



# Generation A.D.D.: Natural Solutions for Breaking the Prescription Addiction

*Michael Papa D.C.*

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Ritalin is classified as a Schedule II narcotic-along with heroin and cocaine-and it's a compound that is given to children to drug them, to keep them under control, because parents and teachers feel they can't go into the territory of actually learning how to help kids live better lives. It's a crime against children. - Peter Breggin, M.D., author of Toxic Psychiatry and The Ritalin Fact Book

Six million children in the U.S. are currently prescribed Ritalin or other drugs to reduce the symptoms of ADD/ADHD, without a thorough examination of the causes. This book was inspired by Dr. Papa's distress about our country's abuse of pharmaceuticals as first-line therapy for a disease that according to many medical authorities is a fiction. Dr. Papa's 20 years of work with children and parents affected by ADD/ADHD, have shown that natural approaches greatly reduce symptoms of ADD/ADHD, in some cases eliminating them entirely.

In this confronting, solution-oriented book, Dr. Michael Papa urges us to explore and understand the lifestyle-related symptoms and underlying causes of ADD/ADHD, but also to choose natural solutions first. He states: It is essential that we break free from this drugging epidemic that is robbing our younger generations of their health and livelihood; it is our obligation as a society.

"Dr. Papa's book is a breath of fresh air for parents and individuals who have been suffering the consequences of dangerous drugs with numerous side effects and an extremely poor record of success. I applaud his courage to speak up about this critical issue and his success in treating patients suffering from the challenges associated with A.D.D." - Gary Null, Ph.D., New York Times Bestselling Author and Award-winning Health Advocate

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