers are not required to put MSG on the label; instead they can simply say natural flavors. More tragic is that many baby formulas use MSG.
3. High blood sugar levels due to a low fiber diet which includes high consumption of soft drinks, fruit juice, bread, cookies, chips, ice cream, cakes, pudding, etc. are proven to cause injury to the brain.



4. Inhibited digestion due to consuming soy protein, pasteurized dairy products, and grain fed animal meat. Most fast food hamburgers are also supplemented with indigestible soy products. Baby formulas with soy protein or pasteurized dairy protein also inhibit digestion. Inhibited digestion prevents the production of metabolic enzymes necessary for brain function.

**Baby formulas with soy protein  
or pasteurized dairy protein inhibit digestion.**

5. Our sedentary lifestyle prevents lymphatic circulation to detoxify the brain of the increasing burden of heavy metals, chemicals and toxins in our air, water and food. This increased toxicity causes brain infections and inflammation. Lack of exercise prevents brain cell growth while also limiting blood circulation to heal these brain infections.

Physical movement is also necessary for brain development and dopamine production. Without enough dopamine production we seek out forms of passive stimulation to avoid the feelings of boredom

associated with low dopamine levels. This passive stimulation feels good but it does not support brain development and growth.

6. Chronic psychological stress induced by punishment, disapproval or threat raises stress hormones, which in turn cause brain injury. Various forms of childhood or adult trauma can raise your cortisol set point, which in turn sustains higher blood sugar levels causing inflammation in the brain.

In addition chronic stress inhibits the production of glutathione, your body's master molecule for healing the brain. Injury to the brain by stress is amplified at this time in history because sugar products are so widely consumed. High blood sugar levels are a known neurotoxin causing brain cell death.

7. A myriad of brain scans have proven that excessive dopamine stimulation due to street drugs like cocaine, crack, heroin and methamphetamines change and injure the brain. Similar changes take place in the brain when taking prescribed stimulant drugs for ADD and ADHD.

For example, Ritalin (a commonly prescribed ADHD drug) and cocaine act on the brain through the same pathways. Adderall, which is slightly different, acts in the brain in a way similar to methamphetamines or crystal meth. 50% of college kids take Ritalin or Adderall. 30-50% of adolescents in drug rehab centers have used Ritalin. After the first dose of cocaine, users lose an average of 30% of their brain receptors sites. (Yes, they can grow back but the brain needs extra help to heal this damage.)

8. After one hour of excessive passive stimulation through video games significant brain changes have been observed in the “nucleus accumbens” or pleasure center of the brain. After one hour, activity in the middle brain continues but the activity in the prefrontal cortex decrease. Activity in the prefrontal cortex is associated control over impulses. To a lesser degree TV, loud music and sugar and modern bread have the same effect.

With excessive stimulation, this area of the brain becomes desensitized and is less affected by normal stimulation. In practical terms this causes the number

on symptom of ADHD, boredom and the increased need to escape boredom through increased stimulation.

9. Induced birthing procedures using synthetic oxytocin (pitocin) have proven to increase the risk of ADHD. In a study of 300 children whose mothers received Pitocin at birth to induce labor, 80 % of the children were diagnosed with ADHD. While these techniques can sometimes save lives, they are over used simply to make the birthing process more convenient for doctors and hospitals. 25% of mothers in the US receive Pitocin during labor.
10. Statistics reveal a greater risk of ADHD in children of divorced parents, particularly when boys are missing the regular influence of a father or mothers are unable to find happiness. The presence of a father figure increases the brain chemical dopamine while the presence of a happy mother can also generate this brain chemical. ADHD is always directly related to inhibited dopamine function. Dopamine is the brain chemical of focus and motivation.

11. Online pornography and sex can stimulate massive dopamine levels and like any drug, this increase dopamine will change the brain by down regulating dopamine receptors.
12. High blood sugar levels of the mother during pregnancy can over stimulate a developing babies brain causing down regulated dopamine receptors. In addition, high insulin levels which result from high blood sugar levels, inhibit glutathione production making the babies brain more vulnerable to injury by toxic metals like lead, mercury, aluminum.

A broad understanding of the many causes of the one condition that causes ADHD can give us the necessary insight to heal ADHD. If you had a magic pill to heal brain injury it would not help much if you keep injuring your brain.

## Chapter Five

### Does ADHD Ever Go Away?

Most researchers believe symptoms of ADHD commonly go away as we move out of childhood and into adulthood. I have observed the opposite in my clients. In childhood ADHD shows up in more obvious ways but as our brains continue to develop and our coping skills increase the condition causing ADHD in childhood continues on often unacknowledged, inhibiting our potential for personal fulfillment.

While growing up, our brains continue to develop but unless the original injury, which is the cause of ADHD, is healed, the brain develops in a way to compensate for the injury rather than according to its normal design.

Understanding brain science can be quite complex but this same concept can be easily understood if we apply it to a broken bone that needs to be healed.

If you have a broken bone in childhood, the bone will automatically grow back because the body is designed to

heal itself. But unless the bone is properly “re-set” according to the bodies design it will not grow back straight. By resetting the bone, and providing extra protection from further injury with a cast, it not only grows back but comes back stronger than before.

In a similar way, by recognizing the injury that causes ADHD and then “re-setting” the brain while also providing protection from future injury, the brain can grow back according to it’s natural healthy design. It may even grow back stronger.

### **By “resetting” the brain we can heal ADHD**

By identifying the many faces and later stages of ADHD we can take the first step in healing. We must first recognize we have ADHD. With this new insight we can then address the cause and eventually heal the condition. Without first recognizing we have ADHD we are not motivated to seek out and find the answers to heal our condition.

To make matters worse, without the recognition that ADHD is a physical condition of injury in the brain, we tend to be become overly critical of others or ourselves. We

continue to misinterpret ADHD symptoms as character defects, neurosis and or personal failings.

With this new insight we can view the symptoms of ADHD in others and ourselves in a more compassionate light. We can react to ADHD as we would react to having a broken leg and needing to walk with crutches for a few months.

ADHD does not have to be a lifelong sentence. It can be healed. For some this means they don't have to justify taking dangerous drugs to medicate the condition. For other it means they become less defensive about having a 'disorder.' With this new insight the door opens to explore natural solutions to heal ADD and ADHD.

## **The Many Stages of ADHD**

Throughout life our brain continuing to grow and develop, it does not stop at year three as investigators believed years ago. Complex brain changes continue into old age which reflect our degrees of maturity. At every stage of life, ADHD interferes with our normal development and the expression of our inner potential for success, happiness, love and good health.



Lets take a brief overview of the new challenges caused by ADHD at six major stages of brain development and maturity:

1. Children are experiencing new learning and behavior challenges.

2. Teens experience new social challenges including isolation, bullying, body image, obesity and addictions. While violence and video addiction is increasing in boys, girls are experiencing more body image problems and bullying. Boys experience late puberty and girls experience early puberty.

3. Young adults experience a failure to launch, increasing depression, anxiety and an inability to commit in relationships. Girls complain boys are unwilling to make commitments and some boys report girls are too sexually aggressive.

4. Adults experience an increasing inability to manage stress levels, which in turn leads to dissatisfaction in relationships, overwhelm, exhaustion and divorce.

5. At Midlife, aging adults face some version of the “Midlife Crisis” which includes boredom in your relationship, depression based on regret, or boredom with your work and a longing to quit and retire.

6. Elders today experience unprecedented levels of modern diseases that were previously not common including diabetes, heart disease, cancer, Parkinson’s disease, dementia and Alzheimer’s disease.

All of these challenges arise from the same condition that gives rise to ADHD but go unrecognized as such.

## **The Unrecognized Symptoms of ADHD**

As we age our brain continues to grow and develop through different stages. At each stage, if ADHD is not healed it continues on in new and different ways. The childhood symptoms shift into teenage symptoms and so on. The symptoms of each stage remain to some degree but are overlooked or suppressed as new coping mechanisms emerge.

A coping mechanism is not necessarily a good thing. A young ADHD child may blurt out negative emotions but a coping mechanism may simply be the repression of their ability to feel emotions.

**A coping mechanism  
is not necessarily a good thing**

With new coping mechanisms emerging at puberty, a hyperactive child may be able to sit still but their mind is still overly busy, distracted or bored to death. They may stop fidgeting but in their mind they are somewhere else.

Children who are hypersensitive may develop the coping mechanism of repressing their need for love and as a result resist affection, intimacy or hugs.

A teen or adult experiencing the ADHD symptom of hyper-distraction may develop the coping mechanism of becoming a thrill seeker to avoid feeling bored with the routine of life. Rather than consider “dangerous thrill seeking” a coping mechanism to suppress the feelings of boredom, one could easily conclude, “I just like to do dangerous things.”

A hyper organized child may stop crying and resisting all change but as a teenager they may become obsessed with being perfect but they never feel good enough.

In a similar manner, a drug addict medicates their ADHD with drugs. He may say, “ I am not addicted to pot, I just like to do it. Otherwise life is too boring. I just do it for fun.” This is commonly called “denial” but drug addiction is really just another coping mechanism to minimize the symptoms of ADHD.

With the automatic development of coping mechanisms, when ADHD is not healed, we gradually disconnect from our ability to know our true feelings. We loose focus on what is most important in life; as a result we give importance to what is not really important.

For example, Money becomes more important than love. Pleasure becomes more important than our health. The approval of others becomes more important than being true to our-selves. Looking good becomes more important than honesty or integrity. With ADHD we loose our way; we forget why we are here. For many, life loses a sense of meaning and purpose.

This is a list of common coping mechanism to self medicate the symptoms of ADHD:

1. Addiction to pornography, excessive masturbation and all substance abuse.
2. Short-term relationships and an inability to commit to long term loving relationships. The average length of intimate committed relationship is now five years.
3. Compared to men, twice as many women now graduate from college. (Four times as many males are diagnosed with ADHD.) Take a moment to consider the consequences of this recent change. How is the life of a woman or man affected when women have twice the earning potential of men.
4. Dramatic increase in men and women who stay single and don't get married. The number of single adults has increased 100% in the last twenty years.
5. Dramatic increase in obesity due to addiction to processed junk foods and sugar products, which affect the brain in the same way as stimulant drugs. One out of three American teens and adults are obese.
6. Dramatic increase in caffeine consumption with a Starbucks on every corner. Caffeine mimics the same pathways as stimulant drugs. One small dose

of Ritalin provides the same stimulation as two shots of espresso. Teens and adults may stop their Ritalin but it is being replaced with caffeine addiction. The number one complaint doctors hear from patients is increased tiredness and fatigue. Increased caffeine consumption leads to chronic fatigue, which in turn leads to increased caffeine consumption.

7. For men over forty the inability to sustain an erection for fulfilling sex in a committed relationship has dramatically increased as evidenced by massive use of drugs like Viagra and Cialis. It is estimated that 1 out of 3 men over forty depend on these drugs.
8. Super Caffeinated drinks like Rock Star, Mountain Dew and Red Bull dominate the soft drink industry.
9. The number one complaint married women have about their husbands is “he doesn’t listen.” This is the most basic symptom of ADHD. Not listening is attention deficit.
10. Both men and women complain today the passion in relationships or for their work fades away. This symptom mimics the same symptoms as an ADHD

child who quickly loses focus and interest in his school work.

11. While addiction to video games is a teenage symptom of ADHD, adults are commonly addicted to work, sports, movies or TV.
12. Massive numbers of people are addicted to a sedentary lifestyle sitting in front of a computer or TV to avoid feeling the boredom of ADHD. Others cope with boredom by an addiction to excessive exercise to the point of injury.
13. One out three seniors who live beyond seventy will suffer from dementia or Parkinson's disease.

## **Chapter Six**

# **How Stimulant Drugs Change Your Child's Brain**

Recent brain scans also reveal a distinction in brain activity associated with ADHD that can last a lifetime. Even stimulant drugs used to treat ADHD like Ritalin or Adderall do not, nor do they claim to, heal the condition. They affect the brain just as any other addictive drug or addictive behavior. At best they temporarily mask the symptoms until adulthood and then the condition or disorder shows up in different ways.

The use of stimulant drugs may minimize symptoms of ADHD in the beginning but over time the problem actually becomes worse than if you had done nothing. A good analogy to understand the long-term affect of stimulant drugs is the continued use of drugs to treat Parkinson's disease.



Administering L-dopa, which is similar to a stimulant drug helps to alleviate symptoms of Parkinson's disease but over time it stops working and you have to take more and more until it finally stops working and nothing will help.

The more you take it, the less effective it becomes. You have to gradually take bigger doses until it stops working. The reason it stops working is that with each use the original condition that caused the symptoms of Parkinson's disease gets worse and worse. While taking the drug symptoms temporarily go away, but the condition gets worse.

**The more drugs you take, the less effective they are.**

Like Parkinson's drugs, ADHD drugs change the brain in the same way as any addictive substance. The main difference between Ritalin and cocaine is that the doses of stimulant drugs for children are smaller than what you would take as a drug addict.

## **Why Drugs Do Not Heal**

With a deeper understanding about stimulant drugs it becomes clear why stimulants should only be used as a last

resort. Stimulants produce high amounts of dopamine, the brain chemical of focus, pleasure, interest and motivation. This sounds great except that over-stimulation by high amounts of dopamine change the brain.

With repeated high stimulation from drug induced dopamine function, other normal levels of stimulation like learning in class or listening to your parents no longer have the power to grip your attention. Unless you are being over stimulated, life becomes boring, less fun, less interesting and you loose your natural motivations.

**With repeated drug use,  
life becomes boring and flat.**

This is why people become addicted to drugs. Without the over-stimulation provided by the continued use of the drug, life is not worth living.

In lay language, after repeated use of an addictive drug one develops “tolerance.” This means that over time the brain has significantly changed and only a higher dose can have the same effect. It also means normal stimulation is no longer fulfilling.

**“Tolerance” due to drugs means the brain has changed and only a higher dose can have an effect.**

This dynamic applies to all addictions. In the beginning only a little sugar is needed to feel good, but later you need more. In the beginning only an hour of playing a video game is needed but after a while the brain hungers for more. In the beginning only a little alcohol helps you forget your problems by focusing more in the moment but after a few drinks if you have the gene that converts alcohol to dopamine then your brain wants more. In the beginning a little cocaine is needed to get high but after a while the brain hungers for more.

## **Dopamine and Your Brain**

In scientific terms, this means the over-stimulation by alcohol, video games, high amounts of sugar or stimulant drugs, increase the release of dopamine and with this overstimulation dopamine receptor sites in the brain “down regulate”. The down regulation of dopamine receptor sites means the number of dopamine receptors on each brain neuron temporarily decrease in number.

**Drugs take you up  
but there is always a down.**

When the dopamine receptors return, increasing in number, it is called the up regulation of dopamine receptors. When receptor sites up-regulate we are no longer dependent on over-stimulation for focus, pleasure, interest and motivation. Normal stimulation is enough and addictive tendencies decrease.

**When dopamine receptors  
efficiently up-regulate, addictions decrease.**

## **The Two Keys for Understanding ADHD**

Understanding these new terms “dopamine” and “down regulation” are crucial for every parent. I would suggest reading the previous paragraphs in this chapter a couple of times. Although, these terms are not part of our normal conversation it is important for your child’s health and happiness to become very familiar with them. These two concepts hold the key to understanding and healing ADHD.

**1. Dopamine:** The brain chemical dopamine creates focus, motivation, interest and pleasure. Inhibited dopamine function creates ADHD in the four different ways:

- Decreased focus which gives rise to increased distraction and hyper interested in new experiences.
- Decreased motivation which gives rise to an increased sedentary lifestyle and hyper cautious to avoid pain.
- Decreased interest which gives rise to increased boredom and hyper impulsive or focused to avoid feeling bored.
- Decreased pleasure which gives rise to increased pain or painful emotions and hyper motivated to care for others.

**2. Down-Regulation of Receptor Sites:** Dopamine receptor sites down regulate with over-stimulation. In the absence of over-stimulation, receptor sites return to normal by up-regulation. Drugs down-regulate receptor sites

creating the need for more drugs, while healing the brain up-regulates brain receptor sites.

## **Healing the Brain**

Dopamine receptors are designed to up regulate but only if the over-stimulation stops. Being fully relaxed and rested helps the receptors to return. Brain injuries, high stress levels or continued use of stimulant drugs prevent the automatic up-regulation of brain receptor sites.

For example if you have an exciting evening, lots of dopamine gets produced. The next morning you may feel a little flat or bored but after a few hours you are back to normal. You feel better because after a good nights sleep, your receptors have up-regulated. But if you drank a lot or had too much sugar, the degree of brain injury delays the up-regulation of dopamine receptors and you have a hangover.

When a child or adult takes an ADHD stimulant drug, down regulation occurs. As the number of receptor sites on each brain neuron decrease, more stimulation is required to experience focus, pleasure, interest or motivation. To sustain focus, pleasure, interest and motivation, the brain craves

more of the drug to stimulate the release of more dopamine. When the effects of the drug wear off, the symptoms of ADHD return.

In practical terms, when receptors down regulate, this means that normal levels of stimulation from the world and relationships have less effect. Instead of being interested in what the teacher or parent says, the child is bored, restless or distracted. With down regulated receptors, the normal stimulation that comes from wanting to make Mom and Dad happy or proud has less effect on the child's brain.

The inherent pleasure and motivation to please one's parent is simply background noise compared to the loud demands of addictive stimulants and behaviors. The fundamental internal programming to please your parents, which motivate a child to listen, behave and cooperate, becomes less important. It is replaced by a new drive to seek out excessive stimulation.

**In a healthy brain, a child is primarily motivated  
by a deep desire to please their parents  
and insure getting their love and support.**

Foods with high sugar content and addictive behaviors like video games that stimulate the brain to make more brain dopamine become the dominant motivators and sources of greater pleasure. In short the ADHD brain or the brain after taking ADHD drugs is saying, “I want to make my parents happy but I want to play this game or eat this junk food more.”

**The ADHD child brain is saying,  
“I want to please my parents but  
I want to play video games more.”**

In the beginning of drug use, the child will seem to be more attentive and interested in what you have to say and with their school work. But after continued use, as “tolerance” sets in, the child brain once again becomes more easily distracted, bored, impulsive, stressed, uninterested or simply unmotivated. The ADD and ADHD symptoms that motivated parents to seek out the use of drugs, actually increase in the long run.

Some parents reason, “But at least in the short run my child can be successful in school with his studies and social interactions.”



While this is true sometimes, the risks of long term brain changes must also be considered. To this a parent might counter, “Yes but, having a happy childhood and education could at least prepare my child to overcome their addictive tendencies later in life.” This argument certainly has merit.

This whole discussion, however, becomes irrelevant when non drug solutions are available. The question is not, “Do we use drugs or not” but instead it becomes which nutritional supplements and life style changes are best for my child to rescue them from the symptoms of ADD and ADHD now and in their future without any side effects.

## **The Short and Long Term Side Effects of Stimulant Drugs**

With this new insight into the long term affects of using stimulant drugs parents can no longer consider drug use in a casual manner. By increasing “tolerance” in the brain to external stimulation we are setting our children up for a life time of addictive substances and behaviors.

**With stimulant drugs we are setting our children up**

**for a life time of addictive substances and behaviors.**

When a drug is used to wake up and motivate the brain then the child gradually disconnects from the internal need for parental approval to guide their lives. On the other hand when the brain is properly fed the nutrients to make brain chemicals, even the ADD or ADHD child will be stimulated and motivated by the opportunity to please their parents and teachers. In time, all symptoms of ADD and ADHD disappear.

On the other hand, taking stimulant drugs for ADD and ADHD, just like other addictive substances, make your child need the drug more and parents less.

**Taking the drugs for ADD and ADHD,  
like other addictive substances,  
tends to make you need them more.**

When most kids get off their medications as teenagers they just move into other addictions illegal or legal to medicate themselves. This crisis affects all our children but particularly our sons. About four times as many boys are prescribed ADD and ADHD drugs and as a result 60% of

high school and college graduates are girls and not boys. Four times as many boys than girls commit suicide.

While alcohol addiction is now less at college, addiction to legal and illegal smart drugs as well as meth amphetamines is dramatically up. Even if one does not have access to these drugs, one does not have to go far to find other highly stimulating legal addictions.

Internet porn, high caffeine drinks like mountain dew, rock star and red bull can easily supply the stimulation they seek. Non intimate sex and violence are as stimulating as any addictive drug. High caffeine energy drinks are now showing up everywhere in our lives. Like other addictions they temporarily relieve the symptoms of ADD and ADHD but over time they change the brain and make the problem worse.

### **Highly caffeinated energy drinks treat the symptoms of ADD and ADHD similar to Ritalin and Adderall**

This problem of casual addiction is not just in America, it is global. At a PGA golf tournament I sat next to a man that owned the Red Bull franchise in China. He makes a profit of thirty million dollars a month from selling Red Bull in China.

High doses of caffeine in Red Bull have a similar effect as ADD and ADHD drugs.

