



**This is one of my favorite quotes...**

*“Let me clear this up right now. ADHD is not like diabetes and [the stimulant used for it] is not like insulin. Diabetes is a real medical condition that can be objectively diagnosed. **ADHD is an invented label with no objective, valid means of identification.** Insulin is a natural hormone produced by the body and it is essential for life. [This stimulant] is a chemically derived amphetamine-like drug that is not necessary for life. Diabetes is an insulin deficiency. **Attention and behavioral problems are not a [stimulant] deficiency”***

■ **Dr. Mary Ann Block, Author of No More ADHD**

**After You read this guide - I highly encourage you to read why ADD-ADHD Drugs are only a band-aid. I cover the scientific reasons why ADD-ADHD Drugs fail to go to the source of the problem....and more importantly how you can easily go to the source of the ADD-ADHD issue.**

<http://www.3StepsADD.com>

**In this quick guide, we cover the “top three” prescribed ADD-ADHD Drugs**

**Strattera  
Adderall  
Ritalin**

**NEWSFLASH –**

**Congress Bars Schools From Requiring ADHD Drug Treatment  
Thursday, November 17, 2005**

**The Role of the FDA...to keep us safe?**

- Dr David Graham says circumstances at the FDA became such that he felt forced blow the whistle - he said he had to protect consumers from dangerous drugs.
- Dr Graham reckons Vioxx harmed at least 88,000 people, of which at least one third died.
- He claimed during a TV program called Nightline (ABC TV) that he felt the situation had forced him to speak.
- Dr Graham said during the Nightline program, "We have a system that is **biased toward approving drugs** almost regardless of the safety risks.
- Any reason will be looked for to approve a drug, unless there's an overwhelming safety reason not to approve a drug."
- Dr Graham is one of the top FDA scientists.
- During his 20 years at the FDA he has overseen the recalling of 10 drugs.
- Graham reckons the FDA dragged its feet and should have told people about the risks earlier on.
- He said that if things had been different the drug would have been banned in 2000 (as soon as study results were known).
- Many Americans wonder why the import ban on prescription drugs should carry on.
- President Bush had told the public that drugs approved in the USA gave US citizens a guarantee of quality and safety.

## Strattera

**Strattera Forum Here - <http://3stepsadd.com/strattera-forum.html>**

*No one knows what the long-term side-effects that Strattera will have on people.*

Manufacturer - Eli Lilly

**NEWSFLASH - Updated: 2:29 p.m. ET Sept. 29, 2005**

Lilly to add suicidal thoughts warning to Strattera label (Strattera will now carry a "black box" warning, the strongest required by U.S. regulators. Such warnings typically hurt sales of products by raising concern among doctors and patients about the safety of a drug.)

The latest in the line of ADD-ADHD drugs, Strattera is a “non-stimulant” ADD-ADHD drug.

Eli Lilly warned doctors that, Strattera, its drug to fight attention deficit disorder drug has caused **severe liver injury** in at least two patients. The announcements resulted in the three companies losing a total of \$30 billion in stock value.

Side Effects According to Eli Lilly

- Stomach upset, nausea
- Vomiting
- Constipation
- **Fatigue**
- Loss of appetite
- Dry mouth
- Dizziness
- Trouble sleeping
- Menstrual cycle changes
- Mood changes may occur

If any of these effects persist or worsen, notify your doctor or pharmacist promptly. Tell your doctor immediately if any of these serious side effects occur: **decreased interest in sex**, difficulty urinating. Tell your doctor immediately if any of these unlikely but serious side effects occur: weight loss, unusually fast heartbeat, severe headache, blurred vision. An allergic reaction to this drug is unlikely, but seek immediate medical attention if it occurs. Symptoms of an allergic reaction include: rash, itching, swelling, severe dizziness, trouble breathing. If you notice other effects not listed above, contact your doctor or pharmacist

Sounds like fun, huh?

Read what others are saying Strattera, and post your story!

<http://3stepsadd.com/strattera-forum.html>

### Strattera experiences from around the World

"I was put on strattera (80mg). I have had almost all of the side effects, but in time, most went away except for the following: I found that I can't keep my weight up. I keep losing about 15 pounds and have trouble getting it back on. I also found that my hands shake more than they should. Is there anything I can do to increase my appetite and reduce the nervousness? Could the nervousness be due to excessive weight loss? Thanks for any suggestions."

My son has been taking Strattera for a few months. He has started to throw these "fits" and become really aggressive. He becomes angered over things and claims that he doesn't know why he is mad. Is anyone else having side effects like these?

Has anyone noticed mood swings and sudden bouts of crying. Also, my heart races at times. Does that happen to anyone else?

Facial spasms in my eyes and mouth, nausea, lack of appetite, hair is falling out, little pimples on my scalp, hard to use the bathroom, migraines, no sexual desires, I'm too sleepy, this pill has not helped me in anyway and it has caused many problems for me...I'm disappointed and very mad with the side effects, it is very embarrassing!!!!

My daughter took Strattera for about a month. She became very hostile and angry while taking it. She is normally very docile and happy.

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I recently tried Strattera for my treatment of ADD because I have high anxiety and my doctor didn't want to risk putting me on a stimulant.

These side effects could have even been tolerated possibly had the medication given my symptoms of ADD a great relief but it did not. I found this medicine didn't help my ADD any, and they even cost me \$170 a month to take. The bad outweighed the good in my experience with Strattera.

## Adderall

- Adderall is a Stimulant Drug that stimulates nerve cells in the brain. It is used to treat narcolepsy. It is also used in persons with an attention deficit disorder who show signs of hyperactivity.
- Amphetamine with **high potential for abuse**, controlled substance, may lead to drug dependence, may exacerbate behavior disturbances and thought disorders, and psychotic episodes.

### Side Effects

- Nausea
- stomach upset
- cramps
- loss of appetite
- diarrhea
- constipation
- dry mouth
- headache
- nervousness
- dizziness
- sleep problems
- Cardiac side effects: palpitations, rapid heartbeat, hypertension, cardiomyopathy with chronic use of amphetamines
- Irritability or restlessness may occur the first several days as your body adjusts to the medication.

Other side effects reported include twitching, sweating, flushing, muscle tremor, change in sexual desire or ability. If any of these effects continue or become bothersome, inform your doctor promptly. Notify your doctor promptly if you develop: chest pain, rapid heartbeat, mental/mood changes. **This medication causes dizziness and can affect alertness.** Use caution driving or operating machinery while taking this medication. If you notice other effects not listed above, contact your doctor or pharmacist.

## Ritalin

Top resource for Ritalin information! – <http://www.ritalindeath.com>

Between the years of 1990-2000 over 569 children were hospitalized, 38 of them were life threatening hospitalizations, and 186 died.

- Methylphenidate increases mental alertness. It is used in those who have problems staying awake (narcolepsy) and for attention-deficit hyperactivity disorder (ADHD).

### Side Effects

- Loss of appetite
- blurred vision
- dizziness
- lightheadedness
- headache
- dry mouth
- stomach upset
- sleeplessness
- irritability or constipation may occur the first few days as your body adjusts to the medication.

If these effects persist or worsen, inform your doctor. Notify your doctor if you experience: weight loss, chest pain, nervousness, pounding heart, difficulty urinating, mood changes, yellowing eyes and skin. In the unlikely event you have an allergic reaction to this drug, seek immediate medical attention. Symptoms of an allergic reaction include: rash, itching, swelling, severe dizziness, trouble breathing. If you notice other effects not listed above, contact your doctor or pharmacist.