

## **ADD, ADHD, PDD, Asperger's, Autism, and Related Diagnoses**

I approach the treatment of those diagnosed with ADD and ADHD in a multifaceted manner. Over the years, I have learned that this is not a diagnosis that one can treat with a single pill. I am sure that you have discovered that or you would not have called me. For at least fifteen years parents who love their children, just like you, have entrusted this facet of their care to me, and I have witnessed wonderful things happen. The extent to which children progress is different in each case, but there is hope.

If you go to the [http://www.autismwebsite.com/practitioners/us\\_lc.htm](http://www.autismwebsite.com/practitioners/us_lc.htm) and check the list of practitioners you will note that the list is not long, but my name appears. Years ago, before many were working with beautiful children like your own (and before such registries were created - - you might notice that I have attended a recent seminar as a kind of “refresher” course), I and others were reviewing international literature and listening to you, the parents, inform us about what was helping and what was not. In those days, parents were providing so much of the guidance. Now, there is a wealth of literature documenting that many, many safe, non-pharmaceutical strategies contribute to real, measurable changes. Below, I refer to books by Drs. Bock and McCandless. Also, I refer to literature found on various websites. Please take some time and read as much as you can. If you cannot read those books in their entirety, skim them and glean what you can. (You should be able to copy and paste the links into your browser to access the sites. If you cannot do so, copy the website addresses by hand and type them into your browser.)

Physicians and other credentialed clinicians around the country have read the literature, met and shared information at national and international seminars, and have seen results among their own patients. However, some healthcare providers have not done so. I do not judge anyone. Still, you may encounter some resistance along the way. I ask you to read the literature recommended here, yourself, and advocate for your children.

I am ready and very willing to partner with any of your healthcare providers, and I am a believer in the efficacy of drugs and well as non-drug therapies. So, you will not find me to be an antagonist. Simply, I will put your child first and work with you using the research and my experience.

You might want to start here and read an overview of some of the strategies I might choose to employ. I do keep in mind that every child is different, so I do not have a template that I use with every child. However, this overview is a nice place to start to acquaint yourself with some material you may not have read.

[www.healing-arts.org/children/ADHD/nutritional.htm](http://www.healing-arts.org/children/ADHD/nutritional.htm)

For some healthcare providers, the notion of food sensitivities is unfamiliar. It may be so in your case. Here is a brief introduction to that topic. It may not be an issue for every child, but, in my experience, much more than 50% of the children I see, with diagnoses ranging from ADD to Autism, benefit significantly from an investigation of these sensitivities.

<http://addadhdadvances.com/foodallergy1.html>

In addition, please refer to the “Neuroscience” PDF on the Practice Information page of my website. Follow the instructions until you reach the archived list of their Technical Bulletins. Issue #23 presents pertinent information about ADHD. Also, please take me up on my recommendation to access “chapter” 4 and take note of the symptoms associated with elevations or diminished levels of the various neurotransmitters. This information is very brief and easy to read. Also, the treatment approach called Target Amino Acid Therapy, which is very safe, is discussed there in detail. Read through this PDF so that we can discuss the information contained there and the information contained in the website listed above. There are more options for treating ADD and ADHD and related diagnoses than you might think. One more thing: I invite you to browse, and even, perhaps, purchase, Dr. Bock’s book Healing the New Childhood Epidemics. It is a very nicely written book that will introduce you to new, biomedical approaches to treating ADD/HD and Autism. By the way, these same approaches also work to improve the lives of children diagnosed with PDD.

While resources for special diets are listed in the material I have mentioned already, please check out the site listed at the bottom of this page.

For those diagnosed as Autistic, I want to refer you to the book Children with Starving Brains by Jacqueline McCandless, M.D. Along with the website listed above, it summarizes my treatment strategies. Essentially, it is the actual story of a conventional psychiatrist whose granddaughter was diagnosed with autism. Her journey led to remarkable discoveries and new approaches to treatment. At the very least, please skim this book. What you learn may bring you hope. Jenny McCarthy, an actress and activist, is the mother of an autistic child. She has educated herself admirably and has written several books that fairly and accurately discuss the kinds of treatment options I employ. I recommend her book Mother Warriors.

The report found at the website address below may appear a bit technical, but it is easier to read than it may appear at first glance. Certainly, you will get a big picture of some information you may not know but which can be so very important for your child. While information is provided about a variety of non-pharmaceutical strategies, **PLEASE DO NOT PURCHASE ANYTHING FOR YOUR CHILD UNTIL WE SPEAK. IN SOME CASES TESTS NEED TO BE RUN BEFORE ANYTHING IS DECIDED. IN SOME CASES, WHAT SEEMS LIKE A GOOD IDEA MAY BE WRONG FOR YOUR CHILD. I SIMPLY ASK**

**YOU TO SEE THE BIG PICTURE AND THE RESEARCH CITATIONS INCLUDED.**

When you get to this website, read the article entitled "Summary of Biomedical Treatments for Autism."

<http://autism.asu.edu>

After reviewing these recommendations, please give me a call so that we can make an appointment. I look forward to hearing from you.