Internet porn also has a similar effect on the brain. It has become so addictive and pervasive that the internet porn industry is a \$98 billion dollar a year industry. Online pornography is so pervasive that 25% of all Google searches refer to sex.

The online sex industry makes more money than Microsoft, eBay, Amazon, Yahoo, Google, Apple and Netflix all together. Giving your children drugs today is simply making them vulnerable to addictive substances like Red Bull and addictive behaviors like Internet porn later in life. Giving your children drugs today makes them vulnerable to addictive substances and behaviors later in life.

# Chapter Seven

## ADHD and Relationships

The common patterns of men and women in relationships as expressed in my book *Men Are From Mars, Women Are From Venus* are directly related to the adult stage of ADHD. Brain injury can exaggerate or suppress the normal but different tendencies in men and women. With ADHD, a man may become hyper masculine, suppressing any natural feminine tendencies. He easily forgets the importance of personal relationships and over focuses on his work and making money.

**A man with ADHD may make his work  
more important than love.**

Likewise, a woman may become hyper feminine, suppressing her innate masculine tendencies. She becomes overwhelmed focusing more on the needs of others without taking time for herself. Social conditioning can have a lot to

do with these distinctions but with ADHD the effects are more extreme.

ADHD can also cause hyper-suppression of our natural differences. If society primarily rewards women for expressing masculine qualities and does not support her feminine qualities, ADHD will exaggerate this suppression creating a chain reaction of all kinds of new challenges and even hormonal imbalances in her body.

Likewise when a boy is missing a positive male role model or his social environment rejects his masculine traits, with ADHD the suppression of his masculine traits in favor of his feminine tendencies may become exaggerated. He may become more caring and considerate of others but he misses the masculine drive to achieve.

**ADHD can also cause the  
suppression of our natural differences.**

After I accidentally cured my own ADHD twelve years ago, in looking back I was able to identify how most of the Mars and Venus patterns had been exaggerated do to ADHD. Perhaps this enabled me to see them more clearly.

These are few examples of how adult ADHD may reflect childhood ADHD:

From the female point of view, a common complaint is “Men don’t listen.” It is the same complaint by the parent of an ADHD child, “He ignores me”.

In the beginning of an adult relationship, the woman is a man’s main focus but even as the love grows his focus on her and the relationship shifts to his work which stimulates higher levels of dopamine. In a similar manner an ADHD child becomes more interested in a video game, which stimulates higher levels of dopamine than listening to his mother.

**The most common complaint from women  
about men is, “He doesn’t listen.”**

Another popular idea from Men Are From Mars is men often cope with stress by temporarily withdrawing into their “Man Cave.” While this has been going on for thousands of years, men today with ADHD don’t come out of their Cave. By healing the cause of ADHD, men spend less time in their Cave, listen to their partners with greater interest and have a

greater potential to sustain the interest, motivation and passion they felt in the beginning of a relationship.

**By healing the cause of ADHD,  
men spend less time in their Cave.**

This inability to regulate focus commonly shows up differently in women. While a man under stress often loses his ability to effortlessly sustain focus on his partner, a woman under stress often loses focus on her own needs and priorities and feels overwhelmed with the needs of others.

While creating her “never ending to do list” she puts her own needs at the bottom. By giving more, when she gets less, she ends up feeling increasing resentment; focusing more on what she is not getting rather than effortlessly appreciating what she is getting. The normal chores of living are no longer a pleasure but another thing she has to do in her hectic schedule.

By healing the cause of ADHD in women, she has a greater potential to manage emotions more effectively, release resentments, experience greater happiness, and enjoy increased responsiveness to romance. She can



appreciate her partner more when she takes more time for herself.

In nearly every couple I have ever counseled the inability to correctly or appropriately regulate attention and focus is one of the root causes of their challenges. Just as ADHD has become an epidemic in children, it is wrecking havoc in our adult lives and relationships giving rise to increasing divorce statistics.

**ADHD is wrecking havoc  
in our adult relationships.**

The symptoms of ADHD affect more than our relationships. They permeate and influence all aspects of our life including food choices, energy levels, emotional sensitivity, work choices, libido, addictions, education, recreation and memory.

Increased focus and the ability to appropriately regulate attention is everything. Without this ability all aspects of our lives and our children's lives become more difficult than they need to be.

Focus creates clarity;

Clarity creates understanding;  
Understanding creates confidence,  
Confidence creates decision;  
Decision creates intention;  
Intention creates commitment;  
Commitment creates passion;  
Passion creates motivation;  
Motivation creates action;  
And action leads to success.

Without focus we lose the foundation of success in all areas of our lives.

**Increased focus  
makes all aspects of our lives easier.**

I had ADHD most of my life until at fifty years old, I accidentally discovered a way to heal the condition. To my surprise, focus became automatic. I began to effortlessly regulate focus appropriate to each situation. Prior to healing ADHD, I achieved much success personally and professionally but with unnecessary struggle, procrastination and extra effort. For me, life after ADHD means less stress,

better relationships, more energy and overall increased vitality and happiness.

**Life after ADHD means less stress,  
better relationships, more energy  
and overall increased vitality and happiness.**

Life just got easier and more fun. Instead of applying ways to cope, I could move on to simply living, loving and laughing while at the same time continuing to work hard, learn more and achieve more.

## **The Far Reaching Symptoms**

With a deeper understanding of what causes this disorder, we will see that the symptoms of this condition are more far reaching than the standard symptoms of ADHD. The same condition that gives rise to ADHD also give rise to a combination of the following symptoms and disorders to various degrees:

1. Obesity,
2. Eating disorders such as anorexia and binge eating,

3. Obsessive compulsive behavior, excessively rigid thinking and behaviors,
4. Oppositional or defiant behavior; excessively stubborn and often angry with frequent temper tantrums, touchy or easily annoyed,
5. Tourette's syndrome; sudden involuntary ticks or repetitive physical movements, blinking, coughing, burping, throat clearing, sniffing or facial movements.
6. By-polar disease or extreme mood swings,
7. Depression or excessive feelings of hopelessness,
8. Procrastination, apathy, difficulty in beginning or starting activities and/or waits to the last minute,
9. Insomnia; resistant to bed time, unable to fall asleep, nightmares, unable to get out of bed in the morning,
10. Learning disabilities including speaking, comprehension and reading challenges; sometimes simply an inability to listen or stay focused,
11. Impulsive behavior; acting or speaking out without considering the consequences to self and/or others
12. Social phobia; extreme self-consciousness, nervousness and shyness which leads to avoidance of social situations

13. Chronic anxiety; persistent fear for no apparent reasons creating restlessness, fatigue, uneasiness or a general sense of dread and/or pessimistic thinking.
14. Substance abuse including addiction to soft drinks and junk food.
15. Attraction to or participation in situations or video games involving danger, thrill seeking, violence, and/or any socially taboo activities.
16. Addiction to internet pornography and/or participation in S/M activities.
17. Post Traumatic Stress Disorder; chronic emotional over-reaction to present situations or intrusive memories caused by extreme emotional trauma in the past usually associated with exposure to violence, sexual assault, serious injury or the threat of death.

All of these far reaching symptoms are expressions of the brain injuries similar to those that gives rise to ADHD. By healing ADHD all of these far reaching symptoms of brain injury, infection and inflammation gradually loose their gripping influence and may gradually disappear.

# Chapter Eight

## How I Healed My ADHD

I am sure you are wondering what I did to heal my ADHD and if can it work for you or your children. Well, my solution was a bit costly and more extreme than most people need. I even traveled to another country to get the treatment.

When I turned fifty I had symptoms of Parkinson's disease. As with ADHD drugs, standard medical treatment for Parkinson's disease merely takes away symptoms but over time the condition gets worse until the medications don't work at all. I researched the condition and discovered a natural solution. I received a three hour IV drip of an amino acid complex for nine days. By healing the condition that created Parkinson's disease, to my surprise, I automatically healed ADHD.

**By healing Parkinson's disease,  
I automatically healed ADHD.**

The IV drip contained a complex of amino acid precursors to create dopamine and other supportive brain chemicals. It contained phenylalanine, tyrosine, GABA, tryptophan and cysteine. I picked this treatment because it was designed to help drug addicts go off their drugs without side effects.

In my research into finding a cure for Parkinson's disease, I discovered the cause of addictions was similar to the cause of Parkinson's disease. The down regulation of dopamine receptors makes it difficult to go off drugs and the same condition gives rise to Parkinson's disease. While getting my treatment I witnessed other patients going off heavy drugs without any side effects other than tiredness. These addictions included heroin, meth, cigarettes, oxycontin, sugar and cocaine.

**The cause of addiction is  
similar to the cause of Parkinson's disease**

Eventually, three months after my treatment the symptoms came back. So I did the treatment again. After I got my second treatment, I focused on finding a way to get

those extra nutrients into my diet so that I would not need any more treatments. That was 12 years ago. The symptoms have only come back a few times when I was exhausted from writing many days straight for 12 to 15 hours at a time. Intense focus is one of the causes of the down regulation of dopamine receptors.

When the symptoms of Parkinson's went away it was my wife who noticed how much more attentive I was. That is when I begin to realize that all my life I had symptoms of attention deficit disorder and did not even know it. It took an expensive treatment for me to heal my condition but healing ADHD with supplements is much less expensive and available to everyone without intensive nine day treatments.

ADHD is much easier to heal in children; as we get older it takes a bit more support. The good news is that at any age you may begin to see results within days and you can do it from home.

## **Fifty Years of ADHD**

For my first 50 years, I had ADHD but didn't identify it as a condition that could be healed. For example, I thought my tendency to procrastinate or wait to the last minute was



something I just had to push through. Or I thought I wasn't a very good reader since it would make me tired. Some days as a child, my Mother would pour water on me to get me out of bed in the morning. I didn't know that my life was harder than it needed to be. Many of my masculine qualities like tunnel vision as opposed to feminine trait of multi-tasking were also exaggerated.

This tendency of ADHD to exaggerate gender differences or to create role-reversal made it much easier for me to discern the differences between men and women I wrote about in my book *Men Are From Mars, Women Are From Venus*. After healing ADHD those differences became less extreme and I found a greater flexibility within myself to appreciate, validate and support my wife and daughters.

**Without an understanding of the symptoms of ADHD,  
I didn't know life was harder than it needed to be.**

After healing the cause of Parkinson's disease in my brain and in my digestion, not only did the tremors go away but I experienced life without ADHD for the first time. Because the reversal of Parkinson's disease also healed

ADHD, I discovered that Parkinson's disease was just one of the many later stages of ADHD.

My wife said I was like a new man. For the next twelve years I began testing a variety of natural solutions that were easier and more cost effective to help my family members, clients and thousands of seminar participants around the world experience optimal brain function.

For some people like myself, if ADHD goes unchecked it gradually turns into Parkinson's disease. For others it turns into Dementia or Alzheimer's disease. For many people it becomes Diabetes creating the fertile ground for cancer, stroke and heart disease to develop. Most of today's diseases that cause death are the later stages of the same condition that creates ADHD.

**Parkinson's Disease**  
**is one of the inevitable outcomes of ADHD.**

By healing ADHD for yourself and your children you can not only enjoy life more but you are assured of a healthier life as well. This is not a commonly held view but if you finish reading this book, I think you will be convinced just as I am.

In the meantime, even if you don't finish this book, by the end the next four chapters you will have enough new information to begin increasing your ability to focus. By healing your ADHD I am sure you will want to then finish the book and hopefully share it with your family members and friends.

**With this new insight you can  
begin increasing your ability to focus immediately.**

My family members all had symptoms of ADHD and it lead to death by heart attack in one, death by suicide in another, death by cancer in another, Alzheimer's in another and Dementia in another and three divorces and heart disease in another. In each case, the same condition that causes ADHD, was showing up in different health outcomes later in life as well as in different relationship challenges.

## **The Canary in the Coal Mine**

In every case of disease, the brain injuries that give rise to ADHD are the same injuries that create almost all of our

modern diseases. From this perspective, you can think of ADHD symptoms as the canary in the coal mine.

Well into the 20<sup>th</sup> Century, coal miners brought canaries into coal mines as an early-warning signal for toxic gases, primarily carbon monoxide. The birds, being more sensitive, would become sick before the miners. If the canary died it was time to get out.

**ADHD symptoms are warnings of future sickness  
like the canary in a coal mine.**

By getting to the bottom of what causes ADHD we can avert the looming health crisis we are facing. Even to this day, the medical community acknowledges that they have no idea what really causes ADD and ADHD. Parents certainly have no idea. Like so many other diseases, we blame it on our genes and hand over our personal responsibility to doctors and the drug related protocols they are taught in medical school. This would not be a bad thing, if ADHD was a disease but it is not.

If we learn what causes ADD and ADHD, then we can see how we create it. By taking responsibility and not simply blaming it on our genes we then have the power to correct

the situation. Drugs are helpful in treating emergencies and some run away diseases, but ADHD is not a disease. It is a disorder primarily caused by brain infections and a lack of correct nutrition.

Once parents learn to properly feed the brains of their children, the ADHD brain is able to grow and develop into it's inherent potential of becoming a high performing brain. With ADHD out of the way, children at all ages can return to being normal kids, mostly happy, attentive and seeking to please their parents.

# Chapter Nine

## Smart Drugs

### Don't Make You Smarter

It is estimated that 50% of the student body of Stanford University is taking Ritalin, Adderall or Dexedrine. These stimulant drugs are commonly referred to as smart drugs. They really don't make you smarter but they temporarily remove the symptoms of ADHD so that that your smarts can show up. I mention this to assure parents that much of the time nothing is really wrong with your child's brain when they exhibit symptoms of ADHD. They may even have the potential to succeed at the highest levels of education.

ADHD is only a disorder because your child is missing the extra nutrition to fuel their brilliant brains. Fueling the brain is similar to the way we fuel our cars. A more powerful engine in a car requires a higher octane gas. Without the right fuel a great engine will not run correctly. From this

perspective one of the real causes of ADD and ADHD is that your child is a genius.

**It is estimated that 50% of the student body of Stanford University is taking Ritalin or Adderall.**

Smart drugs help the brain access the necessary fuel that wakes us up, making life more interesting and increases our natural sense of curiosity and motivation. This fuel that the brain needs to wake up is called dopamine. When drugs increase the functioning of dopamine, the brain is injured and normal dopamine function is inhibited in the future. You get a quick benefit but the problem of low dopamine function gradually gets worse.

With the right nutrition our brain can make and utilize an abundance of dopamine without causing any problems in the future. Dopamine gives us focus, increased attention and clarity, improved memory, motivation and even rewards us with feelings of pleasure. The inability to correctly produce and utilize dopamine creates the many symptoms of ADHD.

So when someone asks, “What causes ADHD in your children? You have the real answer.

Is it genes? No.

Is it your parenting skills? No.

Is it a disease? No.

Is it a deficiency of Ritalin? No.

Is it hopeless? No.

Then what is it? It is your brains temporary inability to correctly produce and utilize dopamine!

**The inability to correctly produce and utilize dopamine creates the symptoms of ADHD.**

Inhibited dopamine function creates all the different symptoms of ADHD. Dopamine is the brain chemical of focus. When you are drive your car fast, the added danger requires greater focus so your dopamine levels rise. If your house was suddenly on fire, your dopamine levels would rise to give you extra energy and alertness to put out the fire or at least run to safety. Whenever you are excited, interested, caring, passionate or motivated to take action, dopamine is being released in your brain. Whenever you are anticipating success or have to face a challenge dopamine increases. By supporting your brain's ability to naturally improve dopamine function ADHD disappears.



## What Causes Inhibited Focus

ADHD occurs when dopamine, the brain chemical of focus, is not being produced or properly utilized by the brain. It is dopamine that unlocks your brain's genius potential. The need to take smart drugs instead of simply being smart may occur for a variety of reasons:

- 1. Nutritional deficiency and/or indigestion:** Low dopamine levels result when the raw materials contained in healthy foods necessary for making dopamine are not available. When the right foods are not eaten, or they are not fully digested or their nutrients are robbed by chronic stress levels, excess sugar consumption or over-working, the brain cannot make enough dopamine. The smarter you are, with nutritional deficiency the more likely you are to develop ADHD symptoms. Boys and men are more vulnerable to low dopamine levels because they have more muscle mass. With chronic stress, high blood sugar or exhaustion, the amino acid precursors for making dopamine are first used up by his muscles.

**2. High and Low Blood Sugar Levels:** Low dopamine levels result when the fuel needed to utilize the raw materials for making dopamine is not available. High blood sugar levels cause insulin resistance, which prevents brain cells from absorbing fuel. Low blood sugar levels will also have this same effect.

**3. Down-regulated Dopamine Receptor Sites:** Dopamine is not being properly utilized when receptor sites “down regulate.” For dopamine to be utilized in the brain, it is first produced and then released into receptor sites. Down regulated receptor sites means there are fewer than normal receptor sites to utilize the available dopamine. Down-regulated receptor sites causes situations that would normally be interesting to become boring. By up regulating receptor sites normal life becomes interesting again.

**4. Brain Injury:** Injuries to the brain can cause any of the three causes listed above. They can inhibit dopamine production, inhibit glucose utilization and

prevent the up-regulation of brain receptors to fully utilize dopamine.

By adjusting our diet in small ways and taking extra supplements we can handle the first two causes of low dopamine function. We can easily provide more fuel for the brain and balance blood sugar levels. Super food shakes with extra vitamin, minerals and digestive enzymes can easily provide the extra nutrition and stabilize blood sugar levels.

The third cause requires a little more than supplements. To up regulate dopamine receptor sites we need to also make some changes in our behaviors. By identifying and then temporarily abstaining from addictive behaviors and substances dopamine receptor sites with the right supplementation begin to up-regulate.

This up-regulation happens much faster in children. Giving up addictive substances and behaviors can seem to be impossible without the help of the correct supplementation. For more sedentary children, increasing movement or exercise will spike serotonin levels which can up-regulate dopamine receptors.

Eliminating the causes of brain injury can treat the fourth cause. By removing the cause and adding specific supplements like high dose vitamin C and grape seed extract your brain can heal the injury.

## **Taking Smart Drugs is Not Smart**

Instead of healing ADHD symptoms, smart drugs temporarily remove the symptoms of inhibited dopamine function and give you a glimpse of your inner brilliance. There is probably little harm done if they are used occasionally for studying for an exam or getting a project started or finished. But repeated use of these drugs will actually reduce your ability to express your smarts. Drinking three cups of good espresso coffee will have a similar effect with much less injury to the brain. Smart drugs only appear to work because they temporarily remove the symptoms of ADHD. In the long run they don't address the cause of the problem but actually make the problem worse.

**Taking drugs helps in the short term  
but in the long term they make the problem worse.**

To understand why these drugs are so popular with college students and why we should look for alternatives, lets review a quote from *The Essential Guide To Psychiatric Drugs*.

Psycho-stimulants like Ritalin and Adderall, sometimes called “speed” or “uppers” produce a short-term mood elevation. College students take them to stay awake all night and finish term papers. In most people the effects of these stimulant drugs are short-lived and there is often a letdown or "crash" after they wear off. During this "crash" the patient can feel very depressed, sleepy, and sluggish. Furthermore, stimulant drugs have the potential to induce "tolerance."

People who abuse amphetamines and other stimulants--usually in attempts to lose weight or stay awake for prolonged periods--often find that a dose that had worked for a while is suddenly ineffective and they need a higher dose. They then become "tolerant" to the higher dose and have to increase the dose again. Soon, the person is

addicted to the drug. Stopping it suddenly leads to a severe withdrawal reaction characterized by bad depression and extreme fatigue. Suicides have been reported in people who suddenly stop taking amphetamines.

The decision to place a patient on a stimulant drug for depression is serious and must be done only after all other efforts are declared either unsafe or ineffective. The patient must understand that he will probably become addicted to the medication and that he should never stop taking it abruptly.

# **Chapter Ten**

## **The Four Faces of ADHD**

All the various faces and stages of ADHD are symptoms of chronic inflammation in the brain caused by injury or nutritional deficiency, which also causes brain injury. This inflammation inhibits normal dopamine function. Normal differences and brain development in children and adults are significantly altered with this one shift in neurological function.

Dopamine the brain chemical of focus also regulates motivation, interest, and pleasure. Inhibited dopamine function gives rise to many faces of ADHD. All the different symptoms of ADHD come from too much or too little of these four characteristics of dopamine function. It is all about balance.

## **Dopamine is the brain chemical of Focus, Motivation, Interest, and Pleasure.**

As we explore these four different faces keep in mind that you may have a little of each or more of one. We are all different. Understanding these distinctions help us to recognize our tendencies when we are out of balance as well as have more compassion for others when they are out of balance.

### **A person may be a combination of any of the four faces of ADHD**

You, your spouse or your children may experience any blend of the four different categories of inhibited dopamine function. Most people have one dominant tendency and two secondary tendencies. One secondary tendency comes up when we don't feel safe to be ourselves; the other tendency comes up when we are feeling loved and supported.

