



WHOLISTIC HEALTH NEWSLETTER

CHILDREN'S HEALTH ISSUE

ADD and ADHD

A New and Prevalent Disturbance

Jeanette L. Hablullah, ND

Attention Deficit Disorder is a new labeling attached to thousands and thousands of our children. It identifies them as having a behavioral disease and they are most often prescribed drugs like Ritalin, child Prozac, Adderall and Paxcil. Dr. Gary Null studied this phenomena across the United States in 2004 - 2005 and found that it permeates our society. Strangely enough, however, it seems to be an epidemic exclusive to the U.S. In the population 19 years old and younger, 3.3 million children are being treated with prescription drugs. Some parents are being quietly coerced to medicate their children by school authorities and medical professionals with the threat of having them expelled from Day Care and other educational programs.

Medicating the behavior symptoms identified as ADD / ADHD does **nothing** to eliminate the problem. On the contrary, the medications bring their own problems. A recent (May 2006) headline read "ADHD Drugs Send 1000's to ER". Overdoses and side effects from these drugs are causing cardiac problems, strokes, high blood pressure, irregular heart beat and even death. Several children on these drugs have committed suicide within a few weeks of beginning the prescription, including a 4 year old girl. Others have been set on a path of life long drugging and other psychological problems. This type of response to annoying behavior is extremely dangerous. So what is a better response? Investigate the cause and treat the root of the problem.

The negative behavior symptoms labeled as inattention deficit have varying origins. Following are a few of the culprits and suggested solutions.

1. Overstimulation of the brain due to too much time spent with TV and Video Games.

Solution: Remove TV and limit time on computers. Have the child spend time with nature - outdoor parks, seashores, playgrounds or the back yard.

2. Malnutrition and artificial substances in food - colors, flavors, preservatives and sweeteners
Solution: Add flax oil or ground flax seed (for essential fatty acids (EFA's)) and minerals to diet. Remove foods with harmful substances and replace with natural, organic foods and wholesome snacks.

(Continued on Page 3)

In This Issue:

ADD and ADHD- A New and Prevalent Disturbance, pgs 1 & 3
 Pearls of Wisdom, pg 2
 Health Effects of Artificial Colors and Flavors-Part II, pgs 3 &4
 Inspirational Quote, pg 4

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"Treat their illnesses with Quran, honey, olive leaves and oil, black seed, healing herbs and natural foods. Do not be prompted to use chemicals and synthetic substances by fear or perceived poverty."

Assalaamu alaikum, Dear Readers;

"It is He Who created you from a single being and made from her a complimentary mate that he might dwell in tranquility with her. Then, when they are united, she carries a light burden and moves around with it. Then, when she becomes heavy, the two call on Allah their Lord, "If you give us a good child, we will surely be of the grateful ones"."

(Translation of Quran Surah 7: 189)

This verse from the Book of Wisdom indicates the origin of humanity and a righteous action that was the habit of husband and wife when they became aware of pregnancy. The two of them called on Allah in humble prayer invoking blessings on the new life.

In Arabic they ask for "saalihan" (a righteous one), which includes the concepts of soundness of body and mind, health and righteousness or good moral character. It encompasses all aspects of goodness. This consciousness of invoking the blessing of Allah on our children from the first moments of life has for the most part been lost, but sometimes ignored out of negligence. Later, even after a healthy child is given out of the mercy of Allah (God), subsequent actions may lead the child from a state of health and wholeness into one of disease and turmoil.

After insuring that the first sounds to enter the baby's ears are those statements of faith, prayer and gratitude to Allah, The Source of All Life, the parents must secure the characteristics of "saalih" (goodness). Preferably, the mother will breastfeed the child as there is nothing superior to Allah's natural provision. Scientific papers based on extensive studies attest to the long-term wholistic (body-mind-spirit) benefits of mother's milk. Loving, compassionate, guarding care must follow in all the years to come. Children have rights as beings entrusted to parents and other responsible adults. If we do not fulfill their rights, then we are guilty of unjust behavior before our Lord and subject to punishment.

We are thinking, reasoning beings and information is available to us. We must be selective as to what we allow to enter our children's bodies (i.e. injections, medicines, food, etc.) and to what we allow them to be exposed (sounds, personalities, environments, etc.). We are their protectors and guides as they begin the journey of life in return to their Lord. In order to enable them for this journey and provide them with sound bodies in which their mind and spirit will operate,

we must ourselves be well prepared and the best of provisions is taqwa (reverence of Allah). Pray over them daily until they are able to pray with you. Even then, continue to pray with them and over them in the morning and at night before they sleep. Seek protection for them from the Shaitan, who is greedy for bani Adam (Adam's children).

Treat their illnesses with Quran, honey, olive leaves and oil, black seed, healing herbs and natural foods. Do not be prompted to use chemicals and synthetic substances by fear or perceived poverty. This is a tactic of Shaitan. Allah gives life and causes death. No one else has that ability. Rethink, re-center your dependence, reassure yourself of the beneficence of the Guardian Lord. *Be at peace.*

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Childhood Illnesses and Herbal Healers - #1 Fever

Understanding the nature and purpose of fever will greatly change our response to it. In Tibb un Nabawi (Medicine of The Prophet), the following hadith is quoted; "The intensity of fever is a scorching torridity that is vented from the boiling of hell-fire, so cool it down with water".

Water should be given as a drink, perhaps mixed with lemon, honey or other supportive substances and used to cool the outer body with cool cloths to the forehead, back of neck and soles of the feet. Soft sponging of the back is also helpful. The feverish individual may need to be immersed in a bath of cool water if the fever rises and is stubborn to efforts to lower.

