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Introduction

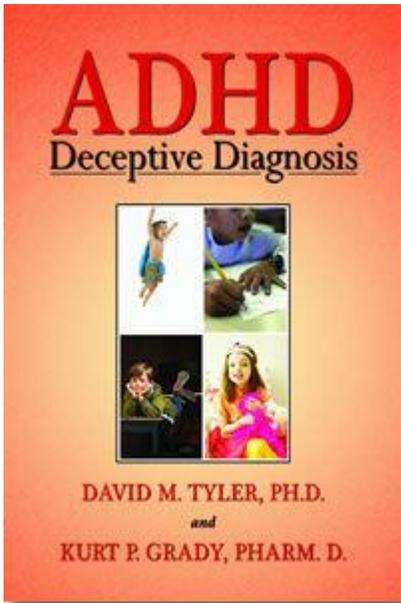
Children Are Blessed Gifts

God's design is that all children, even those labeled with ADHD, are blessed gifts. Children should not be seen as a hardship, but a benediction from God to grace our lives with fulfillment, meaning, and happiness.

Parenthood is God's gift to us.

God has given parents the duty of raising their children in the nurture and admonition of the Lord. They are not given the prerogative of delegating that duty to schoolteachers, peers, or child-care workers. Parents must involve themselves in their children's lives. Parenting is time consuming (Deuteronomy 6:6-7). It is not an easy assignment. The difficulty comes when parents fail to follow the simple principles set forth by God. In neglecting their God given duty they forfeit the blessing inherent in parenting. Parenting then becomes a burden God never meant for them to bear.

Imagine for a moment a country that drugs six million children with powerful substances to control behavior. A place where parents are told their children are victims of a "brain disease" that causes them to act inappropriately. A disease that, if not treated immediately, could produce a lifetime of failure, disappointment, and underachievement. Frightened by such prospects, the parents are given the "good news" of a safe and mild drug to alleviate the symptoms inflicting havoc in their child's brain. If a parent refuses to accept the pill, they are encouraged to try it on a trial basis. If the magic pill works and calms the child down, then it proves he had the disease after all.



The view that states man is like an animal, a collection of genes, chemicals and stimulus-response behaviors, laid the groundwork for attention deficit disorder, oppositional defiant disorder, and a host of other “diseases.” Years ago the symptoms associated with these “disorders” were viewed much differently. They were viewed for what they truly were. If little Archie was reluctant to engage in tasks that required sustained mental effort, made careless mistakes, or did not do his homework, the problem was *lack of self-motivation*. If he was fidgety, squirmed in his chair, and wouldn’t remain seated he was viewed as *lacking self-control*. If he interrupted others and didn’t wait his turn the root problem was *poor self-discipline*. When Archie behaved in a defiant way and would not comply with rules and requests, he was called *disobedient*. If he pouted, was resentful, and vindictive, he was said to have a *bad attitude*. Lying, stealing and hitting others were *sinful*. In other words, Archie was expected to behave responsibly. If he behaved irresponsibly, his teacher, school principal, Mom and Dad would *teach* him to be responsible.

In America today, with psychology deeply rooted in Western thought, children are no longer considered to be capable of volitional control over their actions, attitudes, or thoughts. Their behaviors are said to be beyond their control, affected by hereditary, so-called biochemical imbalances in the brain, food additives, television, or even DPT inoculation. Their lack of self-discipline, self-control and self-motivation, disobedience, and bad attitudes are defined as a disease.

This book will help Christian parents who are floundering in the quagmire of unbiblical and contradictory ideas fed to them concerning ADD/ADHD. While its advocates claim ADHD is a brain disease, its opponents, many of which are world renowned psychologists, psychiatrists and neurologists are denying its very existence. It is not a denial of the behaviors; it is a denial the behaviors are caused by a disease.

Chapter 1

ADHD: No Consensus

Horrific sins, like talking out of turn, not completing assignments, not paying attention and just about anything that might irritate a parent, or teacher is all a child has to be observed doing to be diagnosed as having ADHD. As someone once said, “It seems as if childhood itself has been termed a disease.”

What does the Bible say about the behaviors that make up the label ADHD? How can you help little Archie change?

The authors not only believe the Holy Scriptures are able to make men wise unto salvation (2 Timothy 3:16), but also explain why Archie does not pay attention, is impulsive and hyperactive. We do not believe that ADHD is a disease. We are not saying there is nothing wrong with Archie; we are saying he does not have a disease. However, Biblical counselors are not the only ones who do not believe ADHD is a disease.