Children often move from one face to another at different times in their development. Adults can shift faces according to different circumstances.



For example, one might be hyper shy in personal situations but hyper bold in business. While this seems contradictory it makes complete sense. When the left portion of the brain having to do with impersonal transactions is overly active, this excess activity leaves the right part of the brain, which has to do with personal transactions less active. On the other hand a person with more connective tissue in their brain, could have both sides active at the same time and be dominate in personal relationships and at work.

There could be endless ways to group the symptoms of ADHD but for the sake of clarity and simplicity we can sort them according to the four faces of ADHD. They are listed below in four categories:

## 1. ADHD: Decreased Focus

This first list includes many of the symptoms generally diagnosed as “ADHD inattentive type.” They were original just called ADD. The decreased capacity for **focus** is also expressed as an increased capacity for **distraction**. With inhibited dopamine function, children and adults with a “creative temperament” generally express tendencies

caused by decreased focus. This tendency leads to one or more of the following symptoms.

1. They are easily distracted.
2. Without stimulation they are easily bored.
3. They are unable to comprehend what they are reading or hearing.
4. They do not finish tasks.
5. They become “spaced out.”
6. They have brain Fog.
7. They are unable to make decisions because they are too indecisive or ambivalent.
8. They wait for the last minute to do things.
9. They are always losing things.
10. They are easily confused or disorganized.
11. They are messy.
12. They have difficulty cleaning up a room or house.
13. They can easily get lost.
14. They start a lot of projects but do not finish.
15. They forget what time it is and are often late.
16. They are dreamy or absent minded; think absent minded professor.
17. They procrastinate work or responsibilities.

18. They want to have fun and party.
19. They don't want to "work" on relationships.
20. They expect things to be easy.
21. They are repelled by hard work.
22. They want what they want.
23. They are seen as lazy because they don't like work and they want to do what they want.
24. They are naïve and overly trusting.
25. They are not grounded with a sense of purpose.
26. They are more vulnerable to committing suicide and have a higher risk of being by-polar.
27. They are easily tempted by the pleasures of the senses; overly indulgent.
28. Their need to escape reality creates a tendency to be overly optimistic or innocent.
29. They easily deny any problems or challenges they may have. Think of a performer: "The show must go on." or "Put on a happy face."
30. They depend on emergencies to change or take action.
31. They are distracted by what is new and different.
32. They have difficulty finding their way in the world, often described as a "failure to launch in a career."

33. They struggle in school resulting in poor grades. Or they can also be so bright that they easily get by without doing homework.
34. They have difficulty making commitments in a relationships
35. The grass is always greener on the other side of the fence.
36. They are more vulnerable to brain diseases like memory loss, Parkinson's disease, dementia and Alzheimer's disease.

## 2. ADHD: Decreased Motivation

This list includes many of the symptoms generally diagnosed as “Obsessive Compulsive Disorder.” The decreased capacity for ***motivation*** is also expressed as an increased **resistance to change**. With inhibited dopamine function, children and adults with a “responsible temperament” generally express tendencies caused by decreased motivation. This leads to increased physical, mental and emotional rigidity and opposition to change. Symptoms include the following:

1. They want everything to stay the same like in the good old days.
2. They feel bad in the moment by over romanticizing of the past or increased nostalgia.
3. They have difficulty taking risks and resist change.
4. They are indirect in their communication of disapproval: “It’s OK, it’s only our anniversary, you go ahead and do what you want.” This is often called a “guilt trip.”
5. They may specialize in one thing to the exclusion of other things.
6. They become hyper focused on one subject and cannot shift or let go.
7. They may be so focused on their inner dialog they cannot hear what others are saying.
8. They have difficulty shifting attention from the project at hand to another request for attention or help.
9. They have difficulty knowing what they want or expressing it.
10. They have no difficulty telling you what they think is right.
11. They can rigidly adhere to certain rules but can vehemently oppose other rules. In children this gives rise

to oppositional behavior. Wanting to be in control they may resist others seeking to control them.

12. They compulsively repeat certain behaviors like counting, arranging, organizing, or collecting with great precision.
13. They compulsively worry about things they feel they cannot change: “Will the economy drop?”, “Did I leave the gas burner on?” “Did I leave the house unlocked?” “Does my husband love me?” “Does my wife really enjoy sex?” “I could become a homeless bag lady...”
14. They compulsively worry about germs or have to wash hands over and over.
15. In children, scary thoughts or images pop in their head that are hard to shake off. As adults these irrational or persistent worries keep us from falling asleep or wake us up in the middle of the night.
16. They are good “steady as you go learners,” good at copying others but not necessarily able to think for themselves.
17. They keep everything obsessively clean, neat and organized as a way to create order or a sense of control. This purposeful activity can ward away scary dreaded thoughts that arise when they feel out of control.

18. They are super superstitious and see omens or messages from God or the Universe in everything.
19. They can't let go of possessions and may become excessive hoarders.
20. They cope with anxiety by over eating; they love to plan out elaborate menus and tend to sleep more than others.
21. They require increased regularity; they hate interruptions to routine.
22. They have an automatic resistance to any changes.
23. They are oppositional to new ideas and respond with an automatic "BUT."
24. They plan out everything to stay organized.
25. They resist changing what is already working.
26. They control conversations and don't like to be interrupted.
27. They resist criticism and have difficulty receiving feedback because they are already trying so hard to be perfect.
28. They do not see themselves as critical but as helpful.
29. They do not see themselves as judgmental but as simply accurate or right.
30. They are overly conscious of how they and others look and behave: Think Miss Manners.

31. They have difficulty picking out the right outfit. Colors must always be coordinated in dress.
32. They often expect too much of themselves.
33. They assume the worst from others and then take over: they are hyper responsible and controlling.
34. They are indecisive in making decisions that require risk or change. Safety is a core value. They always seek to play it safe.
35. They have difficulty being spontaneous.
36. They are super hard on their own mistakes, which makes them try too hard. They try so hard to be perfect it is harder to receive criticism or feedback.
37. They are not good at asking for help.
38. They can't hear negative feedback but can freely give it.
39. They always see what is wrong or bring up the negative side of things: think Debbie Downer.
40. They are "alarmists", expressing a "the sky is falling" mentality.
41. They are overly opinionated; often rigid and inflexible in their thinking.
42. They feel they are always being misunderstood.
43. They commonly use phrases like always and never.



44. Their inner world is filled with regret and fear with a long list of “I should have..., If only I would have..., I could have...”
45. They have difficulty apologizing for big mistakes because they try so hard and they are so hard on themselves.
46. They are more vulnerable to weight gain, insomnia, arthritis, osteoporosis, obesity and diabetes.

### 3. ADHD: Decreased Interest

This list contains many of the symptoms generally diagnosed as “ADHD impulsive type.” The decreased capacity for ***interest*** is also expressed as “the increased capacity for ***boredom***.” With inhibited dopamine function, children and adults with a “bold temperament” generally express these tendencies caused by inhibited interest. This imbalance give rise to one or more of the following symptoms:

1. Routine activities are especially boring or not interesting.
2. They have short attention span.

3. Lack of interest leads to passive aggressive behaviors to avoid increasing boredom.
4. They are hyper active and unable to sit still. They have to stay busy at all times.
5. Increased boredom leads to impatience and impulsiveness.
6. An automatic resistance to “boredom” leads to an excessive need to stay busy all the time either physically or mentally. Their minds race with thoughts about problems that need to be solved. Think, “He is always doing something” or “Her mind never stops or turns off.”
7. They are less interested in the opinions of others which leads to excessive self interest expressed through too much talking, being loud or overly confident.
8. They are less aware of the sensitivities or feelings of others, they can’t easily listen but must give advice or seek to improve others.
9. Their decreased interest in the feelings of others leads to an inability to sense the unspoken boundaries of others thus becoming overly intrusive, invasive, nosy, snooping or meddlesome.

10. Their lack of interest in others can lead to impulsive insensitivity, profanity, and criminal or anti-social behavior.
11. Their lack of interest in themselves can lead to over interest in giving: causing them to feel overwhelmed, engage in martyr like behavior or feel like a victim and develop excessive resentment.
12. Increased boredom leads to dependence on risk taking or dangerous activities to feel happy and alive.
13. Inability to sustain interest leads to hot and cold feelings of attraction and interest.
14. They are unable to sustain interest in a job or relationship,
15. They have difficulties making a commitment in relationships.
16. Their Impulsiveness prevents an in-depth consideration of the consequences of a behavior. They often act without thinking.
17. Dependence on extreme sports or excessive exercise because moderate or safe sports are boring. Love to race cars or drive fast which can also lead to road rage when they don't get what they want.

18. Increased tendency for various addictions and substance abuse.
19. They have a “learn as you go” mentality which can lead to a lack of planning.
20. “Normal” is simply not enough so they have a greater tendency to boast, exaggerate, lie and are more influenced by what others are doing i.e., styles, fashion, make up, etc.
21. They are easily tempted and energized by challenge, risky behaviors, secrets and taboos.
22. They are more vulnerable to heart disease, deep vein thrombosis and strokes.

## 4. ADHD: Decreased Pleasure

This list includes many of the symptoms generally diagnosed as “Sensory Processing Disorder.” The decreased capacity for ***pleasure*** is also expressed as the increased capacity for ***pain***. With inhibited dopamine function, children and adults with a “sensitive temperament” generally express these tendencies caused by inhibited pleasure. This tendency leads to increased physical, mental and emotional sensitivity. Symptoms include the following:

1. They are overly sensitivity to what others think.
2. They are overly sensitivity to treatment received in relationships or in business.
3. They take “not getting what you want” more personally.
4. They are “codependent” in relationships.
5. They generally feel like a victim.
6. They have a greater need to complain.
7. They feel their clothes or shoes fit too tight or too loose.
8. They have difficulty trusting others.
9. They have an increased tendency for depression.
10. They have increased sensitivity to pain in the body. It hurts more.
11. They feel like they were born into the wrong family.
12. They always feel on the outside or left out.
13. They are more physically sensitivity to environmental toxicity, touch, sounds, smells, bright light, and even the tags on clothing.
14. They have increased awareness of inner emotions and feelings.
15. They experiences greater vulnerability; feelings are hurt more easily.

16. Little sounds like gum chewing, scraping chalk or the tone of a person's voice can be extremely annoying.
17. For them it hurts more to love someone who doesn't appear to love back the same way or to their expectations.
18. They have unrealistic high expectations of how they should be treated or others.
19. They have increased memory of hurts and disappointments.
20. They are easily addicted to negative regrets.
21. They are overly sensitive to the needs and feelings of others.
22. They experience increasing resentment by giving too much or not being appreciated enough.
23. They are much more effected in a negative way by Wi-Fi, cell phones or other electronics. Their cell membranes are not as thick. They are literally "thin skinned."
24. They are more vulnerable to feelings of hopelessness or despair.
25. At stressful times, they imagine the worst happening to them.

26. They are overly sensitive to the needs of others. They love to listen to the pain of others as it validates their own pain. Think addiction to reality shows or soap operas.
27. Their increased sensitivity to their own pain prevents compassion or empathy for others: Nobody is nice when they have a toothache.
28. They have an inflated sense of entitlement or arrogance do to being mistreated in some way.
29. They may feel like the black sheep of the family.
30. They are hyper influenced by the suppressed feelings of others.
31. They have increased confusion from not understanding others. They tend to overthink interpersonal relationships.
32. They have a tendency to emotionally over-react or bring up the past in arguments.
33. They are more vulnerable to asthma, allergies, digestive problems, autoimmune diseases, ulcers, candida and cancer.

## **Increasing Compassion and Restoring Hope**

This analysis of the many symptoms of ADHD is to not to determine whether you are a candidate for taking a medication or drug. Instead it is to increase your awareness of different character traits in the spirit of compassion and understanding. It also provides hope that any of the tendencies you relate to can be dramatically decreased by restoring normal dopamine function.

We lose compassion when we expect someone to be like ourselves and they are not. Compassion and empathy allow us to embrace our differences with greater flexibility, acceptance, forgiveness and patience.

- We lose flexibility when we judge others as wrong, bad, or unworthy because they are different from ourselves and assume they should be more like us.
- We lose acceptance when we get caught up in blaming others for a problem.
- We lose forgiveness when we cannot understand another behavior or attitude.



- We lose patience when we think someone should easily do things the way we do or think the way we think.

Through understanding the limitations of ADHD and learning that it can be healed, we are naturally inspired to make positive changes. After all, why bother making changes if not much is going to happen.

When we can recognize the many ways we are not expressing our full potential it is exciting to believe that maybe we can release the many limitations we have felt in the past.

For me, just the ability to enjoy reading for hours at a time has greatly enriched my life. And that was only one of the many benefits of healing this condition for me.

This new insight into healing the brain that can motivate you to make the changes necessary to discover and develop your full potential in life, love and health.

# **Chapter Eleven**

## **The Good, Bad and Ugly of ADHD**

To get a grip on how to handle ADHD in your life and for your children we need to back up and get a bird's eye view. By standing back and reviewing what we have explored so far about the good, bad and ugly of ADHD it can all come into focus.

### **The Bad News**

Stimulant drugs for ADD/ADHD have dangerous side effects and yet millions of children are still using these drugs. Most parents are not informed that these “prescribed” drugs are just as harmful as street drugs like methamphetamines (crystal meth). They actually change the brain over time inhibiting normal healthy function creating a host of

undesirable behavioral tendencies as well as health problems.

Just because you have ADD/ADHD symptoms and a doctor prescribed the drug it doesn't protect you or your child from the inevitable negative side effects. These drugs are illegal for a reason.

Why then do we give them to our children?

Well... When nothing else is working and you have no other options, you do what you have to do hoping the benefits outweigh the drawbacks.

If you have gangrene in your leg, to save a person from dying you amputate the leg; when you have no other option you do what you have to do.

## **The Good News**

There are more options. No need to amputate. With a new understanding of what causes ADD/ADHD and how it shows up differently in children, teens and then adults we can stop this rising epidemic without drugs. By applying the new insights of healing brain injury we can reduce inflammation in the brain and restore normal dopamine function in the brain. Balanced focus, motivation, interest

and pleasure are the *automatic* expressions of a healthy brain.

**Increased focus, motivation, interest and pleasure are the automatic expressions of a healthy brain**

By understanding the full range of natural solutions, the question is no longer, do I give my child medications or not. Instead of debating the pro's and cons of drugs, the discussion is expanded to what natural solutions are required at the different stages of brain development according to the specific cause of the imbalance.

For example:

If high blood caused the brain injury then balancing blood sugar levels plays an important role in healing brain injury.

If taking a fever suppressant after a vaccination caused the brain injury then healing the liver to produce more glutathione plays an important role.

If traumatic stress caused the brain injury then providing extra support to support the adrenal glands and supplements to restore intestinal health will play an important role.

Through understanding the different causes of brain injury and inhibited dopamine function you not only have the power heal ADHD but move on to develop your full genius potential.

## **The Ugly News**

Every year the number of children with ADD/ADHD symptoms increase. In some schools one out of three boys and one out of ten girls are taking an ADD/ADHD medication. The National average has been increasing since 1980. This dramatic shift surely has to do with the growing awareness of the many symptoms of this disorder but without a doubt something new has happened and a high percent of our children are suffering. In most cases it is not just a matter of “Boys will be Boys” or simply “There have always been a few bad apples.”

There is still so much misinformation spread around. Many ADHD experts still report that most children who take medications for ADHD eventually grow out of these symptoms. They conclude that there are no lasting side effects of taking stimulant drugs. This simply is not true and they have no real or significant data to back it up.

It is true that Ritalin is not necessarily a “Gateway Drug” to “heavier stuff,” but substance abuse is not the only condition to look for as a result of taking ADHD stimulant drugs.

## **Drugs Have Lasting-Effects Not Just Side-Effects**

In my forty years of experience as a therapist, marriage counselor, life coach, executive coach and health researcher I have repeatedly witnessed the ongoing side effects of taking stimulants. While some swear by their benefits they are often unaware of the tradeoffs.

When one eventually goes off their medication, or it stops working for them, the problem is worse but often goes undiagnosed because our adult coping skills are greater and there are a variety of addictive behaviors and substances that are commonly used to self-medicate.

From sugar addiction to arguing in your marriage there are hundreds of self-destructive behaviors that emerge as a result of undiagnosed adult ADD/ADHD.

Any of the many symptoms of the four faces of ADHD could increase over time with the use of drugs. The

treatment of ADHD with drugs creates the fertile ground for undesirable addictive behaviors and ways of thinking and reacting to life that interfere with the normal process of developing self esteem, making a life, expressing our creative talents and finding lasting love through positive relationships.

## **Everything You Hear on TV is Not Always True**

The media has done a great job alerting the public to this rising tide of ADD/ADHD and identifying many of it's symptoms. Parents whose children exhibited these symptoms were suddenly freed from the guilt of being inadequate parents.

**With the diagnosis of ADHD, parents are  
freed from the guilt of being bad parents.**

Some examples of the many symptoms of ADHD highlighted by the media are as follows:

- Children do not cooperate at school or home,
- Children cannot finish tasks,

- Children cannot do their homework,
- Children loose things and are disorganized,
- Children cannot comprehend what they were supposed to understand,
- Children will spend hours playing video games,
- Children will throw huge tantrums when they didn't get what they want
- Children cannot sit still or listen.

In the list above many symptoms of the four faces of ADHD are left out, but it is a good start and has been a tremendous help to alert parents that ADHD symptoms are not all about parenting skills but more about brain function.

The media has also helped millions of adults, silently coping with the debilitating symptoms of ADD/ADHD, realize they were not alone. And even more important, instead of feeling judged as bad, deficient or inadequate they could recognize their symptoms not as a character defect but as a common disorder that requires treatment.

As a result much of the stigma of *mental illness* associated with ADD/ADHD has been lifted. It has now become as common as getting a cold. The ugly news is that taking dangerous drugs for ADHD has become as common



and casual as taking an over the counter cold remedy like zinc lozenges. In teaching a class at Stanford University I discovered that over half the students were taking doctor prescribed stimulant drugs like Ritalin and Adderall. Many more were buying them on the street to help study for exams.

**Taking dangerous drugs for ADD/ADHD has become as common and casual as taking an over the counter cold remedy like zinc lozenges.**

The media has not done a great job at sharing the many natural solutions for ADHD, which have no side effects. I do not think this black out is intentional. It is the legal system that allows drugs companies to make claims but not natural supplement suppliers, who cannot afford the high cost of doing extensive studies.

Ironically, on TV you can say jogging helped my child but you can't say taking minerals or undenatured whey protein helped as well. You can't say the supplement helped because there is not 300 million dollar double blind study proving it.

One TV special on public television did a great job talking about the symptoms and some specific behavior coping mechanism but the writers were requested to take out any suggestions regarding natural supplements. They were then asked to add another 20 minutes interviewing several doctors assuring parents that stimulant drugs like Adderall and Ritalin were completely safe and had no lasting side-effects. This simply isn't true but the companies that make stimulant drugs were paying for the production.

## Chapter Twelve

### New Hope for Healing ADHD

Although the media doesn't talk about it and your doctor doesn't know about it, researchers into natural solutions for ADHD have discovered an abundance of new drug-free protocols. These approaches include different combinations of healthy exercise, better diets, detox protocols, extra nutritional support, behavioral support and counseling. Reflecting on what works for others can be most helpful in finding what will work for you.

**A brief overview of natural solutions will assist you in finding what will work for you and your family**

Even if you don't have ADHD many of these insights will insure clearer thinking and better health for you and your family.

## **Increased Exercise Can Reverse Symptoms of ADHD**

One of the most obvious contributing factors that cause ADHD in children is lack of exercise. The early stages of brain development are particularly dependent on physical exercise and bodily movement. Regular, challenging and varied physical movement is required to develop the brain's ability to sustain healthy and appropriate focus. Without it, many children with ADHD simply cannot focus in school and often don't listen to their parent's at home. This is not just theory it is proven.

Brain scans in children have revealed that the brain actually changes its structure in reaction to various stimulation or lack of stimulation. Exercise is a major source of brain stimulation.

Challenging exercise and new movements of the body have proven to create the most dramatic and positive changes in brain development. This ability of the brain to adapt and change is described as brain plasticity. The study of brain plasticity is an exciting new field of brain research.

For example, after learning a new simple song on the piano and repeating the hand movements for about three

hours, brain scans reveal increased growth of brain cells in a particular part of the brain. The new research into brain plasticity confirms that physical movement is one on the most powerful brain stimulators to help develop a child's brain.

**Physical movement is a powerful brain  
stimulators to help develop a child's brain.**

Other research has demonstrated that by giving children with ADHD increased supervised exercise at school, grades go up and behavior dramatically improves. In one charter high school, school administrators collected the lowest performing students from other schools and helped them become high achieving students.

They created a radically new and more supportive environment for the children. For the first three hours, the curriculum included different kinds of gender specific supervised physical exercise and competitive sports. The children were also mentored later in the day between academic classes by their gym coaches who they had bonded with. The results were miraculous.

