

A DOCUMENTARY

ALL **FALL** DOWN

PSYCHIATRY'S PLAGUE OF DRUGGING CHILDREN



Documentary supplement: An overview of the side effects
of common psychostimulant drugs

IMPORTANT INFORMATION FOR READERS

This report is an overview of the side effects of common psychostimulant drugs. It contains information that is important for you to know.

Although it is vital for those considering psychotropic drugs for themselves or their children to be given a full rundown on all possible side effects as well as alternative treatments, very often psychiatrists ignore this very essential step.

If you are taking these drugs, do not stop taking them based on what you read here. You could suffer serious withdrawal symptoms.

You should seek the advice and help of a competent medical doctor or practitioner before trying to come off any psychiatric drug. This is very important.

The Citizens Commission on Human Rights (CCHR) does not offer medical advice or referrals but provides the information in this publication as a public service in the interest of informed consent.

For further information about drugs and their side effects, consult the *Physicians' Desk Reference* at www.pdrhealth.com.

ALL FALL DOWN

PSYCHIATRY'S PLAGUE OF DRUGGING CHILDREN



“The use of psychiatric drugs to act as a chemical
cosh to unhappy children is a sign of our
disordered society.”

Neurologist



Presented by Citizens Commission on Human Rights

INTRODUCTION

Psychiatric drugs are a big business in the United Kingdom—and business is booming.

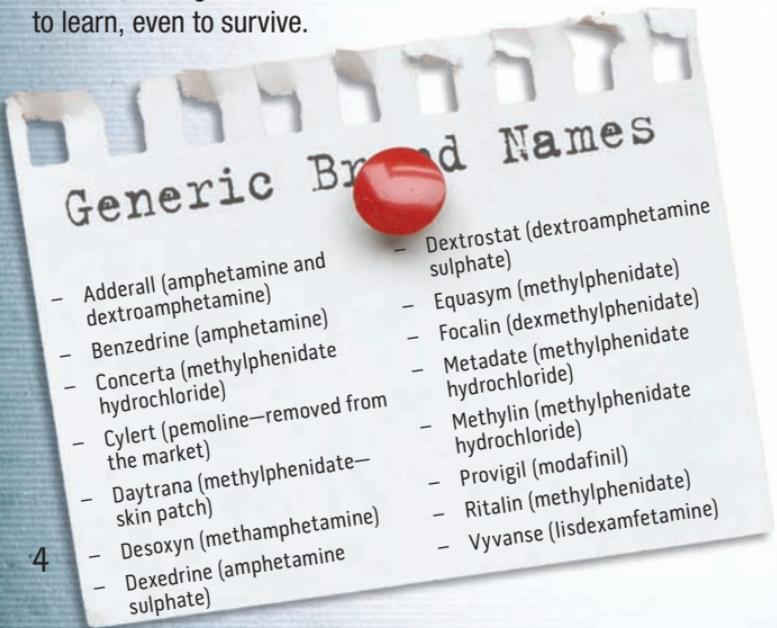
The number of prescriptions for psychostimulants has soared 187 percent since 1994, now totalling some three quarters of a million. The stimulant market in the UK now tops £33 million a year.

The media often trumpets the “wonders” of such drugs, extolling them for the treatment of childhood learning and emotional “problems” and “disabilities.”

And all the while we are told these drugs are “safe and effective” for children.

But are they?

Imagine being a parent who is told that your 7-year-old child is very ill and suffering—so much so that he needs medication to be able to learn, even to survive.



Generic Brand Names

- Adderall (amphetamine and dextroamphetamine)
- Benzedrine (amphetamine)
- Concerta (methylphenidate hydrochloride)
- Cylert (pemoline—removed from the market)
- Daytrana (methylphenidate—skin patch)
- Desoxyn (methamphetamine)
- Dexedrine (amphetamine sulphate)
- Dextrostat (dextroamphetamine sulphate)
- Equasym (methylphenidate)
- Focalin (dexmethylphenidate)
- Metadate (methylphenidate hydrochloride)
- Methylin (methylphenidate hydrochloride)
- Provigil (modafinil)
- Ritalin (methylphenidate)
- Vyvanse (lisdexamfetamine)



Fidgets
prescription: Ritalin

You're told not to worry. Millions of other children are taking it. "You wouldn't deny your son or daughter the medication they need, would you?" you're asked.