Psychologist John K. Rosemond in the Forward of David B. Stein’s book, *Unraveling the ADD/ADHD Fiasco* wrote:

For almost two decades I have witnessed a dark---I’ll be so bold as to term it evil---trend in psychology and psychiatry. I have watched, often incredulous, as members of these two respected professions mass-marketed two nonexistent diseases, Attention Deficit Disorder (ADD) and Attention Deficit Hyperactive Disorder (ADHD), to the American public. The success of this propaganda effort has resulted in the victimization of millions of parents and children.¹

David B. Stein, Ph.D., a practicing clinical psychologist, addressed the issue of psychological testing for children suspected to have ADHD in his book *Ritalin Is Not the Answer*. Stein wrote (page 25):

No psychological test can indicate an ADD or ADHD disease. These tests are merely checklists, rating scales, or observations of a child’s attention during the test administration. ...These tests are only structured guidelines for observing behavior. They do not measure abnormalities in the body or brain. When a psychologist says your child

¹ David B. Stein, Ph.D., *Unraveling the ADD/ADHD Fiasco*, (Kansas City, MO: Andrews McMeel, 2001), p. ix.

tested positive for ADD or ADHD, we poor parents are deluded into a misperception that this is a disease. Do not confuse a psychologist's label with a disease. The tests only confirm the labels. They do not indicate or detect any disease entity.²

Thomas Armstrong, Ph.D. and former special education teacher, in the Preface of his book *The Myth of the ADD Child* wrote:

Through an aggressive public relations campaign, solid support from the medical community, and scores of well-meaning books and tapes for parents on helping "the ADD child," millions of parents and teachers have been enchanted into believing in the existence of a discrete psychiatric illness called 'attention deficit disorder' that supposedly afflicts millions of American children³

There is no cure for ADD, because there is no such thing as ADD.⁴

Lawrence H. Diller M.D. in his book *Running on Ritalin* wrote:

Looking back over the history of the syndrome, none of the proposed causes --- from brain damage to unspecified nervous system dysfunction to dysfunctional families---had ever been confirmed by research.⁵

Russell Barkley, Ph.D., psychologist and a key advocate for the disease model of ADHD, wrote in his book *Taking Charge of ADHD: The Complete Authoritative Guide For Parents* (page 22):

There are no lab tests or measures that are of value in making a diagnosis of ADHD, so blood work, urinalysis, chromosome studies, EEGs, average evoked responses, MRIs, and computed tomography (CT scans) should not be used routinely in the evaluation of ADHD children.

Peter R. Breggin, M.D. and psychiatrist in his book *Talking Back to Ritalin* speaks to measuring the level of activity in the brain and how it does not demonstrate abnormality:

The basic aim of the SPECT (single photon emission computed tomography) and PET (positron emission tomography) studies is to find areas of the brain that are comparatively hypoactive or hyperactive in children or adults diagnosed with ADHD addresses nothing more than relative level of brain function. It's roughly equivalent to taking the normal variations in temperature of various parts of the body. If you happen to be using particular muscles, for example, their energy utilization will go up compared to other muscles that have not been active. The active muscles may even feel warm to the touch. These rough measures of energy in no way indicate an abnormality... They only

² David B. Stein, Ph.D., *Ritalin Is Not the Answer*, (San Francisco, CA: Jossey-Bass Publishers, 1999), p. 25.

³ Thomas Armstrong, Ph.D., *The Myth of the A.D.D. Child*, (New York, N.Y: 1995), Preface.

⁴ *Ibid.*, p. 58.

⁵ Lawrence H. Diller, M.D., *Running On Ritalin*, (New York, N.Y: Bantam Books, 1998), p. 54.

indicate that these muscles were recently exercised more than the colder muscles. Similarly, if you are visually active at a given moment, the visual cortex of your brain may consume relatively more glucose during that time. These relative degrees of activity say nothing about whether the activity is abnormal or normal. In fact, these differences can and do occur from moment to moment all day long in perfectly normal brains... Pictures of multi-colored brain scans in newsmagazines and presentations can be an especially seductive touch. The use of different colors to highlight degrees of intensity adds an aura of science to brain scan maps, and makes them look much more complex than they are.⁶

Breggin calls this the “brain scan scam.”

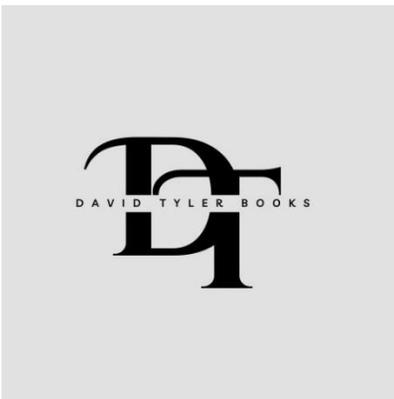
If these people do not believe ADHD is a disease, what do they believe the behaviors represent? Peter R.

Breggin wrote in his book *Toxic Psychiatry*:

...Failure to comply with requests and prohibitions. The central problem is obedience.⁷

Lawrence Diller, M.D. and psychiatrist in his book *Running on Ritalin* said: It’s not a chemical imbalance---it is a living imbalance.⁸

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⁶ Peter R. Breggin, *Talking Back to Ritalin*, (Cambridge, MA: Perseus Publishing, 2001), p. 174.

⁷ Peter R. Breggin, *Toxic Psychiatry*, (New York, N.Y: St. Martin’s Press, 1991), p. 280.

⁸ Lawrence Diller, p.78.