The outcome of this new curriculum was 98% percent of the children graduated from High School and 68% went on to college. Without this kind of intervention, not one of the children was expected to graduate from high school or attend college.

**Natural Solutions for ADHD prove that children today have tremendous untapped potential.**

The success of this program does not mean that every child just needs more exercise nor does it mean that the absence of exercise is the primary cause of ADHD but it does show that our children, particularly those who are challenged with ADHD, have tremendous untapped potential. With a more holistic approach, combined with other non-drug solutions, a more moderate exercise program would be equally effective.

**Art Class Improves Brain Function**

Hundreds of schools in England have adopted programs to assist children in setting goals and then drawing colored pictures of what achieving those goals would look

like. Using art to increase activity on the right side of the brain and has shown to increase grades and improve behavior in children.

### **Using art to increase activity on the right side of the brain improves grades and behavior.**

Without this vital insight about brain development, most schools in America have eliminated both gym class for exercise and art classes for right brain stimulation. Instead they focus primarily on left-brain activities like reading, writing and math. By providing both left and right brain activities it can stimulate whole brain development.

## **Brain Scans Confirm ADHD**

Researchers are using brain scans to study the brains of children with ADHD. The results are in and there are significantly differences in children with ADHD when compared with children not diagnosed with ADHD. You can actually measure the difference.

## **Brain scans reveal measureable differences in the ADHD brain.**

Without an understanding of brain plasticity these researchers mistakenly conclude these children (many years after birth) must have been born that way and thus are prime candidates for ADHD drugs.

Rather than use these studies to validate the need for drugs we can instead use them to recognize that ADHD is not just psychological but is linked to real physiological injury.

With the help of a few natural solutions, sometimes brain injury can be healed in weeks. One of my friends who is a very successful business coach experienced “road rage.” He had learned to control it’s expression but he still had to endure it. It definitely limited his ability to relax and enjoy his success.

After getting brain scans at a popular brain clinic he was told he had dramatic brain injuries and damage. He had played football in college and had experienced many concussions. They said, his brain scan was one of the worst they had seen. He was prescribed a list of drugs to suppress



the symptoms. He gave me a call for some alternative advice.

I merely suggested a few specific vitamin and mineral supplements and the condition improved within weeks. When he returned to the brain clinic two months later they were amazed by positive changes in his brain as revealed by the brain scan. With natural solutions that support brain healing he did not need to take any drugs.

## **Vitamins, Minerals and Amino Acid Supplements Reverse ADHD**

In another study, one group of children with ADHD were given stimulant drugs like Ritalin or Adderall and another group was given a combination of vitamin C and grape seed extract. The short-term benefits in both groups were the same except the natural supplement group had no side effects.

**Vitamin C and grape seed extract  
taken together can out perform drugs**

Another school program showed dramatic results when students were educated about the importance of good diet and exercise. In addition students took two chewable multi-vitamins every day. This had been the lowest performing public school on the east coast and within a year become one of the best. The results were so miraculous that PBS made a documentary of the success. The program has continued on for the last 8 years.

**With Vitamin Supplementation  
the lowest performing school become one of the best.**

The particular multivitamin used also contains a high dose of vitamin C and OPC's (Oligomeric ProanthoCyanidines) that are high in grape seed extract. In addition the supplement has a high dose of the sulfur rich amino acid l-tyrosine that assists in sustaining healthy focus. More information on this study can be found [here at MarsVenus.com](http://MarsVenus.com)

In another case study researchers confirmed that a monitored program of amino acid supplementation with over the counter supplements (available at your grocery store) l-tyrosine, 5-htp, and l-cysteine could stop the progression of

Parkinson's disease without side effects and in many cases reverse the symptoms. A modified version of this program was found to completely reverse symptoms of ADHD.

These same amino acids can also be found from a natural source in undenatured whey and casein proteins. Details of this program and other variations can be found [here at MarsVenus.com](http://MarsVenus.com).

### **A simple protocol of grocery store supplements can reverse ADHD**

Repeatedly researchers find that children with ADHD have low levels of omega 3 fatty acids. A study in India demonstrated that supplementation with flax oil (rich in omega 3) and vitamin C provided significant improvement in children with ADHD. While omega three oil can help as many studies indicate, when combined with vitamin C it is even more effective.

An Australian study has shown that the use of omega 3 fish oils are more effective for treating ADHD than are Ritalin and Concerta, the drugs most often prescribed for ADHD in Australia.

## **Elimination Diets Can Reverse ADHD**

A well researched solution but somewhat challenging to implement is the Feingold elimination diet. Because ADHD is directly related to digestion and food allergies, by eliminating certain foods, dramatic improvements have been observed. Food allergies and indigestion trigger inflammation in the brain resulting in different degrees of ADHD.

The Feingold diet gets great results by eliminating foods with artificial colors, artificial flavors, several preservatives, synthetic sweeteners and salicylate (aspirin-like) foods. The bad news is that most food in the supermarket is taboo, but the good news is that there are safe, natural versions for nearly all problem foods. After eliminating the foods containing salicylates for four days then you can reintroduce them to test each one to see if they cause problems. A list of salicylates can be found in the appendix.

Other elimination diets include testing for food allergies that may be causing ADHD. The usual food allergies are with the foods we most commonly eat:

1. Bread (and other gluten products),
2. Sugar (and all sugar substitutes natural or artificial),

3. Corn (particularly GMO),
4. Dairy (pasteurized)
5. Soy (GMO and unfermented).
6. Artificial food colors, sweeteners and additives

By eliminating these foods along with processed foods containing artificial food colorings and additives the symptoms of ADHD, even in more troubled children quickly go away. After removing these foods for four days, you can begin to test each one to see if the symptoms return. If symptoms return with a particular food then it must be eliminated for some time. In some cases after the gut is healed, by abstaining from a particular food, it can be re-introduced in moderation without triggering symptoms.

**Eliminating bread, sugar, corn, dairy and soy can dramatically improve digestion and increase focus.**

Fortunately, with a more holistic approach utilizing the support of other natural solutions this more extreme but effective program is not always necessary. Sometimes only a moderate version is needed. My suggestion is to start with

the easiest solutions and if they don't work gradually apply the more difficult ones.

**Start with the easiest solutions  
and if they don't work  
gradually apply the more difficult ones.**

An easier natural approach to heal food allergies as well as other allergies is to directly address the condition that creates allergies. Rather than avoid the allergen, heal the allergy.

Your body has 10 trillion cells. By strengthening the cell membrane potential to protect itself from allergens most allergies go away. I had allergies my whole life and eventually healed them with natural solutions. A greater understanding of allergies is available [here at MarsVenus.com](https://MarsVenus.com).

Even if you heal your allergies, genetically modified foods (GMO's) are simply indigestible and toxic to the body. Toxic foods inhibit gut, liver and brain function, which in turn trigger a variety of ADHD symptoms. As stated before, the most toxic foods are genetically modified soy, corn and wheat along with excessive sugar and pasteurized milk (as

opposed to raw milk, butter, yogurt, kefir or undenatured milk proteins.)

**Even if you heal your allergies,  
genetically modified foods (GMOs) are  
still toxic to the body.**

Sometimes, we can completely eliminate ADHD symptoms by avoiding these modified foods, reducing sugar products and taking only a few supplements. With extra vitamin C, grape seed extract, special minerals and natural amino acid support it is relatively easy to do. I have seen this process increase focus and positive moods within days for hundreds of children or adults with ADHD.

**Combining different natural solutions  
can minimize the need for more rigorous solutions.**

ADHD and autism are commonly treated with dietary restrictions and natural solutions at the CrossRoads Institute in Portland Oregon. Dr. Jeff Bradstreet, MD has treated over 2,000 children using a multimodal approach by supporting digestion, detoxification and nutritional supplementation.

A more restrictive program for healing gut inflammation is the GAPS program. This program may take a couple of years and but it is a lifesaver for thousands of people suffering from severe irritable bowel, Crohns disease and/or other intestinal challenges.

There is a definite link between gut health, digestion and ADHD. 90% of children with ADHD have some degree of chronic colitis. Gut health and digestion are necessary for a healthy brain. However, a healthy brain is necessary to heal the gut.

**Gut health and digestion  
are necessary for a healthy brain.**

Healthy digestion is a big part of healing ADHD and may take many months or years. However, without fully healing the gut, you can begin healing the brain because vitamin, mineral and amino acid supplementation do not depend on a healthy digestive system. By first supporting healthy brain function, stress levels decrease and the gut can begin to heal. In most cases a good digestive enzyme complex before meals will help a lot.



## **Can Your Doctor Help?**

With hundreds of studies demonstrating the effectiveness of nutritional supplementation for ADHD, it is shocking to me that this information is not more widely available.

If you search “non drug solutions for ADHD” you will get over a million results on the Internet. After reading hundreds of suggestions and studies for natural solutions it is easy to feel overwhelmed. With so many choices most parents feel unqualified to make a decision that could affect the well being of your child.

**Feeling unqualified to pick a natural solution  
parents often seek a doctors advise,  
who may know even less.**

With so many options, it is definitely tempting to ask your friendly doctor and let them decide. However, they are not much help because they are only trained to give drugs. Most doctors only get only a few hours of general nutritional training.

Without any training in nutrition, doctors commonly discount the effectiveness of natural solutions for ADHD. They casually minimize the side effects of taking stimulant drugs and even worse they know very little about the long-term side effects. If you wish to consult with a doctor always get a second opinion and make sure they are holistic practitioners with a history of success using natural solutions.

**There are so many natural solutions  
it is hard to pick the right one for you.**

I have written “Increasing Focus”, to simplify this choice for you. By understanding the various causes of the brain condition that gives rise to ADHD, you have the necessary insight to determine the best natural solution for you or your children. The good news with natural solutions is there are no negative side effects. The worst they can do is not work until you find the right one. There are no negative side effects.

**With the right natural program  
you can achieve optimal brain focus and focus.**

It is not a one solution fits all. But you will learn what supplements work and why they work. You will learn what food to eat and what to avoid. You will gain the insight you and your children will need to achieve optimal brain function and focus. I do not know what is right for you but I can share the missing insight for you to discover what will work for you.

## Chapter Thirteen

### Can ADHD Really Be Healed?

Yes! and No.

Strictly speaking most experts say ADHD cannot be healed, however in my experience the “condition” that creates ADHD can be healed. This condition is not a disease but it is an injury to the brain, which can have many causes. Already in chapter two, we have explored many of the hidden causes of brain injury. This book is not about increasing focus by curing ADHD per say but instead it provides the understanding for healing brain injury.

With a deeper understanding of the hidden causes of brain injury you hold the key to determine the natural solutions for healing this condition. Even experts in modern medicine acknowledge they know very little about healing injury in the brain.

**Healing is natural and it can happen  
automatically when you address the cause.**

Once injury occurs in the brain an infection results. It is similar to cutting a finger. Very quickly, your finger begins to swell up and turn red. This is your body's healing reaction to infection. If you protect your finger and keep it clean then it quickly heals and returns back to normal. If it is not protected then the infection gets worse. An infection in the brain can last a lifetime without the correct support. Unless the infection heals, brain development and function is impaired.

**Unless infections in the brain heal,  
brain development and function is impaired.**

As stated before, injury to the brain can come from obvious causes like a concussion but it may also result from the less obvious causes like free radical damage produced by high blood sugar, stress hormones stimulated by a traumatic event or accident, known neurotoxins like MSG, stimulant drug use or even fever suppressants like Aspirin and Tylenol. Each of these causes injure the brain to different degrees and in different way. Autism, a more extreme symptom of brain injury, can be directly correlated with using Tylenol before or after receiving vaccinations.

## **Vaccinations, Fever and Brain Injury**

The widespread use of Tylenol began in 1980 when doctors warned parents to avoid aspirin for children. Each year, since that time, children have also received increasing numbers of vaccinations, which contain the neurotoxin MSG, toxic formaldehyde and toxic heavy metals like mercury and aluminum. In 1980, only 1 child in 10,000 was autistic. In 2012, 1 boy out of every 38 boys born in the USA developed autism.

Less shocking but even more dramatic, every year more children are diagnosed with ADHD. The number has increased five times in the last ten years and the number is still increasing. Discovering the hidden causes of brain injury can stop this epidemic.

**In 2012, 1 out of 5 boys have ADHD  
1 out of 38 boys born will be autistic.**

I have suggested for years that it is not the vaccinations that primarily cause brain injury but the fever suppressants.

The brain can usually protect itself from the MSG and other toxins in the vaccination if you don't suppress the fever.

In Cuba, over the last thirty three years there has been no increase in autism and yet they use the same vaccinations. Unlike the US, Tylenol is not available over the counter in Cuba and their doctors do not prescribe it for reducing fevers after a vaccination. In the US when Tylenol sales dropped temporarily in 1982 and 1984, autism rates also temporarily dropped.

These statistics help reveal the hidden cause of most modern brain injuries. Vaccinations are not necessarily the cause. The fever suppressant that prevents the body from protecting itself from the toxic ingredients in the vaccination is the real cause.

**Suppressing a fever  
is the main cause of brain injury.**

Tylenol is particularly significant because it greatly inhibits your liver's ability to make glutathione, the body's master molecule needed to protect the brain from injury. All pain pills, over the counter and prescribed, are toxic to the

liver and inhibit in different degrees the production of glutathione.

**Fever is your body's main defense  
against injury and infection.**

This relationship between fever and autism is gradually being recognized. Some parents of autistic children have noticed symptoms temporarily go away when their autistic child gets a fever. Fever is your body's main defense against infection. Suppressing fever with over the counter drugs is one of the main causes of chronic infection in the brain.

Even mainstream experts are finally in agreement that a fever up to 105 can do no harm to your brain and clearly can help. Yet, still doctors routinely recommend Tylenol to lower fever. Let your doctor know they should stop recommending fever suppressants. If they refuse find another doctor who will listen to reason.



## **Primary and Secondary Causes of Brain Injury**

When we consider brain injury we must recognize that the first cause can be the initial injury but the secondary cause is what prevents the healing from occurring. Every moment, the brain is being attacked by free radicals. In the process of making energy, the body makes millions of free radicals. If you prevent the body's defensive reaction to this attack then you are also causing damage.

MSG exposure, stress and high blood sugar levels increase free radical damage in the brain, while fever suppressants and pain pills like Tylenol suppress your body's ability to protect the brain from "free radical damage" or injury.

Once you understand the different causes and secondary causes for brain injury it becomes obvious why some natural solutions can produce amazing and immediate results while others may be less effective. Natural solutions can heal brain injury but if you continue to injure the brain, the solutions will not work.

## **How To Heal Brain Injury**

Healing happens automatically when the right conditions are set. You need both the correct support and you need to avoid those things that may interfere. If I offered you a sure fire natural solution for a headache, it cannot work if you keep hitting yourself in the head with a hammer. Or, if you have a broken bone, it cannot heal if you do not reset it and then support it with a cast to protect it during the healing process. Likewise with the brain, we must provide it with the right support and protect it during the temporary healing process.

**You cannot heal a headache if you  
keep hitting yourself in the head with a hammer.**

The healing process of the brain is similar to other better-known processes of healing in other parts of the body. The good news is that it has a beginning and an end and sometimes you get an even better result. For example, if you break a bone, it grows back in two months and it may even grow back stronger. If you heal the brain it too may grow back stronger.

**If you heal the brain  
it may even grow back stronger.**

Lets use the requirements for healthy bone healing as an analogy to brain healing since bone healing is presently more understood in the medical community. By exploring the well-established processes that influence automatic bone healing we can get a better perspective on how to support the automatic healing of our brain. A few of the many conditions that affect bone healing are listed here:

- + A broken bone will not heal if you don't have enough calcium and other minerals.
- + Even if you have enough calcium, without vitamin D healing will not happen.
- + If you don't get enough sunshine (without sunblock) you will run low in vitamin D. Even if you have enough calcium, your bones will not heal without enough sunshine or least vitamin D rich foods or vitamin D supplementation.
- + If you get plenty of sunshine but you don't have enough omega three fat in your diet you will not make enough Vitamin D.

- + Even if you have plenty of sunshine to make vitamin D but you drink soft drinks or diet drinks your risk of bone fracture dramatically goes up. (This is probably the result of phosphorous in the soda)
- + Too many packaged snack foods, which commonly contain vegetable oil (which is high in Omega 6) suppress the effectiveness of omega 3 to make vitamin D from sunshine. Without this omega three, even with plenty of sunshine and calcium your bones will not heal.
- + Even if you cut back of vegetable oils and increase omega three if you have high blood sugar, your body cannot benefit from the omega three.

This list can go on and on but it makes the point. By understanding the many factors that support bone growth and the many factors that inhibit bone growth we can greatly facilitate the body's natural healing power.

### **Understanding the many factors involved in healing we can apply natural solutions**

After considering these factors, to assist bone growth we would have the insight and motivation to take calcium

and other mineral supplements, get plenty of sunshine and take cod liver oil which is high in both Vitamin D and omega three. In addition, to not interfere with the healing process we would cut back on packaged foods with vegetable oils, soft drinks, and foods that raise blood sugar.

In a similar way, by understanding the factors that affect brain injury as well as brain healing you can restore normal brain function. In the following chapters we will explore the many factors for healing brain injury.

# Chapter Fourteen

## Vitamin C to the Rescue

When it comes to healing any part of the body, we can zoom in and discover increasing degrees of complexity but when we step back and allow the body to do what it is designed to do, all we have to do is determine some basic needs or “vital ingredients” to provide the right support and avoid interfering with the process.

Some health enthusiasts would simply say eat good organic foods and meats, get plenty of sunshine and exercise, avoid all manmade packaged foods and you will get everything you need to be healthy. While this is great advise it is not practical for most people and it is not enough.

**Eating organic healthy foods all the time  
is simply not an option for most people  
and even that is not enough.**

Organic food is free from toxic pesticides but it is still mineral deficient. If you live in a city, every day, you are being exposed to a vast array of toxic heavy metals in the air like lead, aluminum and mercury. Our water is polluted with man made toxic chemicals. To be healthy today we need to eat smart, supplement our body and brain with extra nutrients and minerals and learn easy ways to support the body's ability to detoxify and heal.

**To be healthy today we need to eat smart and supplement our body and brain with extra nutrients.**

To get right to the point, it is vitamin C that heals the brain. But for vitamin C to do it's magic, our liver needs to make glutathione. To make glutathione we need a healthy drug free liver and eat foods high in the amino acid cysteine. Glutathione is also needed to assist the body in detoxifying the toxic chemicals and heavy metals that interfere with body and brain function. Special mineral supplementation to activate optimal brain function is also just as important.

## **Sugar Products Deplete Vitamin C**

Most people are vitamin C deficient even if they eat plenty of vitamin C rich fruits. We love fruits not for the vitamin C but for the high concentrations of sugar. For thousands of years when people found a fruit tree they would eat as much as they could because the high sugar content provides instant energy and because they knew the fruit would not last. If they didn't eat it right away the birds would. When we taste sweet things we are designed to want more.

**When we taste sweet things  
we are designed to want more.**

But today, sugar is too available. At no other time in history have people eaten so many concentrated sweet foods. Over thirty percent of our daily diet consists of simple carbohydrates, which immediately spike our blood sugar levels. A lot of sugar at once is not bad for us as long as it is not every day. Sugar products and simple carbs every day are not only the cause of diabetes but a host of ADHD symptoms.



In the past, deserts were reserved for special occasions. For millions today, dessert is an integral part of the daily diet. In the last fifty years, sugar consumption has dramatically increased. In many homes, this sugar addiction began with the daily consumption of soft drinks.

When we are not eating sugar “all” the time, the concentrated sugar in a dessert or fruit is not a problem. The body can simply increase insulin levels to convert that extra sugar into fat. Historically, this extra fat was beneficial. It was used for fuel during the winter when foods were scarce.

In modern times, with sugar consumption continuing through winter, weight gain increases as fat continues to be stored rather than burned. One out of three Americans are now obese; another one third are overweight. Losing weight has become a national obsession. You can find practical solutions for weight loss [here at MarsVenus.com](http://MarsVenus.com).

One practical solution for funding a major portion of public health care in America is to add a special tax for products using processed sugar or high fructose corn syrup. Just as we tax cigarettes because they are known to cause cancer, we could tax junk food because there is indisputable proof that excessive sugar is responsible for the epidemic of

diabetes. The extra burden of diabetes and its many side effects is bankrupting our medical system.

**Sugar rich junk food is  
finally recognized to cause diabetes.**

One of the many problems with a diet rich in sugar is that sugar depletes vitamin C. That is why Nature provides extra vitamin C in sugar rich fruit.

**Nature provides extra vitamin C in sugar rich fruit  
to protect our brains from free radical damage.**

When sugar is converted into instant energy, extra free radicals are produced that have the potential to damage brain cells. The extra vitamin C provided in sweet foods neutralizes free radicals to prevent any damage. Without enough vitamin C, foods with added sugar gradually injure the brain resulting in ADHD symptoms.