Fever is a natural immune response of the body when the system is under attack by harmful microbes. The objective should not be to eliminate it but to work with it to restore inner safety. All of these must be done with common sense and reason. If the fever goes above 102 degrees Fahrenheit and cannot be reduced, consult a health care professional.

Other Formulas/Methods to Reduce Fever

1. *Olive Leaf Tea or Tincture*- Given every 5 hours
2. *Peppermint Leaves and Elderflower or Echinacea and Elderflower*
3. *Vitamin C* - Complex: Must be adjusted to age of child; give every 2 hours
4. *Jin Shin Jyutsu* (The Art of The Creator through the person of Compassion)
 Place palms of hands on back of body between base of the neck and shoulders and hold for 1-3 minutes. This releases natural antibiotics and lowers temperature. May need to be repeated every 30 minutes in serious cases.

"Remove foods with harmful substances and replace with natural, organic foods and wholesome snacks."



"There was no consideration of 'behavioral toxicology' given to the use of the artificial additives."

"A New and Prevalent Disturbance" Cont'd from page 1

3. Chaotic living environments.

Solution: Work to establish order and peace in the home. Use prayer and determination. Order is the natural condition of the universe. Establishing order, cleanliness and peace is a means of worship in action.

Herbal Substitutes For Medication

Internal

Children under 2 years of age and day formula

Chamomile and Skullcap

Children under 2 years of age and night formula

Valerian Root and Chamomile

Older children and adults

Calms Forte taken at minimum level during day and more for sleep

Bach Flower Formulas - Works for all ages, when the cause is not diet based. Selection is made from 38 flowers based on individual characteristics

External

Use Lavendar Oil on earlobes and clothing and on pillows at night or Young Living Peace and Calming Essential Oil Blend

Health Effects of Artificial Colors and Flavors -Sensitivity and Hyperactivity- Part II

By Ayanna Miranda

In the previous part of this article the discussion centered on the adverse health effects of artificial food additives, specifically artificial colors. Artificial colors are causing health problems from hives to abdominal pain. In Part II the emphasis is on artificial food additives and the onset of hyperactivity.

History

Artificial food additives were not a part of our food supply prior to the 1950's. In those times, manufacturers who added color to a food or candy would achieve the color with a natural plant and/or vegetable based compound. Red could be achieved from the juice of beets, green could be achieved from chlorophyll, and yellow and orange could be achieved from extracts from a number of other plants and spices.¹

After WWII the chemical production industry grew rapidly. In order to increase sales, chemical companies sought out the food industry as clients.

The chemical industry convinced food suppliers that the manufacturing of artificial petroleum based ingredients or chemical based colors would be more convenient, less expensive, and have an almost unlimited shelf life. The food industry bought the sales pitch and began "low-cost" food production with artificial additives. There was no consideration of "behavioral toxicology" given to the use of the artificial additives.□

In the 1970's, researchers conducted studies to test the effects of synthetic petroleum based chemicals on health and behavior. Dr. Ben F. Feingold was an original researcher in this area. The results of Dr. Feingold's study claimed that 20-50% of children showed significant improvements in behavior following the removal of artificial colors and flavors from the child's diet.¹

The Effects

Synthetic food additives have been studied for the role they may play in Attention Deficit Disorder (ADD). The studies have focused on food additives and the behavioral changes in children. Dr. Theodore E. TePas has stated "...that artificial dyes and flavors have some influence on certain neurotransmitters although the mechanisms have not yet been worked out."² Dr. TePas also states that, in his practice, in about 50 percent of the children with Attention Deficit Disorder with Hyperactivity (ADHD), a heavy intake of artificial dyes, flavors, or salicylates have been a major contributor.²

A study conducted by the North Shore Hospital-Cornell Medical Center, Manhasset, N.Y. concludes that 73% of the children responded favorably to the elimination of food additives.³ The conclusion states that, "This study demonstrated a beneficial effect of eliminating reactive foods and artificial colors in children with ADHD. Dietary factors may play a significant role in the etiology of the majority of children with ADHD."³

A study published in the *Archives of Disease in Childhood* concludes that "There is a general adverse effect of artificial food colouring and benzoate preservatives on the behaviour of 3 year old children which is detectable by parents but not by a simple clinic assessment..."⁴ In further discussion, the authors state that their study shows that the effects of the additives on behavior occur independent of pre-existing hyperactive behavior. The study discussion concludes stating that "We believe that this suggests that benefit would accrue with all children if artificial food colours and benzoate

(Continued on page 4)

Inspirational Quote



"Healing is not mind over matter. It is using the heart to unite rational power of the brain and the spontaneous healing powers of the body so that this combined MIND can work its daily routine." (Unknown)

"Artificial Colors and Flavors" Cont'd from page 3

preservatives were removed from their diet...findings are sufficiently strong to warrant attempts...to examine whether similar benefits of the removal of artificial colourings and sodium benzoate from the diet could be identified in community samples at older ages.□

The Healthy Conclusion

These studies all strongly state that the inclusion of artificial food additives in diets cause detrimental damage to our physical body, affect our neurotransmitters, and become a catalyst for hyperactivity in children. The best diet for our children and subsequently for adults is one without any artificial additives. The studies clearly state that eliminating artificial additives from the diet is a way to create a healthy environment for the body and mind. The responsibility for a healthy environment must start on an individual level. The broader environment in which we live needs to include pure, natural foods. These foods need to be unaltered and unadulterated from the time that they begin to grow until their consumption. Without attention being paid to the pure and natural production of the foods we eat, our health will suffer.

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