

ADHD

Ritalin Deficiency OR Dragonfly Deprivation?

Alan and his Mom first consulted me in April 2005. Despite being on the highest dose of Concerta, a long acting form of the stimulant Methylphenidate (Ritalin), his ADHD was not adequately controlled. He was experiencing unpleasant side effects from the medication, including fatigue, which gradually worsened through the day.

Ritalin and other stimulant medications recently made national news because it was discovered they can cause serious and even life-threatening cardiac problems in children. This has not stopped doctors from dishing out stimulant prescriptions to 2 ½ million children each year in this country. Shocking!

An 8th grader, Alan's attention problems had been so severe that he was four years behind in Math and struggling in other subjects as well. In 3rd grade before starting on stimulants, he used to stand up in the middle of class out of the blue and walk aimlessly around the classroom. Academics wasn't the only area where Alan was lagging. He was terrified of insects and of being alone, refused to go to stores by himself, and disinterested in girls because of inordinate shyness. Undoubtedly, his worst symptom, however, was a severe case of bedwetting. This poor 14 ½ year old had not slept a single night of his life without wetting his bed. Such an affliction does not do a lot of good for a teenager's already compromised sense of self worth. One of Alan's symptoms that really caught my eye was a particular shade of OCD. (Obsessive Compulsive Disorder) He would compulsively line up pencils he found lying around in a straight line as well as compulsively repeat himself over and over.

I have had the privilege and good fortune of studying Classical Homeopathy with Jeremy Sherr, recognized the world over as one of Homeopathy's shining stars. Three years ago, I graduated from his Dynamis School of Advanced Homeopathic Studies, and my practice of Homeopathy has taken a quantum leap ever since. Jeremy is best known for being the world's foremost "prover" of homeopathic remedies. Provings are literally the birthing process of a new remedy. A substance (usually found in nature) of animal, plant, or mineral origin is diluted infinitesimally, then shaken vigorously after each tenfold or

hundredfold dilution, a process known as potentization. This highly potentized substance is then administered blindly to a group of healthy individuals who document in utmost detail every physical, emotional, and spiritual effect the substance has on them. Since Homeopathy is based on the Law of Similars, like will be cured with like, whatever the symptoms are produced in healthy people, are the very symptoms the remedy can treat medicinally in a patient.

In Jeremy's opinion, an individual cannot really call themselves a homeopath until they have experienced firsthand a homeopathic proving, which is why they are integral part of his Post Graduate curriculum. Conducting a proving was an enlightening and deeply humbling experience. The remedy produced hundreds of very distinct disturbances in the members of our class, and it was uncanny how several provers independently developed similar symptoms, and how they related to the substance the remedy was made from, once it was revealed to us at the completion of the proving. It was Damsselfly, a close cousin of the dragonfly. Not unexpectedly, it produced a "wired", buzzed feeling, like being hooked on speed. One of our classmates, a healthcare professional, began compulsively lining up bottles in his refrigerator after taking the remedy, and became deeply frustrated when the bottles lost their linear configuration. His wife thought he had gone mad!

Several other aspects of Alan's case pointed to Damsselfly, including his fascination with shiny objects, spirals such as tornadoes and hurricanes, and the color blue. I reduced his dose of Concerta from 72mg. to 54mg, and told his Mom to give him a daily dose of homeopathic Damsselfly, once his symptoms began to worsen on the lower dose of medication.

The following is taken verbatim from Alan's chart one month after starting Damsselfly: *Irritability and fatigue completely resolved. "I'm no longer mean like I used to be." A lot less fearful. Bedwetting down to five nights per week No longer obsessed . Has started taking an interest in girls, and isn't so shy around them. "He's getting a lot better." "This medicine is really helping me".*

It has been approximately 22 months since I first started working with Alan. His healing has been nothing short of remarkable and truly a blessing to witness. The bedwetting completely resolved a few months after starting homeopathic care, and to this day, as long as he doesn't drink late at night, he wakes up dry. His dose of Concerta has been

gradually reduced, and currently he takes 18mg a day, the lowest dose available.

At his December '06 follow up, Alan informed me that he made honor roll for the first time ever, had a girlfriend, and was the leading scorer on his school's basketball team during their most recent game. Just days before writing this article, Alan's Mom ecstatically informed me that he took home three individual medals in a regional competition against other schools –two in academics and one in sports. *"Everything about him has changed"* she added.

Each of the over 2000 existing homeopathic remedies is capable of this magnitude and depth of healing when properly prescribed by a practitioner who has mastered the science and the art of Homeopathy. I invite you to try this life transforming method of holographic healing on your children, and yourselves. You may discover that the neighborhood in which you live is well on its way to becoming the drug free zone it proclaims itself to be.