Our diet today is too high in added sugars and simple carbohydrates like white rice or bread, chips, cookies and cake made from processed flour. These foods spike our

blood sugar levels too high, depleting the body of vitamin C and result in a lifetime of gradual injury to our brains.

Most people are simply not aware of the high content of sugar in their diet. A simple hamburger with fries and a soft drink has too much sugar to support healthy brain function. Two pieces of modern bread or bun have the same effect on your blood sugar as 6 teaspoons of white sugar. The bag of chips or fries adds another 6 teaspoons worth of sugar. Then with the 10 teaspoons of sugar in a small soft drink, you have 22 teaspoons worth of sugar. The sandwich is fine but the soft drink doubles your intake and makes your meal toxic to the brain.

When high carb meals are repeated every day, beside other problems like diabetes or obesity, it is inevitable that ADHD will develop. Chronic high blood sugar levels both injure the brain with free radical damage and at the same time deplete the body of the necessary Vitamin C to heal the brain.

**High blood sugar levels both  
injure the brain and deplete the body of the  
necessary vitamin C to heal the injury.**

High blood sugar levels today affect at least two thirds of the American population resulting in a wide range of often-undiagnosed ADHD symptoms. To make matters worse, ADHD causes higher stress hormones to be produced in the adrenal glands. This can exhaust the adrenal glands which also depend on vitamin C. When you eat a food with vitamin C or take a supplement, the vitamin C first goes where it is needed most; it goes directly to the adrenal glands.

Without enough vitamin C the adrenal glands weaken and both indigestion and chronic fatigue set in leading to host of new problems linked to gut problems and hormonal imbalance. Testosterone, estrogen, progesterone and many other important hormones are all dependent on healthy adrenals. I wrote a whole book on this subject called *Venus On Fire, Mars On Ice*. More information is available on natural solutions for low energy, chronic fatigue and hormone deficiency [here at MarsVenus.com](http://MarsVenus.com).

## Chapter Fifteen

### Different Kinds of Vitamin C

Noble prize winner, Linus Pauling, popularized Vitamin C fifty years ago. Ten years before that time, a small group of holistic doctors were using intravenous drips of high dose vitamin C ascorbate to cure polio, cancer, multiple sclerosis, and other autoimmune diseases.

Eventually competing drug companies who used a cheaper less effective form of vitamin C discredited their research. Drug researchers offered “simpler solutions” like vaccination and antibiotics. At that time, the public was not aware of the possible side effects of these simpler more cost effective solutions.

In response to the ongoing use of antibiotics, some viral strains common in hospitals have become antibiotic resistant and have made hospital-induced infections from MRSA one of the top causes of death. Some hospitals are now using natural probiotic cleaning supplies to effectively prevent MRSA from spreading to innocent patients.

One spray of probiotics on the hands can protect you from germs for up to 8 hours. Anti-bacterial soap kills germs but in a few minutes the germs are back, using dead germs as an abundant food supply. Unfortunately most hospitals are not up to date and MRSA continues to be major cause of death. For more information, go [here at MarsVenus.com](http://MarsVenus.com).

**To stop MRSA some hospitals  
are wisely using natural probiotic cleaning supplies.**

The public lost interest with Vitamin C as a wonder vitamin because in low doses, the cheap version (ascorbic acid) is not effective. Most people do not realize there are different kinds of Vitamin C. In addition, most vitamin C supplements are water-soluble and must be used several times a day in large doses of 500 mgs.

This insight is important because 90% of common vitamin C supplements use a cheap form of vitamin C which can do very little in small doses to heal the brain; in the original research, the benefits of vitamin C were primarily effective in high doses and administered intravenously. The vitamin C used was “ascorbate” and not the cheaper “ascorbic acid” contained in most supplements.

**90% of common vitamin C  
supplements do little to heal the brain.**

Relatively small dose of Vitamin C *ascorbate* (buffered with minerals) and not *ascorbic* acid can be very effective. Vitamin C extracts from real fruit have even more benefit but liposomal vitamin C is the best. For more information about Vitamin C, [visit MarsVenus.com](http://MarsVenus.com).

The liposomal version of Vitamin C is more expensive but compared to having a doctor administer an intravenous drip it is a great deal. An IV drip can cost up to several hundred dollars per treatment but liposomal vitamin C, (a new form of vitamin C) can be just as effective.

An average diet can easily supply our daily requirements of vitamin C but it will not provide enough to repair brain injury. Goji berries which are now available in most grocery stores are the richest source of vitamin C you can get. The vitamin C in Goji berry (per gram) is 500 times more concentrated than in an orange. Other foods high in vitamin C include:

Goji berries

Amla berries

Papaya  
Bell peppers  
Strawberries  
Broccoli  
Pineapple  
Brussels sprouts  
Kiwi fruit  
Oranges  
Cantaloupe  
Kale

While these super foods for vitamin C are helpful, higher doses of vitamin C are required to heal injuries and infections. When animals have an injury or infection, they make 200 times more vitamin C than their normal requirement. Human's unlike most animals cannot make their own vitamin C and therefore need to get their vitamin C from food or supplements. If one orange satisfies your daily requirement, to treat infection having to eat two hundred oranges would be impossible.

**Vitamin C in higher doses is  
required to heal infections.**



Humans are unable to make increasing amounts of vitamin C, but we do have the ability to make the body's "Master Molecule" which makes vitamin C more effective. It is called glutathione. Without glutathione, the vitamin C available in foods would never be enough to heal the brain and body.

## Chapter Sixteen

### Glutathione: The “Master Molecule”

Glutathione, a molecule made by your liver, is the ultimate antioxidant. It can recycle the use of vitamin C 50 times longer. It protects your body and brain and makes you smarter. When you have an infection, your liver makes even more glutathione to increase the antioxidant potency of vitamin C.

The liver is designed to make glutathione on a regular basis for a variety of functions. Glutathione is a precursor for making feel good brain chemicals, it creates and protects the myelin sheath surrounding neural connectors in the brain, it sustains the membrane potential for cells to absorb nutrition and it is primarily responsible for the removal of toxins and waste throughout the body. It is a super antioxidant in its own right but also increases the super antioxidant potency of vitamin C and E.

Exposure to toxins, medications, stress, pollution, poor diet, trauma, infections and radiation deplete our glutathione stores as well inhibit our ability to make it. For most people as we age out glutathione levels begin to decrease dramatically.

**As we age out glutathione levels  
begin to decrease dramatically.**

In the media, we always hear about the importance of antioxidants for good health for a good reason. Every aspect of good health and optimal brain function is dependent on antioxidants. Healthy foods are often promoted based on their high concentrations of antioxidants. While these foods can be helpful, your body makes its own super antioxidant, glutathione. It is a thousand times more powerful than any food you can eat.

## **The Role of Antioxidants**

Antioxidants neutralize the destructive effects of “free radicals.” Free radicals in the body are increased when we are exposed to toxins, harmful environmental chemicals,

germs and parasites. High blood sugar levels, stress and all injury to the body also increase free radicals. Yet, free radicals are also the natural and inevitable byproducts of normal energy production in the body. In every case, these free radicals can injure your cells unless your body has enough antioxidants to neutralize them. With an abundance of antioxidants, free radical damage is stopped.

**The antioxidant potential of glutathione protects the brain from free radical injury and heals ADHD.**

Glutathione is the ultimate antioxidant. Healthy foods can help your body make glutathione but they can never compete with its antioxidant potential. Compared to glutathione healthy foods have a very small amount of antioxidants. The antioxidant potential of vitamins and organic foods can certainly support healthy brain function but without the support of glutathione they are not enough. Healthy foods are not enough to repair the brain, but they can help your liver make more glutathione to do the job.

Glutathione is so important for health that when we get sick, our liver begins to produce more to protect us from infection. A fever particularly increases glutathione. A

commonly overlooked cause for all mental challenges from ADHD to Autism is the suppression of fever. When we use a drug to suppress fever we are unknowingly suppressing the production of glutathione.

**The suppression of fever with the help of drugs  
is one of the major causes of ADHD.**

All prescribed and over the counter drugs used to reduce pain and/or suppress fever inhibit the body's ability to make glutathione. One of the most potent drugs that will suppress glutathione production and injure your body's ability to make glutathione is called acetaminophen. It is the main ingredient in Tylenol.

**Acetaminophen, the active ingredient in Tylenol  
suppresses glutathione production**

Acetaminophen is contained in over 600 prescribed and over the counter medicines. Over 75,000 people in 2012 were admitted to hospitals due to acetaminophen poisoning. Pain pills like Aspirin, Vicodin and Oxycontin also suppress glutathione production.

Heart patients who take a baby aspirin a day to thin their blood would do much better simply taking 15 to 50 mgs of vitamin B3 each day. Niacin (B3) in small doses has no side effects and thins the blood much better than any drug and it does it without suppressing glutathione.

Pain pills like Tylenol are not the only culprits. Lipitor, the biggest selling prescribed drug in the world, also suppresses glutathione production. It is no wonder that Tylenol is linked to autism and ADHD while Lipitor is known to create symptoms of dementia. Dementia and Alzheimer's are the later stages of the same brain injury that gives rise to ADHD in children. The same natural solutions for ADHD are being used today to treat Parkinson's disease, dementia and Alzheimer's.

**The “master molecule” glutathione  
combined with vitamin C heals brain infections.**

Children with ADHD and Autism as well as adults with dementia and Alzheimer's have extremely low levels of glutathione. Centenarians, healthy at a hundred, all have healthy levels of glutathione.

The modern use of pain pills, fever suppressants, allergy medicines, antihistamines, cold medicines and certain prescribed drugs gradually damage the liver and inhibit glutathione production. Without bumping up glutathione levels Vitamin C is unable to heal brain infections responsible for impaired memory and focus. For more information on healing the liver, go [here at MarsVenus.com](http://MarsVenus.com).

Natural solutions can gradually heal this liver damage, but in the meantime there is a fix. Even if the liver is temporarily unable to make enough glutathione, the OPC's (Oligomeric ProanthoCyanidins) commonly found in grape seed extract or pine bark extract can by-pass the body's need for glutathione and activate vitamin C.

A simple formula for increasing focus is:

1. Twice a day take 300 mgs of grape seed extract (not grapefruit seed) or pine bark extract (Pycnogenol.) These OPC's recycle vitamin C to heal infection in the brain.
2. Twice a day take 600 mgs of buffered vitamin C.
3. Twice a day take 300 mgs quercetin. Quercetin is a natural extract from apples and onions. It

helps the body remove excess histamines to lessen the effects of inflammation.

These ingredients are easily available in most health food stores. Holistic doctors recommend half doses for children.

**When the liver is injured  
and can't make glutathione, grape seed extract  
supplementation can have a similar benefit.**

If you get a vaccination or you must take a drug, make sure to at least increase your vitamin C intake and take grape seed extract. You could easily do the suggested dose above three times a day for a week. And if ever you get a fever do not suppress it.

A fever is completely safe, even up to 105 for two days. You can provide comfort by applying a room temperature wet towel on the forehead or by sitting in a slightly warm bathtub. A cold bath is not recommended because it fights the fever increasing the body's internal temperature to prevent cooling off.



For a flu fever, the homeopathic remedy Occiliococcinum can provide great comfort. The natural solution, lipid based copper and selenium can be used to simply kill the infection. All these simple natural solutions are more fully explained at [Marsvenus.com](http://Marsvenus.com).

# Chapter Seventeen

## How To Increase Glutathione

In the last chapter, we learned that to heal the brain we need vitamin C and glutathione. We can get our vitamin C directly from foods but our body needs to make most of our glutathione. Maintaining a natural fever when we are sick (and not suppressing it with drugs) is the most important stimulator of glutathione production, but when we are not sick, to stay healthy there are many other ways to increase and sustain optimal glutathione levels.

**We get our vitamin C directly from foods  
but our body needs to make glutathione.**

For your liver to make plenty of glutathione any of the following suggestions can help:

1. Avoid drugs that suppress production of glutathione.

2. Eat plenty of foods rich in cysteine the precursor of glutathione. These foods include egg yolks, poultry, raw or fermented dairy products, garlic, onions, red peppers, broccoli, cauliflower, brussels sprouts, cabbage, oats and wheat germ.
3. Eat foods that have glutathione. These foods include spinach, asparagus, avocado, squash, grapefruit and peaches.
4. Eat grass fed, hormone free meat products three times a week. This low fat meat is easier to digest and rich in Alpha-lipoic Acid which helps to regenerate glutathione.
5. Eat foods rich in vitamin B12 and folic acid which are necessary to make glutathione from cysteine. Foods high in B12 and folic acid include the following: shellfish, liver, fish, crab, undenatured or raw dairy and cheese, and eggs.
6. Eat foods rich in vitamin C. Glutathione helps to recycle vitamin C but vitamin C is also needed for the production on glutathione.

7. Drink green tea and take fish oils, which turn on the genes to make glutathione.
8. Take one teaspoon of black cumin seed oil, two or three times a day, to raise glutathione levels. Black cumin seed is an ancient miracle remedy described in both the Bible and Koran reported to heal everything.
9. Take one capsule, of MSM, three times a day. This is the most powerful supplement I have encountered to both heal the liver and increase glutathione levels. It is particularly important if one has been taking stimulant drugs.
10. Take one capsule of magnesium, calcium and potassium bonded to 2-AEP (amino ethanol phosphate) before meals to assist the body in absorbing food sugars thus lowering high insulin levels and increasing glutathione production. When insulin levels are too high it inhibits the production of glutathione. These minerals bonded to 2-AEP support normal blood sugar levels. AEP is the chemical name for the natural substance that makes up the cellular membrane.

11. Take a digestive enzyme complex of plant-sourced enzymes taken before meals will assist the body in providing the necessary cysteine to produce glutathione. All symptoms of ADHD and low glutathione are associated with poor digestion.
12. Drink undenatured whey protein. It is one of the most powerful supplements for increasing glutathione. I have used it every day in my super food shake for twelve years to sustain healthy brain function. It can even help one go off of serious addictive drugs or other addictions like smoking, video games and pornography without the usual withdraw symptoms.
13. Until normal brain function and focus are attained or at times of stress take the mineral supplement low dose lithium orotate. Low dose lithium orotate protects brain cells from stress. High stress levels immediately deplete brain cells of glutathione. Lithium *orotate* is significantly different from the high dose lithium *carbonate* prescribed by psychiatrists. We will

explore the importance of mineral orotates in chapter 23.

14. Take liposomal glutathione supplements. We will explore this in greater detail in Chapter 19.
15. Manage stress more effectively by prioritizing gender specific activities that rebuild testosterone in men and oxytocin in women. You can learn how to balance your hormones naturally [here at MarsVenus.com](https://MarsVenus.com).

This list can certainly seem overwhelming at first particularly if you were to try and implement each suggestion today. It is for your information only so that you can begin to choose the best foods and supplements that can assist you or your children in realizing your full potential in mental and emotional health.

I would suggest re-reading it many times to help guide your choices. When we are pressured with stress and problems, we forget that most of our challenges in life are directly magnified when we are not making enough glutathione. At those times, a simple supplement can make a world of difference.

Fortunately most of these recommendations have little to do with restricting your choices. Instead you have more choices. Any one of these suggestions could make a big difference for increasing focus. I will explore later how I applied only a few of these suggestions and reversed my Parkinson's disease and ADHD.

# Chapter Eighteen

## HH Therapy for Brain Injury

Beside healthy foods and supplements for increasing glutathione to heal ADHD and other symptoms of brain injury, there are also powerful ancient spa therapies that can increase the production of glutathione and heal the brain.

HH therapy for brain injury combines “hydrotherapy”, the use of mineral waters, along with “hyperthermia,” the use of heat to induce fever. HH Therapy stands for “hydrotherapy” and “hyperthermia” therapy. This is an ancient therapy so most modern spas have not heard of it.

HH Therapy for brain injury originates in Germany, a country well known for their healing spas. German health insurance gives heart disease patients a choice: they can receive drugs for heart disease or a two-week trip to a German spa for hydrotherapy. Both have proven to help. But unlike the drugs, the spa has no negative side effects.



**For treating heart disease,  
health insurance in Germany pays for spa treatments.**

This ancient German HH Therapy is the most powerful therapy available for brain injury. It is appalling that the only remedy modern medicine has for a concussion or any brain injury is simply to rest and avoid stimulation for six months. Try that with a 12-year-old boy with ADHD or severe learning challenges induced by a concussion. For major brain injuries HH Therapy is like a miracle cure.

**It is appalling that modern medicine  
has no real help for concussion or brain injury.**

Hundreds of years ago, it was called “the cure when nothing else has worked.” It involves taking a mineral bath for an hour, lying down on your back with your face above water but with the rest of your head underwater. While maintaining this position, the water temperature is gradually increased so that during the last 20 minutes, the water temperature is around 103 degrees.

During the first 20 minutes the water can be between 97 and 101 degrees. During the second twenty minutes the

water can be 101 or slightly above. In the last twenty minutes the water temperature is maintained at 103 degrees.

With supervision this can be done at home. Just add two cups of Epstein salt to the water. It is fine to occasionally sit up when it gets a little boring or sit up to drink from a pitcher of cold refreshing ice water during the process.

This process is completely safe however hot water therapy is not recommended when someone has a history of high blood pressure or MS. For natural solutions to support normal blood pressure, go [here at MarsVenus.com](https://marsvenus.com). For natural solutions to support MS, go [here at MarsVenus.com](https://marsvenus.com).

For both high blood pressure and MS this procedure can be done at lower tepid temperatures while also taking vitamin C and glutathione supplements. Great benefits will be achieved.

This protocol is to be repeated every other day for three months. Keeping the head partially underwater allows the temperature of the brain to increase. Sitting up would allow the heat to be dissipated. This induced fever in the brain increases glutathione production to activate vitamin C and your immune system to heal the brain. During a fever, 10 times more immune factors are released.

**During a fever,  
10 times more immune factors are released.**

Using this method, I have witnessed the complete healing of one autistic child. Even after a few days of this treatment at my wellness spa, parents of autistic children noticed tremendous and lasting improvement in their children. After ten years I closed the spa because parents could do the treatments at home and didn't need to travel to northern California. A documentary of this treatment was shown on TV on the news in the San Francisco Bay area.

The complete treatment takes three months but it is not necessary to do everyday. With each bath treatment, the bacteria causing the infection die off but then a day later their eggs hatch and they begin to multiply again.

Mothers of autistic children have reported that during a fever, their children's symptoms of autism have disappeared only to reappear after the fever is over.

The symptoms come back because the eggs of the bacteria hatch and the infection comes back. Repeated fevers, every other day, give your immune system the support it needs to finally rid the brain of the chronic infection that is associated with all mental challenges from ADHD to

autism. Following this procedure, even for a week or two many of my clients have reported tremendous clarity, calm and focus.

**HH Therapy can bring clarity, calm and focus  
even when practiced a few times.**

There can be many variations of HH Therapy. Even taking a cold shower every day after your normal shower will also increase glutathione production in the liver. After taking a cold shower or bath, your body reacts by producing an internal fever to warm up. When I was a young monk living in Switzerland, I would start each day with a brief but very cold bath. During those years I was never sick and all of my childhood allergies went away. Years later, after I was no longer a monk or taking cold baths my allergies returned.

Young Tibetan monks generate this internal fever by practicing meditation while sitting outside in the snow in sub zero temperatures wearing little more than a loin-cloth. They are able to generate enough body heat to melt the snow around them. As they say on TV, “Keep in mind these feats are preformed by trained professionals and should not be practiced at home.”

The internal fever induced by exposure to the cold increases production of glutathione. Scandinavian clubs of men and women who regularly swim in the cold waters of the North Atlantic Ocean during winter are known for their vitality, health and longevity.

## **Chapter Nineteen**

# **Glutathione Supplements for Super Health and Beautiful Skin**

In the past, most supplements for increasing Glutathione only provided the different precursors to make it. It was believed that taking oral glutathione was not effective so holistic doctors injected it directly into the veins through injection or IV drips. It has consistently been very helpful for children with autism. More and more holistic doctors are considering it to help almost every condition.

It is becoming common for people to receive expensive IV treatments with glutathione and vitamin C to create super health, beautiful skin and a lifetime free from disease. Fortunately, this treatment does not have to be restricted to the wealthy.

New research has confirmed that taking glutathione orally can also be effective. It is usually combined with

alpha-lipoic acid, the herb “milk thistle” or the sulfur supplement MSM. It is helpful for all brain injuries or other chronic inflammatory conditions, aches and pains, sore muscles and achy joints, premature aging symptoms, wrinkles, age spots and toxicity.

**Sulfur rich MSM is well known for  
making your skin healthy and radiant.**

The most powerful oral supplements for glutathione are “Liposomal glutathione.” Liposomal means the active element (glutathione) is enrobed in lecithin a food ingredient that makes it fat-soluble. The liposomal form insures your body gets the most benefit.

