



Ritalin for ADHD — Ineffective and harmful



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On November 25th, 2015 Swiss Radio and Television broadcasting, SRF, reported that scientists from the international medical research organization Cochrane performed systematic reviews of 185 studies on ADHD. They then checked how effective Ritalin is — which is prescribed for children with ADHD. Cochrane is a global organization of scientists and physicians whose goal is the systematic assessment of medical therapies. They work without industrial or pharmaceutical funding in order to ensure their independence. First of all: What is ADHD. ADHD is the abbreviation for Attention Deficit Hyperactivity Disorder which is diagnosed mainly in children. It is estimated that 5.9-7.1% of children and adolescents worldwide are affected by ADHD. It is now considered the most common psychiatric disorder in that age group. Children diagnosed with ADHD are regarded as inattentive, hyperactive, and impulsive. They are almost always prescribed the medication Ritalin which contains methylphenidate as the active ingredient. In Germany and Switzerland, methylphenidate is classified as a narcotic.

American psychiatrist, Leon Eisenberg, is considered the scientific father of ADHD. He is regarded as being primarily responsible for the classification of ADHD as a psychiatric disorder in the late 1960s after he found some children with hyperactivity and attention deficit. The Frankfurt FAZ newspaper reported in 2012: "But when the amount of ADHD diagnoses drastically increased and Ritalin prescriptions exploded, Leon Eisenberg himself became skeptical. Forty years later, and shortly before his death, Eisenberg admitted to the science journalist Jörg Blech that he no longer believed in ADHD. He claimed that ADHD is 'a prime example of a fabricated illness'. Ultimately this means that it is a completely fictitious disease."

Scientists from Cochrane came to these sobering results, I quote the SRF: "Disillusionment Number 1: The effect of Ritalin and Co. is moderate.

Disillusionment Number 2: The quality of the studies reviewed is unsatisfactory which in turn fundamentally questions the previous assumption of the therapeutic effect of ADHD medication." The scientist's concluded, among other things:

"although Ritalin has been prescribed for over 50 years, there has been no comprehensive, systematic, and therefore scientifically reliable study on its benefits and risks."

But not only is ADHD obviously a fictitious illness, studies and investigations have shown that Ritalin is harmful and in certain cases even lethal. Studies from 2007 showed that Ritalin caused brain damage in lab rats. According to the study's leader, Teresa Milner, professor of neuroscience, there were changes in those brain regions which controlled the addictive behavior and feelings of hunger as well as social behavior and stress management. The

researchers urged great caution in the prescription of Ritalin. Professor Milner concluded: "We are very concerned about treatments that go on for years, particularly in young children." In a study, lasting longer than 10 years, six different American hospitals treated nearly 600 children with Ritalin for ADHD. The National Institutes of Health, NIH, summarized the results as follows: Symptoms do not even improve after three years of medication. Also alarming was that children exposed to the supplements for more than three years were in average two centimeters shorter and weighed three kilos less than children who underwent other therapies. The US Drug Enforcement Administration, DEA, classifies Ritalin as a drug which is just as dangerous as heroin and cocaine. Ritalin is as highly addictive as crack and has similar side effects. Crack is a drug which is made with cocaine salt amongst other ingredients. It is smoked and is the drug with the highest potential for psychic dependence. Nevertheless, Ritalin is still used to treat ADHD. In Germany, Ritalin prescriptions for kids increased from a total of about 34 kg in 1993 to 1.8 tons in 2012.

In Summary:

- If Ritalin really represents a solution to the social phenomenon of childhood hyperactivity then this phenomenon would be reduced and finally completely disappear. This can not be confirmed as shown by the data mentioned above.
- Ritalin cannot cure the symptoms of hyperactivity: It only masks them. The side effects and the addictive nature of the drug are more than questionable.
- Critical voices and scientific studies call for a re-evaluation of ADHD but have been ignored by many doctors and psychiatrists for decades.
- The verifiable and scientifically impeccable study by Cochrane should make a review of the treatment of hyperactivity in children very compelling.

Valued viewers, Dr. Edward C. Hamlyn, general practitioner and founding member of the Professional Association of General Practitioners in the UK commented on the invented sickness, ADHD, in 1998 saying: "ADHD is a scam which justifies the preparation of children for a lifelong dependency on drugs." We close with a quote from Helmut Kaeding, author of the website Ritalin-criticism, who states the following about the administration of Ritalin:

"Exposing children to such a degree to mind-altering and addictive drugs must not be taken lightly anymore it will damage society for a long time. Taking or administering drugs is an action which — step by step — leads towards death. What applies to an individual applies for a society as well. A society will die — step by step — to the same extent as its members are drugged.

Stubbornly ignoring all of these informing and warning voices shows that this is obviously and exactly what was intended by a certain elite behind the scenes.

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