Liposomal is very powerful and safe but ultimately your goal should be to restore health to your liver so you're your body is making it. If you take too much it can speed you up like stimulant drugs. Be sure to follow the instruction on the bottle. It is usually around 500mg a day. Vitamin C is also available in a liposomal form. Keep in mind these natural solutions have less value if we continue to use drugs.

## **Liposomal glutathione dramatically increases the potency of vitamin C.**

In the long term, even better than liposomal glutathione is lipid based sulfur. Sulfur is the raw ingredient your body needs to make it's own glutathione even if the liver has been damaged by drugs. When sulfur is stabilized in a lipid (cotton seed oil) the cells of the body can absorb it more effectively. With the support of lipid-based sulfur the liver can make it's own glutathione to insure your brain gets just the right dose.

This lipid-based sulfur combined with lipid-based selenium has assisted thousands of people to give up serious addictions without difficult withdraw symptoms. By repairing the brain, lipid-based sulfur alone helps eliminate the cravings for addictive substances or behavior.

## **Lipid-based sulfur can eliminate withdraw symptoms when giving up an addictive substance or behavior.**

It can even help the grieving brain. New brain research from UCLA (University of California in Los Angeles) has revealed that the location in the brain stimulated by addictions is also stimulated when we are grieving a loss or



regret in our lives. Anyone having to cope with a shock or personal loss can also benefit from lipid-based sulfur to assist healing emotional pain by healing this area of the brain. Trauma is trauma whether it is physical or emotional. All emotional trauma is reflected in the physical brain.

**Stimulating the liver to make it's own glutathione insures that your brain gets just the right dose.**

N-A-C (N-acetyl-cysteine) is an over the counter supplement found in every health food store. It provides cysteine; a sulfur based amino acid which also helps the body make glutathione. N-A-C although a natural supplement is routinely used in emergency hospitals to heal the thousands of people a year in America who are admitted due to unintended overdose of Tylenol.

**The natural supplement N-A-C is routinely used in emergency hospitals to treat Tylenol poisoning.**

Excessive alcohol use also damages the liver and inhibits glutathione production. Both N-A-C or lipid based sulfur can minimize the hangover symptoms from drinking

too much. If you drink a lot of alcohol, make sure to take either supplement with lots of water and well before you get to bed to have the best results.

Beside drinking too much alcohol, the other major cause of liver damage is pain pills. If you take pain pills it can help minimize the injury by taking either of these supplements.

Another alternative to taking drugs for chronic pain is using the little known enzyme called serrapeptase. The thousands people who have discovered it consider it to be a miracle. It is completely natural and has no side effects. More information about this amazing enzyme is available [here at MarsVenus.com](http://MarsVenus.com).

## Chapter Twenty

### More Vitamins and Fewer Drugs

Vitamins B6, B12, and folic acid are vital in the process of making glutathione to heal the brain injury that gives rise to ADHD and other mental challenges. These vitamins are not only necessary to make glutathione but are needed to make all brain chemicals as well. Animal products are particularly rich in these vitamins and vegetable's are not. If you are vegetarian it is particularly important to take a good full spectrum B vitamin supplement.

When meat is not organic or hormone free or milk proteins are exposed to the high heat of pasteurization, they are harder to digest and less glutathione is made. Hormone free meats, wild fish, raw milk, undenatured milk proteins and organic eggs are easier to digest. They all can help your liver make an abundance of glutathione as long as you are not taking drugs that suppress this natural process.

**Hormone free meats, raw milk, undenatured milk proteins, wild fish and organic eggs make glutathione.**

Even if you eat a good diet with cysteine rich foods, if you are also taking over the counter drugs, glutathione levels decrease and instead your liver makes too much homocysteine. High homocysteine is the number one marker for increased risk of health disease.

As we have mentioned in previous chapters the drugs that suppress that suppress glutathione production include all the headache pills, pain pills, cold, flu and cough medicines, allergy medicines, and anti-histamines you see lined up on shelves in your friendly drug store. These over the counter drugs inhibit the conversion of cysteine into glutathione and as a result homocystein levels rise increasing your risk of heart disease.

**By suppressing glutathione,  
increasing homocysteine increases  
your risk of heart disease.**

Over the last one hundred years, with the gradual increase in the use of these common medications, heart

disease levels also continue to rise. The autopsies of young men during World War 1 showed no heart disease. The autopsies of young men after World War 2 occasionally showed the signs of growing heart disease. Nearly every autopsy of a young man after the Viet Nam War showed the signs of heart disease. Heart disease takes many years before it manifests as a heart attack.

One of the hotly debated side effects of taking Ritalin and Adderall is the increased risk of heart disease. Short-term studies do not indicate an increased risk but only long-term studies can show the extent of damage. Long term studies on the effects of ADHD have not been made. The FDA however warns patients to not take ADHD drugs if an increase in blood pressure or heart rate would be problematic. These are common side effects of Ritalin, Adderall and other stimulant drugs used to treat ADHD.

These prescribed drugs for ADHD are only a small part of the bigger problem. It is the common use of easy to buy, over the counter drugs to treat minor problems that eventually cause all our big problems like heart disease and strokes. Many people believe if it is on the store shelf it must be safe and OK. It is not.

**Everyday “harmless” over the counter drugs  
inhibit the production of glutathione.**

Always remember drugs are used to suppress symptoms. They do not heal nor do they claim to heal. They are designed to suppress various symptoms of sickness. In the process of suppressing symptoms of sickness and disease your body's natural healing process is inhibited. In the short term, they are not so dangerous but as we have already explored, if you have ADHD, they will restrict the brain's ability to heal itself.

Each year a few influential members of the FDA seek greater control to restrict the use of natural solutions that have no side effects. These same members allow the unrestricted use of over the counter drugs that are known to have side effects. As more people wake up to this simple distinction it will be harder for these few but significant members of the FDA to fulfill their stated agenda to control the free use of natural supplements.

There is a place for drugs in a real health care program but it should be primarily in the treatment of life threatening accidents, injuries or emergencies. Right now drugs make up 90 percent of medical treatment and cost; they should

only be 5 to 10%. If this were the case we would not be having a health care crisis around the world.

**In a real health care system,  
drugs should only be used for life threatening  
accidents, injuries and emergencies.**

At [MarsVenus.com](http://MarsVenus.com) I freely provide over fifty short ten-minute educational videos on known natural solutions for 90% of our health challenges. The main reason to use natural solutions is that they are non-toxic and they do not suppress the body's natural healing power. Your body, your attitude, the quality of your relationships and the food you choose to eat are the best healers.

Although it is not yet a requirement in medical school, every year more medical doctors are continuing their education through exploring drug free treatments for their patients. As the public continues to do the research, it will eventually be thousands each year.

# Chapter Twenty-One

## Is Meat Good or Bad?

Meat not only supports healthy heart function but it can also help heal ADHD. In the media and in many doctor's offices we are told that eating saturated fats and other animal products can cause heart disease. While this has clearly been observed, these foods are not the real culprit.

People have been eating meat, poultry, fish, eggs and dairy for centuries without getting heart disease. Even vegetarian cultures eat milk products and eggs. Lets take a moment to understand why eating meat does not cause heart disease.

### **Heart disease is not caused by eating healthy meats**

Heart disease was a very rare condition until just 90 years ago. Now it is the number one cause of death. The reason for this shift is the gradual introduction and use of



drugs like Aspirin and Tylenol that suppress glutathione production.

At the beginning of the twentieth century, Aspirin was first introduced into the market. Fifteen to twenty years later, as the use of aspirin increased, the deaths from heart disease began to rise. It can take from ten to thirty years for heart disease to develop.

Aspirin does not directly cause heart disease but it does prevent the production of glutathione, which can protect you from getting heart disease. Let's considered these three basic facts:

1. There is no question in the medical community today that aspirin suppresses glutathione levels.
2. We also know that glutathione is a super antioxidant that can protect the arteries from free radical damage.
3. We also know that the increase of arterial plaque, which causes heart disease, is your body's reaction to repair free radical damage to the arteries.

By connecting these three dots it becomes clear that the introduction of aspirin triggered the rise of the most deadly disease in the western world.

**The introduction of aspirin triggered the rise of heart disease in America and around the world.**

Aspirin was celebrated as a miracle pill for fever suppression and pain relief. It was widely recommended by doctors. What was not known back then is that aspirin suppresses glutathione. Somehow, doctors have still not connected the dots. Ironically, because aspirin is also a blood thinner it is still the “go to” recommended preventative measure for heart disease. On one hand it helps manage symptoms but on the other it prevents healing.

The use of aspirin was not the only culprit in the rise of heart disease in the twentieth century. While aspirin prevented the body from protecting itself from free radical damage, the introduction of chlorine into our public water supply and public pools increased the potential for free radical damage to our arteries.

Chlorine is a known free radical generator, which is why it can kill bacteria in our water so effectively. With the

suppression of glutathione caused by aspirin, the body is unable to protect itself from free radicals in our water supply caused by the massive introduction of chlorine.

With this brief history of heart disease and it's true cause it becomes very clear that meat is not the bad guy.

**Meat is not the main cause of heart disease  
but rather the introduction of  
pain pills and fever suppressants**

Although meat is not the primary cause of heart disease, high fat meat from cows fed “grain” and pumped up with added hormones are another source of free radical damage to the arteries and heart. Moderate eating of hormone free, grass fed cows do not cause heart disease. They do provide the necessary B vitamins to make glutathione and they provide the many amino acids to support healthy brain and heart function.

**Saturated Fat is Good for the Brain**

The saturated fat and cholesterol in meat is often demonized today because it can be linked to heart disease.

Yet cholesterol is the building block of the body's ability to make important hormones like estrogen, progesterone and testosterone.

These hormones produced from the cholesterol in saturated fat are necessary to both focus and relax the brain. When testosterone levels drop we loose focus and when estrogen levels are out of balance with progesterone we become overly emotional, anxious or depressed. Saturated fat is necessary for both a healthy brain and heart.

The beneficial cholesterol in saturated fat only becomes harmful to the heart and arteries when it is oxidized due to a lack of glutathione and other antioxidants. Beef from "grain fed" cattle when compared to the beef of "grass fed" cattle is much lower in the antioxidants needed to make it beneficial.

**The cholesterol in grain feed beef is unhealthy  
because it is much lower in antioxidants.**

Common meats from grain fed cows are also unhealthy because growth hormones are added to increase the fat content. The increased cholesterol without the necessary antioxidants causes heart disease.

Low fat, hormone free, grass-fed cows are good for the heart as long as you have healthy glutathione levels. In addition, the alpha lipoid acid in grass fed meat along with B12 and folic acid are essential for making an abundance of glutathione to support focus. When shopping for your meat, remember that “hormone free, grass-fed” is good and “grain-fed” is not good.

**The Alpha Lipoid Acid and B12  
in meat support optimal brain function.**

Beef and dairy products today unless stated “hormone free” are pumped up with synthetic growth hormones which produce harmful “xenoestrogens” (The x in xenoestrogens sounds like z.).

These Xenoestrogens are ten to a hundred times more potent than natural hormones. Xenoestrogens disturb the hormone balance in both men and women. Men’s testosterone levels drop and women’s hormones go out of balance.

Low testosterone is the highest risk factor for heart disease in men. Estrogen dominance is the highest risk factor for women for both cancer and heart disease. For a

healthy libido and better moods in our relationships  
hormonal balance is of paramount importance. For more  
information about natural solutions for hormone balance go  
[here at MarsVenus.com](http://MarsVenus.com).

## Chapter Twenty-Two

### Is Milk Good for ADHD?

Just as old fashion meat in moderation is good for us, old fashion raw dairy products are also good. Modern pasteurized and homogenized milk is not. Let first focus on why raw or cultured milk products are good for your brain.

Evidence for the power of a dairy based diet comes from India where many millions of people have eaten a dairy based vegetarian diet for thousands of years. In rural areas of India where raw milk is still available there is an extremely low incidence of ADHD, dementia and Alzheimer's disease.

In India, according to the Ayer Veda, their five thousand year old healing system, when a person is sick they take healing herbs and go on special fasting diet drinking only buttermilk. In India, this buttermilk contains the raw milk protein left over after churning out the butter in milk. Today we call this milk left over after taking out the butter, undenatured whey protein.

**In India, raw dairy is recognized  
as essential for healing.**

This ancient wisdom eventually traveled from India to Europe. Three hundred years ago, to find healing and health, wealthy Europeans would travel to Switzerland which was known for their excellent dairy farms. After all, once you have material wealth, your main desire is for health. Sanitariums (health resorts) were built next to these dairies to provide the fresh milk proteins known to restore health and create longevity. Raw dairy protein along with sunshine, fresh air, and mineral rich pure mountain water was the secret of their success.

The high altitudes of the mountains also provided extra protection from thieves and assassins. The wealthy would travel with their own private armies to protect their gold. Eventually this gold was stored and protected in the mountains.

To this day, Switzerland is the major banking center and regulator of gold sales. It is also a neutral country because the rich and powerful that may be enemies still keep their money and gold there. Although still known for



their advances in health technologies, the Swiss have stopped using raw milk. With the invention of pasteurized milk, which was thought to be healthier, the many benefits of dairy proteins were forgotten.

## **Raw Dairy Can Heal Your Brain**

In the last ten years there has been an explosion of interest in the importance of glutathione for brain health. Raw dairy protein or “Undenatured whey protein” which is high in the amino acid cysteine is one of the most powerful pre-cursors for glutathione production. It is above and beyond any other supplement for increasing glutathione production. Unfortunately, when milk proteins are pasteurized and homogenized they do not increase glutathione levels.

**Pasteurized and homogenized milk products  
do not increase glutathione levels.**

In milk, 20% of the protein is whey and 80% of the protein is casein. The whey is particularly powerful for increasing glutathione to heal the brain while the casein

provides the vital amino acids for making the many feel good brain neurotransmitters like dopamine, serotonin and GABA. All the various symptoms of ADHD involve a deficiency in these important brain chemicals.

After drinking raw milk, the whey protein is used up in the first 45 minutes while the casein protein provides nutritional brain support for the next 4 to 5 hours. To support healthy brain function both proteins are essential. If the digestion is already compromised then taking the saturated fat out of the milk makes it easier to digest and more available to the liver and brain.

**Whey promotes glutathione while casein provides protein building blocks for a healthy brain.**

For optimal brain function, undenatured whey and casein protein drinks are recommended because they are fat free raw dairy proteins. By adding extra omega three supplements and special minerals this mixture becomes the ultimate remedy for ADHD.

Regular pasteurized whey protein or pasteurized milk is not effective in making glutathione. If it doesn't say "undenatured" it is pasteurized and it will not help the brain.

Many holistic doctors are now recommending undenatured whey for patients with dementia and getting good results.

**Undenatured milk proteins provide an abundance of cysteine for the liver to make glutathione.**

“Undenatured calcium caseinate although hard to find in stores is equally powerful because it will stay in the blood stream much longer and thus provides ongoing brain support throughout the day. Parents of children with autism or ADHD are often warned to avoid casein products like cheese and milk because they can be hard to digest and therefore counter productive. This however is only true when the milk protein is pasteurized. Both kinds of dairy protein are helpful for all brain injuries as long as they are undenatured proteins. For more information on undenatured whey protein go [here at MarsVenus.com](http://MarsVenus.com).

# **Chapter Twenty-Three**

## **Two Eggs A Day: Breakfast of Champions**

Health enthusiasts during the last century have always applauded the benefits of eggs, even raw egg yolks. Egg yolks are packed with every nutrient needed for optimal brain function. They are rich in the amino acid tryptophan that creates the feel good brain chemical serotonin.

Depression is usually associated with low serotonin. Eggs are also abundant with the amino acid tyrosine, which is the precursor for making dopamine. Dopamine is the most important brain chemical for focus. Egg yolks are one of the few foods that contain vitamin D which, is also needed for focus.

Vitamin D is currently being recommended as helpful for almost everything. This is because it is necessary to absorb calcium which is necessary for every brain function.

Without Vitamin D the brain cannot utilize brain hormones to increase healthy focus.

In addition egg yolks are filled with all the B vitamins necessary for the production of brain chemicals. We have already explored the importance of B vitamins for brain support.

**Egg yolks are packed with all the nutrients  
essential for optimal brain chemistry.**

Nature provides everything the brain needs in egg yolks. They are even high in omega three fats and the phospholipids (beneficial fats) necessary for memory and the production of brain chemicals. Eggs are rich in sulfur, which is necessary for the production of glutathione and healthy skin. You can't go wrong with egg yokes.

Many people are still concerned that eggs contribute to high cholesterol levels. Harvard University has repeatedly proven that the beneficial cholesterol in eggs will not raise your cholesterol levels. If you have high blood pressure eggs have even been shown to lower high blood pressure. Stories abound of healthy centenarians who eat three raw yolks a day.

**Eggs do not raise cholesterol levels  
but are good for your heart health.**

Besides the unnecessary concern about increasing cholesterol levels, when it comes to raw eggs some people are concerned about the risk of salmonella poisoning. This small risk of contracting salmonella primarily comes from handling the egg on the outside; raw eggs are as safe as any other raw food. Make sure to wash hands after handling an egg.

Salmonella poisoning associated with raw eggs has been exaggerated in the past. A study by the U.S. Department of Agriculture in 2002 indicated that only 1 in every 30,000 eggs is contaminated and it is even more rare in an organic egg. Salmonella is a common micro organism found almost everywhere and much more likely to proliferate on an unwashed counter top or on cooked food kept in the refrigerator.

Infection by salmonella is nothing to worry about. When it does occur it is normally a mild stomachache. Only in rare cases could a person get sick and they would already have to have a severely compromised immune system.

**Infection by salmonella is generally  
nothing to worry about.**

In a healthy person, the highly unusual situation of contracting salmonella is easily treated with a probiotic every half hour until you feel better or a simple homeopathic remedy called arcinicum, which is good for any case of food poisoning. I have been using raw egg for years and have never had any poisoning.

If the thought of adding a raw egg in your superfood morning shake, is going too far for you, the next best thing is enjoying poached eggs or “eggs over easy.” As long as the egg yolk is still juicy it is filled with all the essential nutrients for the brain. If you don’t eat eggs you can still get great time released B vitamins. For more information go [here at MarsVenus.com](https://MarsVenus.com).

## Chapter Twenty-Four

### Balancing Blood Sugar Levels

Besides causing free radical damage to the brain, high blood sugar levels also inhibit the production of glutathione. Second to over-the-counter drugs that suppress glutathione, high blood sugar is the next major cause for increasing ADHD and other mental challenges in the modern world.

One solution is to give up sugar, starch and simple carbohydrates but you know that is probably not going to happen. For some parents who are highly motivated they can remove sugar from the home but somehow your children find it outside the home. It is everywhere.

Giving up sugar and starches is like trying to give up cocaine with a dealer on every block. Some people can do it but most will never do it. Giving up sugar and starches is even harder than a cocaine addiction because we do not need cocaine but we do need a moderate amount of carbohydrates that eventually break down into sugar.



**Giving up sugar is like giving up cocaine in a neighborhood with a dealer on every corner.**

If you already have high blood sugar levels, giving up sugar will not simply solve the problem. Once you have chronically high blood sugar levels the insulin receptors down-regulate so that even the smallest amount of sugar will spike insulin levels. This is called insulin resistance. When cells lose their ability to freely absorb sugar the brain demands that we eat more to eventually get the fuel it needs.

Too much sugar consumption causes the problem but simply cutting out sugar doesn't solve the problem. Once the insulin receptors have been injured by too much sugar they don't immediately come back to balance. Insulin resistance eventually evolves into diabetes and then dementia if you live long enough.

Fortunately there is a natural solution. Taking a special mineral supplement bonded to AEP before each meal can give immediately relief and over time the cells will heal the condition that gives rise to this insulin resistance.

**Taking the mineral supplement 2-AEP mineral complex can immediately help balance blood sugar levels.**

From your first meal, insulin levels will not spike as much and your body can make more glutathione to begin healing your brain. With this natural solution it not necessary to completely give up sugars and starches but it is a good idea to cut back. As blood sugar levels begin to balance out, sugar cravings disappear.

2-AEP mineral complex is a combination of calcium, magnesium and potassium bonded to Amino Ethanol Phosphate or AEP. Cell membranes are made of 2-AEP and minerals. A mineral complex bonded to AEP strengthens the cell membranes to more effectively utilize and metabolize sugar.

The support of a 2-AEP mineral complex, not only balances blood sugar but like glutathione this mineral supplement also protects and rebuilds the myelin sheath in the brain and nervous system. The myelin sheath surrounds and insulates all nerve fibers in the brain to prevent overstimulation and support healthy brain function. All children and adults with brain challenges have injuries to the myelin sheath.

**All children and adults with brain challenges  
have injuries to the myelin sheath.**

2-AEP however is less effective with artificial sweeteners used in sugar free diet drinks and bars. Even superman is vulnerable to Kryptonite. Artificial sweeteners raise insulin levels but do not provide the sugar for the cells to be metabolized. Without sugar to be used by the cells, insulin levels remain too high causing normal blood sugar levels to crash. High blood sugar causes free radical damage in the brain while low blood sugar can deplete the brain of fuel which can also cause injury to brain cells.

This is why diet drinks actually cause you to gain weight and slowly kill brain cells. In addition high insulin levels inhibit fat burning. Diet drinks may have fewer calories but they inhibit your body's ability to burn stored fat. Even worse, high insulin levels inhibit glutathione production.

## **Slowing Down The Release of Carbohydrates**

A widely available and well-tested supplement called PGX is found in every health food store. It is a complex of beneficial fibers which have proven to balance blood sugar highs and lows. I often add it to my morning super food shake. Besides stabilizing blood sugar levels, PGX provides a timed release of all the natural nutrients to last four to five hours. It comes in capsules or powder.

### **PGX sustains the release of nutrients for hours.**

By slowing down the release of carbohydrates insulin levels are not spiked after a meal. This supports the gradual healing of insulin receptors. PGX is a blend of konjac root, xanthan gum and alginate. This unique combination of natural ingredients increases the effectiveness of konjac root by up to five times.

Konjac root which has been used in China to balance blood sugar levels for hundreds of years. Buddhist monks would eat pasta made from konjac root to sustain their energy production for five to six hours so they could

experience extended meditations without hunger or the need to eat.

PGX is also a beneficial fiber to feed the beneficial probiotics in our gut as well as balance blood sugar levels. When using PGX be sure to follow the instructions and drink lots of water with it.

PGX combines with water in the stomach to form a gel that allows carbohydrates to be slowly released as if they were in their raw original fiber-rich state. It also creates a sense of fullness during a meal even when your portions are smaller.

**PGX combines with water in the stomach to form a gel that prevents blood sugar spikes.**

The average American currently consumes only 12-17 grams of fiber per day from dietary sources, far below the recommended 20-35 grams recommended by the American Dietetic Association. Whenever one suddenly increases fiber, there may be some intestinal discomfort if it is incorporated too quickly. For people with a history of diarrhea or constipation it is advisable to start with small doses of PGX and gradually increase as your body adjusts to a healthy

amount of fiber. Thousands of people have used PGX daily to assist them in losing weight. More natural solutions for weight loss are available [here at MarsVenus.com](http://MarsVenus.com)

## **Chia Gel and Blood Sugar Levels**

A fun way to create sustained energy, balance blood sugar levels and provide your brain with plenty of omega three fat is by making chia gel. It is called the “runners food” because it helps you stay hydrated and provides sustained energy. It was a staple food in the diets of the ancient Mayans and Aztecs.

Packed with more than 8 times the omega three found in salmon, this small seed has big nutritional value. With more antioxidants than blue berries, and more fiber than oatmeal it can extra value to your morning supper food shake.

**Chia seeds are packed with more than 8 times  
the omega three found in salmon**

Similar to PGX, chia seeds absorb many times their weight in water and line the stomach with a beneficial gel,

which slowly releases the sugar in your foods for sustained energy and without any insulin spikes.

To make chia gel, combine 1//3 cup of chia seeds with 2 cups of water. Gently mix with a spoon and wait a minute. Then mix again and place in the refrigerator. In ten minutes it will be ready and stays good in the refrigerator for two weeks. Add one or two tablespoons to your morning super food shake, smoothie or oatmeal. Add a little raw sugar and children love it straight.

## **Diabetes and Brain Injury**

Diabetes inhibits cells from absorbing sugar. Diabetes 1 is a congenital disease from birth that prevents the pancreas from producing enough insulin to deliver sugar into the cells. Diabetes 2 or adult onset diabetes develops over time due to poor eating habits. In diabetes 2, the cells become “insulin resistant” so more insulin is required to deliver sugar to the cells.

As cells become resistant to insulin, blood sugar levels rise too high creating injury to the nerves and brain cells. By the year 2020, in America it is predicted that one third of all teenagers turning twenty will be diabetic. Long before twenty

they will all experience different symptoms of brain injury and ADHD.

When the brain is unable to absorb sugar for fuel due to insulin resistance, it begins to slow down and cells begin to die. This brain injury leads to ADHD in early life and memory loss and dementia as we age. Diabetes of the brain is now considered in the medical community to be the direct cause of dementia and Alzheimer's disease.

**Diabetes of the brain is the direct  
cause of dementia and Alzheimer's disease.**

Some children are now born with Diabetes 2. This was completely unheard of just ten years ago. Diabetes 2 is a condition that only adults used to get from years of a high sugar, junk food diet. Mothers with high blood sugar levels during pregnancy are now giving birth to children with insulin resistance and high blood sugar levels as well. When a mother has high blood sugar, her child will have a higher risk of being born with ADHD. Mothers in the future will be warned not to eat too much sugar before and after pregnancy for it can create ADHD in their child.



**If the mother has high insulin levels during pregnancy  
then the child may be born with ADHD**

Diabetes and ADHD symptoms go hand in hand. If you already have diabetes then the situation will take more time to heal ADHD. Once the insulin resistance has moved into diabetes, the liver tends to produce too much glucose, raising blood sugar levels even when blood sugar levels should be dropping. In this case, the supplement called berberine along with 2-AEP can help keep your blood sugar levels balanced.

**Berberine is more effective than  
the most widely used diabetes drug Metformin.**

Berberine, is an extract of the herb goldenseal. It is all natural and has proven to be more effective than Metformin the most widely used diabetes drug. Unlike Metformin, Berberine has no side effects. It is now being studied as a natural cure for cancer. For many people Metformin can balance blood sugar levels but over time it has horrible intestinal side effects. More information about natural

solutions for blood sugar balance and diabetes, click these links to go to MarsVenus.com

[MarsVenus.com/Blood-Sugar](https://MarsVenus.com/Blood-Sugar)

[MarsVenus.com/Berberine](https://MarsVenus.com/Berberine)

[MarsVenus.com/PGX](https://MarsVenus.com/PGX)

[MarsVenus.com/Chia](https://MarsVenus.com/Chia)

[MarsVenus.com/2AEP](https://MarsVenus.com/2AEP)

# **Chapter Twenty-Five**

## **Super Minerals for the Super Brain**

Research studies at many universities around the world have revealed that industrial farming practices used over the past 100 years have resulted in a mineral deficient food supply. Using only nitrogen, phosphorous and potassium to fertilize the soil, grains and vegetables grow fast and look good but they have little nutrition.

Comparative reports of mineral content in spinach reveal that a head of spinach in the past had more vitamins and minerals than five heads of spinach today. Imagine having to eat five times as much food to get the nutrition you need. Hum... That's no so hard. Go to any fast food restaurant and watch people chow down on super sized junk food.

**One head of spinach in the past had more vitamins and minerals than 5 heads of spinach today.**

Could it be that as a society we are all mineral deficient? Could this be one of the major reasons many of our children are falling behind in education? Could this be why millions of children and adults are experiencing mental health challenges? I think so.

To make matters worse, our high sugar diet depletes our internal mineral supply as well. When we are burning sugar as a source of fuel rather than fat, we use our internal mineral supply even faster. With a high sugar diet the body will always burn off the sugar before the fat. The more sugar we eat, the more deficient in minerals we become.

**Why Minerals Are Important.**

Every function in the brain and body requires mineral support and then the minerals are discarded. For example, scientists have identified over 300 different body functions that are dependent on magnesium. From regular bowel movements to relaxing muscles and burning fat we are all

dependent on magnesium. Once it is used we must consume more.

We can make vitamins from our foods but we can't make or recycle our minerals. We are dependent on our food supply to get the minerals we need. Since our food is mineral deficient, we need some form of mineral supplementation.

**Since our food is mineral deficient,  
everyone needs mineral supplementation.**

The big problem with mineral supplementation is that most minerals supplements do not and cannot deliver minerals across the blood/brain barrier. When minerals are abundant in our food they are able to cross the protective barrier that filters the blood entering the brain. Only special mineral supplements can deliver minerals across the blood brain barrier.

Without enough minerals your brain cannot do what it is designed to do. Fueling a car is the perfect example for the importance of minerals. Your car could have no problems at all but if it is missing the fuel, it will not run.

In this example, there is nothing wrong with your car but it will not start. In a similar way, your brain could have no problems at all, but with mineral depletion it just stops working the way it is designed to work and can work.

**Your brain could have no problems at all but if it is missing the fuel, it will not run.**

In this example, when your brain stops working you may not have any brain injury but you will still experience the many symptoms of ADHD like lack of focus, inability to relax or sleep through the night, inability to comprehend what you read, anxiety, depression, resentment, increased sensitivity and compulsiveness. Sometimes all it takes for these symptoms to disappear is regular mineral supplementation.

We all have the potential for normal brain function but if we run out of fuel our normal brain function will simply stop. If you are particular bright and happen to have a genius brain then you will require even more fuel.

Without fuel, your genius brain will be even more inhibited. Instead of merely experiencing ADHD symptoms you may experience extreme mood swings commonly diagnosed as bipolar disorder. If your car has more

horsepower it will run out of fuel faster. Likewise, if you have a genius brain you need more fuel because a genius brain runs faster and has more activity to fuel.

**If you happen to have a super brain,  
you can run out of fuel much faster.**

Aristotle once claimed “there is no great genius without a mixture of madness”. A study of more than 700,000 adults showed that those who scored top grades at school were four times more likely to develop bipolar disorder than those with average grades.

**“There is no great genius  
without a mixture of madness”.**

While researching the work of Dr. Hans Neiper, I learned about special mineral supplements from Germany that were bonded to orotic acid, a substance high in mother’s milk. Unlike common mineral supplements bonded to carbonate, citrate, phosphate, ascorbate, chloride, etc., minerals bonded to orotic acid are freely transported across the blood brain barrier. These mineral orotates help brain

function immediately. They are super minerals for super brain function. For more information about super minerals go [here at MarsVenus.com](http://MarsVenus.com).



# Chapter Twenty-Six

## Lithium Orotate: Super Mineral for the Brain

One of Dr. Neiper's many discoveries was a new form of the mineral, lithium. He found that lithium orotate combined with good nutrition could treat depression and by-polar disorder without any side effects. I have found it is equally effective healing ADHD. Combined with other mineral orates, with daily use it can support optimal brain function for everyone.

Doctors have been using the mineral lithium to treat depression and by-polar for the last fifty years but with negative side effects. They have used high dose toxic lithium "carbonate" and not low dose non-toxic lithium "orotate."

For lithium "carbonate" to cross the blood/ brain barrier, high toxic doses are required; the symptoms of depression are relieved but at the price of a healthy metabolism. To be

effective, lithium “orotate” is not required in toxic doses. This is a big difference.

### **Lithium is good for you but not in toxic doses.**

Lithium is only toxic when too much is taken. This is true of every beneficial mineral. Too much potassium will cause a heart attack. Too much magnesium will cause diarrhea. Too much salt will cause water retention and heart disease. Too much copper will cause allergies. Too much calcium will cause arthritis. Too much selenium will cause nerve damage. And too much lithium will lower your metabolism and cause kidney problems. Too much of any beneficial supplement will have side effects.

Today many holistic doctors are switching from prescribing toxic doses of lithium carbonate to non-toxic low dose lithium orotate. Combined with other mineral orotates and supplements this protocol can successfully treat depression and bi-polar disorder with no negative side effects.

### **Mineral orotates and supplements can successfully treat depression**

Unlike anti-depressants that suppress symptoms of depression, mineral orotates support the natural process of emotional healing. For example, grieving is an important process when we are faced with a depressing loss. During times of depression or increased stress we may need slightly higher doses of lithium because it is quickly used up.

It is easy to regulate your own dose of lithium orotate because the results are immediate and no more than five or six capsules a day are ever necessary. The oversight of a doctor is not needed. If this relatively low dose doesn't have the desired effect then other supplements are required as well. More is not better and as with any mineral supplement too much can be toxic. For more information about natural solutions for depression go [here at MarsVenus.com](https://MarsVenus.com).

**If a low dose of lithium orotate  
does not immediately help with depression  
then other factors must be addressed as well.**

Doctors are particularly concerned about how much lithium one is taking because the doses they prescribe for lithium "carbonate" are very high and toxic. This concern is

unnecessary for lithium orotate because the required doses are so low. Lithium carbonate requires high doses to be effective but side effects are inevitable. With low dose lithium orotate, less is better and there are no side effects. Lithium orotate always comes in very low dose capsules.

**With low dose lithium orotate,  
less is better and there are no side effects.**

If you were taking lithium orotate, you would have to take the whole bottle to experience any side effects. If you did take too much you would only notice a dry mouth and a headache that would go away by the next day if you return to a lower dose.

**You would have to take a whole bottle  
of lithium orotate to experience any side effects**

The effective dose of Lithium orotate is between 1 and 6 capsules a day. Each little capsule contains only 4.5 mgs of the element lithium and the rest of the capsule is the orotate.

Lithium orotate works better when combined with the other mineral orotates. As with all supplements, keep in mind that at a certain point more is not better. Taking more than 2 capsules three times a day will not produce any better results.

**Lithium orotate works better when  
combined with the other mineral orotates.**

For thousands of years indigenous people have flocked to various hot springs high in sulfur or lithium for healing. Native Americans for 5000 years have visited “Lithia Springs” in Georgia to heal a multitude of illnesses. The famed catholic pilgrimage destination, Lourdes is also very high in lithium. Millions of people travel there each year to pray and be healed by the “holy waters.”

Lithium orotate is best known for healing depression but it is also as essential mineral for healing ADHD. It helps to heal and activate the injured dopamine receptors sites in the brain. After healing ADHD continued use of lithium orotate supports optimal brain function.

Over the past 12 years I have consistently endorsed and recommended the use of Lithium Orotate to thousands

of readers, seminar participants, counseling clients and visitors to [MarsVenus.com](http://MarsVenus.com). I have never heard of any negative side effects from taking lithium orotate; only success stories. As I am writing this paragraph, right now another testimonial has come in. It reads:

Dr. Gray,

I am so thankful for your program and all the many ways you help so many people. After 20 years on lithium carbonate and having a Doc that always said "Don't mess with something that works", I came across your video on lithium orotate.

My doc kept telling me that the side affects were normal, but that the lithium was really working for me. I retired 8 months ago and am dealing with less expectations and stress and gradually began weaning myself off the prescription drug and introduced lithium orotate as I decreased my dosage.

I have a lot of experience with how I feel and finally found that taking 2 lithium orotate supplements three times per day is giving me the same benefit as taking 300 mg of lithium carbonate 4 times per day.

It is a little more than you suggest, but I actually feel so much better now and have my personality back. I am getting to know myself all over again because over the last 20 years, I completely lost my personality on the prescription dose. Coming across your

program has brought an enormous blessing to my life. My Heartfelt Thanks.

I have heard these kinds of testimonials for years. I personally have taken a super mineral supplement that includes lithium orotate almost everyday for the last 12 years. When I occasionally miss a few days, I notice my stress levels increasing. It is the number one constant in my supplement program. For more information about lithium orotate go [here at MarsVenus.com](https://MarsVenus.com).

Many parents at first resist that idea of taking lithium orotate for themselves or their children. Without being educated about it's benefits their immediate reaction is "I don't know, lithium is for crazy people" or "It is a dangerous pharmaceutical drug." This is a complete misunderstanding.

Lithium orotate supports healthy brain function. It is so effective that when someone is crazy it can help them too. It lowers stress levels, improves sleep, protects brain cells from free radical damage, promotes serotonin production, increases calm and focus and even stimulates brain cell growth. It is so effective it would be crazy to not take it. It is not a drug but a vital mineral that we all need to supplement everyday.

**Lithium orotate is so effective  
it would be crazy to not take it.**

Our food has lithium in it but do to our high stress levels, toxic environment and free radical damage do to high sugar consumption, our lithium supply is quickly depleted along with other vital minerals for the brain. We can all benefit from it and other mineral orotates.



# Chapter Twenty-Seven

## Mineral Support for Everyone

Lithium orotate is not the only beneficial brain mineral. Calcium, magnesium, potassium and zinc bonded to orotic acid are also needed for optimal brain function. I call them super minerals. These “macro” minerals along with all the 70 trace minerals or micro minerals from plant sources provide super support for a super brain.

For the last twelve years, I have received thousands of positive reports from adults, teens and parents regarding the immediate “Wow” they feel after taking these mineral orotates for a few days. Even if you have a perfect diet, the high levels of stress in our modern life deplete these minerals in our brains. Mineral support can help everyone manage stress more effectively.

**Mineral support can help everyone  
manage stress more effectively.**

After one rather large keynote presentation, I stood for five hours signing books listening to the positive results readers had received from my relationship books. Yet over half the people in line primarily commented on how the mineral orotates, I recommend in some of my books had helped them and their family.

As an author and leader in the field of good communication, lasting romance and loving relationships, I recognize the importance of new relationships skills but nutritional support particularly mineral support is just as important. In my daily counseling practice, my clients always report that taking these special minerals makes a huge difference for both mood and energy levels; two important qualities necessary for a loving, nurturing and fulfilling relationship.

### **Minerals support positive mood and increased energy levels**

With nutritious shake formulas and mineral orotates, I have assisted hundreds of clients to feel better and stop taking prescribed drugs for anxiety and depression. They always feel much better. With extra supplements parents

report their children shift from being distracted, oppositional or moody to becoming attentive, cooperative and happier in a matter of days.

**With correct mineral support thousands  
no longer have the need for antidepressants.**

By providing this nutritional insight to increase focus and sustain positive moods couples are able to more successfully apply the new relationships skills they are learning. It is challenging to grow in intimacy when we are taking drugs to suppress how we feel.

## **Stress and Mineral Support**

High stress levels deplete the brain of minerals and depleted mineral levels cause the brain to over-react to stress. Without adequate mineral support, when we are stressed, the mind tends loop again and again, repeating a stream of negative thoughts that go on to generate anxiety, depression, resentment, apathy, etc.

The mind is designed to consider the negative and then let it go and find the positive for balance. Without the

nutritional support for this balance to occur, the mind has difficulty shifting back to the positive. This looping stops when the brain has what it needs to support the mind.

**Mineral orotates stop the mind  
from looping negative thoughts and feelings.**

The shift that takes place with mineral orotates is unlike any mood altering herb or drug. When you drink a cup of coffee or take a stimulant drug you feel a definite shift in your mental state as if something is happening to you. You move into a slightly altered state.

This altered state is even more pronounced with recreational drugs or prescribed drugs like anti-depressants. With mineral orotates nothing happens to you, there is no altered state, instead you feel your normal state but free from stress. Balance is restored. If something upsets you, you get upset and then come back to feeling good again.

**Minerals do not create an altered state,  
instead you feel your normal state.**

If you are going through a great loss or stress, you still feel your upset emotions but you can manage them more effectively. Minerals do not suppress your feelings like drugs but instead assist you in moving through the natural stages of healing with feelings of sadness, fear, regret or anger but then assist you in the natural return to feelings of love, acceptance and forgiveness.

**Mineral orotates promote healing  
while drugs suppress natural feelings.**

The relief one feels on drugs is merely the absence of negative feelings. The injury is not healed. Drugs suppress negative emotions, but there is also a gradual diminishing of authentic positive feelings.

For additional information on transforming negative emotions to positive emotions read my short cartoon illustrated book, [What You Feel, You Can Heal](#) or take my home study course [Dynamic Success here at MarsVenus.com](#).

**Drugs suppress negative emotions but they also  
diminish your ability to feel positive emotions as well.**

Taking mineral orotates, just two capsules a day and double the dose on stressful days helps to stop “emotional or mental looping.” In my marriage, after taking an extra dose occasional feelings of irritation and annoyance simply disappear. Mineral orotates are good for everyone but they are particularly helpful for ADHD symptoms.

If you are already taking mood-altering drugs or you have taken a lot of pain pills, your brain will need to heal before you experience the full benefit of these mineral orotates.

Depending on how long one has been medicated with prescribed antidepressants, ADHD stimulant drugs, or street drugs, it may take several months longer for the brain to return to its normal state. While you are slowly going off these drugs, it is completely safe to begin taking mineral orotates.

In most cases, people should first feel better from taking natural supplements before they begin to reduce prescribed drugs. It can be dangerous to suddenly stop these drugs without the proper support first. For information on specific protocols to help end the use of antidepressants, go [here at MarsVenus.com](https://MarsVenus.com).

## Chapter Twenty-Eight

### Letting Go of Addictions

In 1985, Dr. Revici, another medical genius on the order of Dr. Hans Neiper, assisted over 2000 drug addicts to stop using heroin in only four days. They accomplished this feat without experiencing any painful withdrawal symptoms. This is completely unheard of and without precedent. Heroin is one of the hardest addictions to give up. It makes you feel like a “hero” without having to actually do anything.

Most heroin addicts cannot or will not stop “using” because the process of stopping the drug is unbelievably painful and agonizing for the first four days. Heroin like antidepressants and ADHD drugs changes the brain. These drug-induced changes create a dependency or addiction. In a very real sense they create an addictive brain. Without the drug, an addict’s brain cannot support the mind in producing any positive thoughts or feelings.

**Heroin like antidepressants and ADHD drugs  
changes the brain.**

Unfortunately, for many of these addicts the results of the program were not lasting. Going off a drug without side effects is like a miracle but staying off drugs is another matter. Many addicts returned to drugs because they were not provided the necessary psychological group support and the missing nutritional supplementation before and after the treatment to heal the brain and sustain the benefits.

There is a big difference between your mind, which is non-physical and the brain, which is physical. They are both directly inter-related. What you believe, think and feel directly affects brain structure and conversely brain structure directly affects what you think and feel.

**There is a big difference between your mind,  
which is non-physical  
and the brain, which is physical.**

You could have many reasons to feel good but if you don't have the correct minerals to support optimal brain function then your mind can easily get stuck in negative



thoughts and feelings. On the other hand, if you do not access the love and support of others or learn new skills for changing old habits of negative thinking, the nutritional support is not enough.

In the absence of healthy brain function to support positive thoughts and feelings, the brain runs amuck with the negativity and emotional pain. With nutritional support to heal the brain and the ongoing counseling to stimulate this healing, the addictive brain can return back to a normal, non-addictive brain.

**With nutritional support and  
counseling to stimulate healing  
the addictive brain can return back to a normal.**

Researchers claim that ADHD stimulant drugs do not cause addictions but this is simply not true. Young teenagers who are no longer prescribed stimulant drugs may not feel an addiction for more Ritalin or heavier drugs like cocaine but they do continue to feed their addictive brains.

Ritalin users like reformed alcoholics simply shift their focus to high caffeine use, high sugar consumption, violent video games, online pornography or the endless pursuit of

the perfect partner, never being satisfied with whom they are with. Compared to marriage statistics from twenty years ago, there are now twice as many single people. Our addiction to “new and different” weakens our ability to sustain a lasting commitment.

**Compared with twenty years ago,  
there are now twice as many single people.**

And who says kids are no longer using Ritalin or Adderall after their teen years. New research reveals that over 50% of college students still use stimulant drugs. Alcohol use is down in universities as stimulant drug use increases. In one class, I taught at Stanford University over half the students were taking stimulant drugs. In another class at I taught at Harvard the situation was the same. Last year over a million mothers were prescribed stimulant drugs to help them cope with low energy and feelings of overwhelm. We are becoming a nation of drug addicts in one form or another.

# Chapter Twenty-Nine

## The Standard Debate

When it comes to discussing the known negative side effects of ADHD drugs there is always the same debate. One side says drugs are good and the other says they are not.

One side says there are no significant side effects (despite a long list issued by the FDA) the other says it is a permanent condition that you can adjust to.

Some in the middle of the debate suggest both drugs and coping strategies. Neither side mentions that the condition can be healed. At best, they agree that one can successfully “manage” the condition for a lifetime.

**At best, experts agree that one  
can successfully “manage” ADHD for a lifetime.**

Dr. Edward Hallowell, a child psychiatrist who’s been treating children with ADHD for over thirty years and author

of many best selling books on ADHD is in the middle. He is an advocate of taking prescription drugs for ADHD and he concedes that no “enlightened clinician” offers medication as the only solution.

He recognizes that “it is a tool that can help, but always as part of a comprehensive treatment plan that includes education of parent, child, and teacher; lifestyle modification, including sleep, diet, exercise, meditation and positive human interactions; coaching on how to better organize life; and ongoing follow-up to monitor progress and offer encouragement and various specific tips on managing life with ADHD.

**Even “enlightened clinicians”  
have no idea that ADHD can be healed.**

This sounds good and his advise is good for everyone but he is basically saying ADHD is a permanent condition; for the rest of their lives, we can only hope to help our children “cope” with ADHD. His suggestions for a comprehensive supportive plan to live a better life are great but he misses the most important point...with new understanding, the condition that gives rise to ADHD can be

healed. You do not need a lifetime of coaching to manage this challenge.

A voice on the other side of the debate is Dr. Sroufe Ph.D., a psychologist who has been studying the development of troubled children for more than forty years. He clearly recognizes the long term side effects of treating ADHD with drugs. He points out some of the long-term drawbacks of prescribing ADHD drugs.

He says, “The large-scale medication of children feeds into a societal view that all of life’s problems can be solved with a pill and gives millions of children the impression that there is something inherently defective in them.”

While this is a good point, he does not point out the most obvious and significant reason to avoid use of ADHD medications. “Stimulant Drugs” whether they are prescribed and not, whether you have ADHD or not, make lasting changes to the brain which actually increase the symptoms of ADHD for a lifetime.

**Stimulant drugs prescribed for ADHD make  
lasting changes to the brain.**

He also recognizes that these drugs can have serious side effects, including stunting a child's growth. The attention-deficit drugs do increase concentration in the short term, which is why they work so well for college students cramming for exams, but in the long term there are other undesirable consequences. This same ability to increase concentration can be achieved in much healthier ways.

Like most doctors today, forty years ago, Dr. Sroufe believed that children with difficulty concentrating were suffering from some brain problem with genetic origin. Just as children born with diabetes need insulin to correct a life long condition, these children needed stimulant drugs. He now points out there is little evidence to support this theory.

Unlike insulin that treats diabetes for a lifetime, stimulant drugs work short term but eventually stop working and the condition becomes worse. This is similar to treating a Parkinson's patient with drugs. The symptoms temporarily go away but over time the condition gets worse and the treatment becomes increasingly less effective in relieving symptoms until it completely stops working; the patient suffocates and dies.

**Stimulant drugs work short term but  
in the long term, the condition becomes worse.**

Stimulant drugs gained popularity in 1973 when dozens of well-controlled studies showed these drugs immediately improved children's performance on repetitive tasks requiring concentration and diligence.

For a child falling behind this can have tremendous benefits not just academically but socially as well. If this were the only answer, as a parent I too would choose drugs for my children and myself.

Who could not benefit from increasing memory, motivation and memory. Unfortunately these were all short-term studies. The long-term effects were not yet understood. To date, Dr. Sroufe Ph.D., concludes that "no study has found any long-term benefit of attention-deficit medication on academic performance, peer relationships or behavior problems."

**No study has found any  
long-term benefit of attention-deficit medication**

In 2009, findings were published from a well-controlled study that had been going on for more than a decade, and the results were very clear. The study randomly assigned almost 600 children with attention problems to four treatment conditions. Some received medication alone, some cognitive-behavior therapy alone, some medication plus therapy, and some were in a community-care control group that received no systematic treatment. At first this study suggested that medication, or medication plus therapy, produced the best results. However, after three years, these effects had faded, and by eight years there was no evidence that medication produced any academic or behavioral benefits.

### **Major studies reported in the media ignore natural solutions for ADHD**

While this is a great study to point out that long term stimulants drugs don't work, it doesn't measure the natural supplements that can actually heal ADHD. Once again healing the condition with natural supplements is not even considered and thus left out of the debate. These studies



just continue to confuse parents with the pro's and con's rather than give them a real solution.

Even if the beneficial results of using drugs for ADHD children completely fade away in three years, what parent doesn't want their child to have a happier three years of childhood? Using drugs makes great sense unless you can get better results with natural solutions.

# Chapter Thirty

## The Dangers of Treating or Not Treating ADHD

Without the many insights in this book, millions of parents today are faced with the difficult decision to give drugs or not give drugs. In the end, most parents choose drugs. They risk the known side effects because at least they can make their child's formative years easier even if it only works for three years. But most parents risk these side effects because they are not well informed.

**Millions of parents risk the side effects  
of stimulant drugs  
because they are not well informed.**

Every year in the media, and everyday in the doctor's office parents are assured that taking ADHD stimulant drugs

are perfectly safe. On “60 minutes,” popular talks shows and PBS specials, the known side effects of these drugs are repeatedly minimized. While these show are great at identifying the many symptoms and some of the faces of ADHD, they continue to promote the effectiveness of medication and ignore the side effects.

Even on the popular Dr. Oz show, which normally supports vitamins, exercise, food choices and herbs for good health, when addressing ADHD the natural solutions were clearly secondary to the sensational effects of drugs. Instead of solutions to heal ADHD we get more hype focusing on the benefits of Adderall, Ritalin and Concerta on a national TV show brought to you by “United Health Care.”

Here is a direct quote by Dr. Oz to begin the show, “What if you could have a prescription that gives you more energy, helps you focus more than ever before and helps you loose weight... a new controversial trend with a medication designed to make you Supermom... What is it, how do you get it and who is prescribing it?” He then goes on to show examples of women who did just that by taking stimulant drugs.

## **The media sensationalizes the miraculous benefits of stimulant drugs**

After exciting the audience with this new weight loss trend, Dr. Oz and a panel of three experts explained in great detail the long term health dangers of these stimulant drugs...from indigestion, to anxiety, strokes and heart attacks: from sleeplessness to rage or depression.

Dr. Oz said he wanted to discourage the millions of women who were now abusing these stimulant drugs to loose weight. In the same breath, he went on to encouraged mothers who exhibited adult symptoms of ADHD like not finishing things, disorganization, distraction and /or memory loss to ask their doctors if ADHD drugs were right for them.

What woman today does not experience some of these “ADHD symptoms” and how many of those women would want to overcome symptoms of overwhelm, fatigue, anxiety or weight gain? With this kind of drug marketing, sales of ADHD will continue to increase.

**In America, a million women each year  
turn to stimulant drugs for  
weight loss and increased focus.**

The implied message and stated message was these drugs are not safe and should be avoided which is why they are illegal, **but** if you have ADHD then somehow they are safe. This second message is completely untrue.

Whether you have ADHD or not, if you take stimulant drugs the dangers are the same. In the beginning they may include insomnia, loss of appetite, headaches, dehydration, dry mouth, high blood pressure, moodiness, irritability, and addiction but in the end, as stated by FDA warnings, ADHD drugs may lead to heart disease and death.

The FDA regulates Ritalin and Adderall because they are so dangerous. Adderall is considered a Class 2 controlled substance like cocaine with the same side effects. It starts with a high but always ends with a low.

# Chapter Thirty-One

## Are Stimulants Drugs Safe ?

Now that you are informed, it seems completely ludicrous to even ask the question, “Are stimulant drugs safe.” Certainly they are not. That is why, they have been illegal for years. Over the last hundred years, many thousands of drug pushers have been sent to jail for selling them to our youth. Yet in the face of all logic, they are now being legally prescribed by doctors to millions of children.

Although no one has gone to jail, several major drug manufacturers in just the last three years have been fined by the FDA “billions of dollars” for giving illegal kickbacks to doctors and pharmacists for recommending their drugs for children and other off label uses.

A multitude of parents today, actually believe Ritalin and other ADD and ADHD drugs are safe or only mildly dangerous simply because so many children use it. “If everyone is doing it, it can’t be that bad”

It is estimated that 20% of boys and 5% of girls are taking ADD and ADHD drugs. And yet, the American government classifies Ritalin as a psychoactive drug like cocaine and morphine because it is so highly addictive.

The U.S. Dept. of Justice states, “Of particular concern is that ADHD literature prepared for public consumption does not address the potential of actual abuse of methylphenidate (Ritalin). Instead it is routinely portrayed as a benign, mild substance that is not associated with abuse or serious side effects. In reality, however, the scientific literature indicates that Ritalin share the same abuse potential as other Schedule 11 stimulants. Further, case reports document that methylphenidate (Ritalin) abuse can lead to tolerance and sever psychological dependence.”

Newsweek in an article entitled, “Ritalin: Are we overmedicating Our Kids?” reported that almost half of pediatricians spend less than an hour evaluating children before prescribing Ritalin. Without insight into natural solutions, parents and doctors can do little more than

evaluate if the problem is so severe that they will risk the side effects of taking these drugs. Instead doctors should help parents understand all alternatives and only prescribe drugs when other viable options have not worked.

Addictive drugs only make you more addictive. Thinking this will not happen to your child if they take ADD or ADHD drugs is simply naïve. Emergency room visits by children ages 10-14 involving Ritalin intoxication or overdoses have reached the same level as those for adult use of cocaine.

In recommending Ritalin and other ADD and ADHD drugs it is highly unlikely that your doctor has shared with you the potential side effects. In many cases they may not even be aware of them. The following warnings and side effects are taken directly from the official “Physicians’ Desk Reference.”

**RITALIN-SR methylphenidate hydrochloride USP  
sustained-release tablets.**

**WARNINGS:**

- Ritalin should not be used in children under six years, since safety and efficacy in this age group have not been established. Sufficient data on safety and efficacy of long-term use of Ritalin in children are not yet available.



- Suppression of growth (i.e., weight gain, and/or height) has been reported with the long-term use of stimulants in children. Therefore, patients requiring long-term therapy should be carefully monitored.

### **ADVERSE REACTIONS IN ADULTS AND CHILDREN:**

- Nervousness and insomnia are the most common adverse reactions.
- Skin rash and hives
- Fever
- Loss of appetite
- Nausea
- Dizziness
- Irregular, hard or rapid heartbeat
- Headache
- Muscle spasms
- Drowsiness;
- Blood pressure and pulse changes, both up and down
- Rapid heart rate
- Angina [caused by an insufficient supply of blood to the heart muscle]
- Cardiac arrhythmia [irregularity of the heartbeat]

- Abdominal pain
- Weight loss during prolonged therapy
- Tourette's syndrome
- Toxic psychosis
- Leukopenia [abnormally low number of white blood cells in the circulating blood] and/or anemia;
- Scalp hair loss.

## **DRUG DEPENDENCE**

Ritalin should be given cautiously to emotionally unstable patients, such as those with a history of drug dependence or alcoholism, because such patients may increase dosage on their own initiative. Chronically abusive use can lead to marked tolerance and psychic dependence with varying degrees of abnormal behavior. Frank psychotic episodes can occur, especially with parental abuse. Careful supervision is required during drug withdrawal, since severe depression as well as the effects of chronic over activity can be unmasked. Long-term follow-up may be required because of the patient's basic personality disturbances.

Even the label on a bottle of Ritalin contains a “Black Box” warning which is the strongest alert the FDA can

require of drug-makers. It means medical studies indicate Ritalin carries a significant risk of serious, or even life threatening, adverse effects.

## **The Risk Verses the Benefit**

As parents we must ask if the potential benefit is worth the risk. And what are the potential benefits. Doctors proudly acknowledge that 80% of the time, stimulant drugs are reported to help eliminate symptoms of ADHD. The problem with this feedback is the results don't last. Over time "tolerance" sets in and the drug loses its effectiveness.

Not only do the results not last but also the drugs change the brain and the problem of addiction gets worse. A review of 20 years of scientific literature on using stimulant medications, including Ritalin, to treat ADD and ADHD found a consensus: there is no documented long-term benefit in academic achievement or pro-social behavior.

Adderall XR, a widely used drug for attention deficit hyperactivity disorder, was pulled off the market in Canada after regulators linked the drug to 20 sudden deaths and 12 strokes. Fourteen of the deaths and two of the 12 strokes

were in children The adverse reactions were not associated with overdose, misuse or abuse of Adderall XR, Canadian regulators said.

The U.S. Food and Drug Administration issued a public health advisory to alert providers to the withdrawal. But the agency also said it had evaluated the same reports as Canadian regulators and did not think the data warranted pulling the drug from the U.S. market. Adderall does however have a FDA “Black Box” just like Ritalin.

### **Canadian regulators linked ADD Drugs to 20 sudden deaths and 12 strokes.**

When you read these potential side effects it is no wonder that a doctors prescription is required to buy these drugs, they are dangerous and should only be used as a last resort. But a last resort to what. Without the insights in this book, what other choices do you have? What else can parents do?

## Chapter Thirty-Two

### What Else Can Parents Do?

I wrote this book because in reviewing many of the books on ADD and ADHD, there are very few practical drug free options. They either put an unfair burden on parents to change their parenting styles or require their children to follow extreme diet regimes that are often impossible to follow.

There is no doubt in my mind that parents can improve their communication skills and parenting styles but I would not put the burden of blame on parents for the ADHD symptoms of their children. Millions of children suddenly demonstrating ADHD symptoms are not the result of faulty parenting.

**Parents should not take the burden of blame  
for having children with ADD and ADHD.**

As parents, we all do our best and fortunately we don't have to be perfect. New parenting skills are certainly helpful, but as we have already explored there are many other reasons that cause our children's ADHD brains.

Raising children today is challenging. In *Children Are From Heaven* I explore a variety of positive parenting strategies for supporting your children particularly according to the four temperaments. Even without ADHD, children still have unique needs according to their temperament. A child can be most challenging when their temperament is not the same as one or both of the parents.

**Even without ADHD, children have unique needs according to their temperament.**

Parents often describe one child being the dream child while another may be more challenging. Sometimes, this can simply be that the more difficult child has a different temperament from the parent. The dream child is more cooperative because the parent shares the same temperament and instinctively and effortlessly knows how to relate and support that child. In a practical sense they are

unconsciously competent in raising a child with their own temperament.

Without ADHD, the creative child will still have challenges in finishing things or cleaning up their room. The responsible child will be good at finishing things but have a greater resistance to changes. A bold child will still have a tendency to be impulsive and act without thinking and a sensitive child will need more time to talk and share feelings. Without ADHD these differences are simply much less extreme and more manageable.

Understanding different approaches to support the different temperaments in your children can make a world of difference for increasing their happiness, confidence and willingness to cooperate.

**Understanding the unique needs  
of your children can make parenting much easier.**

Another major challenge parents face today is not enough time with their children. Throughout history, parents were automatically able to pass on their values to their children because they are always together; children were not

sent off to schools to be influenced by the most dysfunctional child on the playground.

**The most dysfunctional child on the playground  
can have the greatest influence on our children.**

To compensate for this major historical shift, new communication skills are needed that were not necessary in the past because children were interacting with their parents all day long. By learning new communication skills to talk so your children will listen better and listen so that your children will share more about their daily experiences this challenge can be overcome. New insights for communicating with your children according to their temperament can dramatically help reconnect your child to the wisdom and values you wish to pass on.

**Sometimes the Answer is Easy**

Other books on ADD and ADHD do help parents understand that nutritional deficiency, allergies and toxic overload in the brain are responsible for the condition but their solutions are often too extreme for parents and children



to comply. Putting your child on a sugar free, gluten free, allergy free, dairy free, MSG free diet with complete avoidance of preservatives, dyes and chemical additives will certainly work but practically speaking for most parents trying to apply this insight is insurmountable and impractical.

Trying to follow a perfect diet for most people can be too difficult. Moderation is the answer. My Dad didn't allow any sugar in our household when I was growing up and as a result I just got my sugar fix at my friends' houses away from home.

In the beginning of this process for healing the brain, rather than take away things I recommend just keep adding the easiest solutions. With a little success, it becomes easier to try more natural solutions while simultaneously decreasing the availability and consumption of junk foods.

**Trying to follow a perfect diet  
is not necessary to be healthy**

With this new insight into healthy brain function, perfection is not necessary. You don't have to rigidly adhere to a perfect diet. In most cases you just need to start the day with the right nutrition and your body automatically does the

rest. With a healthy balanced brain, it is then much easier to minimize our addictions to unhealthy foods.

As I mentioned before, I get my nutrition at breakfast and the rest of the day I eat for recreation. I still do my best to eat the best foods and avoid the junk.

With super food shakes, super minerals and a few extra supplements, particularly at breakfast, our brains can be properly nourished for the day. With improved brain function we automatically experience increased freedom from the grip of addictive eating habits. For more information on what I use every day, go [here at MarsVenus.com](http://MarsVenus.com).

Parents tell me repeatedly these natural solutions are miraculous. Sometimes they work within days. One day their children are unhappy, detached, fussy, and irritable and then suddenly they are smiling, happy, peaceful and cooperative. In children, this reversal can happen in only a few days, in adults it can take longer but it can be done. We just need to know our options so we can make the choice.

**Parents tell me repeatedly  
these natural solutions are miraculous.**

Throughout The Mars Venus Wellness Solution For Focus, I have presented a wide range of causes for ADHD that shed light on a wide range of solutions. By breaking down a complex problem into simple components it becomes easier to solve. Ultimately it comes down to three steps.

1. Stop causing brain injury; the one condition that gives rise to ADHD.
2. Provide the brain with what it needs to heal injury.
3. Provide the extra nutrition for normal brain function.

My suggestion is to keep this process as simple as possible. More is not always better. Start with the easy to apply solutions and they may provide the answer. Even if they don't fully work, there will be improvement that will give you confidence to step further out of your comfort zone and try more elaborate suggestions. Healing your body and brain is a gradual process of learning and exploring what is right for you and your children.

I don't know exactly what will work for you but I want to know. I invite you to [join me at MarsVenus.com](https://MarsVenus.com) to share

your successes and questions. In addition, we provide free video presentations on relationships skills, happiness, stress management and wellness. See you there and please invite your friends and family as well.