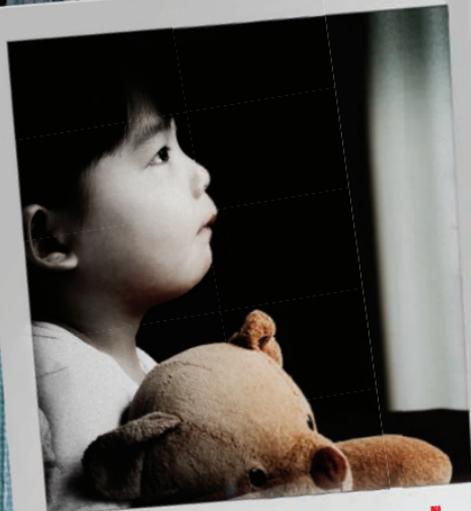
Now imagine being told that unless you administer this drug to your child, he or she could be removed from your home because to deny such medication would constitute emotional and medical neglect. Under such "advice" you agree to the medication.

Now imagine hearing the news that your son or daughter just died suddenly and inexplicably. A coroner tells you that the experts you had trusted, lied. The "medication" is the cause of your child's death.

Imagine the pain. Imagine the betrayal.

This scenario is common where psychostimulants are prescribed to millions of children around the world.

"Shaina looked into my eyes as her life ended and I could do nothing to save her," said the mother of a 10-year-old girl who died of toxic levels of a prescribed stimulant for ADHD.



Is Easily Distracted
prescription: Concerta



Trouble Waiting
prescription: Dexedrine

“I will do whatever it takes to ensure that no other family will ever have to lose a child to psychiatry,” said the father of a 13-year-old boy who suffered cardiac arrest due to Ritalin.

There is a lot of information provided to parents about psychostimulants, but it is often skewed because of the financial conflicts of interest between psychiatrists recommending them and the pharmaceutical companies that manufacture them.

One piece of widely promoted misinformation is that a psychiatric disorder such as “attention-deficit hyperactivity disorder” (ADHD) is a real medical disease.

It is not.

On top of this, the diagnoses of ADHD, conduct or learning disorders are so broad that nearly all children, and even adults, could fit the criteria.

With no lab tests to verify the presence or absence of any mental illness, psychiatrists define symptoms of ADHD by the presence of some of the following behaviours:



Acts Out
prescription: Equasym



Doesn't Listen
prescription: Adderall

- fails to give close attention to details or makes careless mistakes in schoolwork or other tasks;
- work is often messy or careless;
- has difficulty sustaining attention in tasks or play activities;
- fails to complete schoolwork, chores, or other duties;
- often fidgets with hands or feet or squirms in seat;
- often runs about or climbs excessively in situations in which it is inappropriate;
- is often “on the go”;
- often talks excessively;
- interrupts or intrudes on others (for example, butts into conversations or games).

Meanwhile, the stimulant drugs psychiatrists prescribe to children are so addictive they are referred to by experts as “Kiddie Cocaine” because of their many similarities to cocaine.

This booklet provides facts about psychostimulants commonly prescribed for so-called ADHD, “behavioural” or study problems. It is aimed at giving parents and others facts from which they can make a more informed decision about their own or their children’s healthcare needs.

What are PSYCHOSTIMULANTS?



Psychostimulants, also called stimulants, mainly consist of amphetamines (Dexedrine) and methylphenidates (Ritalin, Concerta, Metadate and Methylin), which are very similar in chemical structure to amphetamines.

A stimulant refers to any mind-altering chemical or substance that affects the central nervous system by speeding up the body's functions, including the heart and breathing rates.

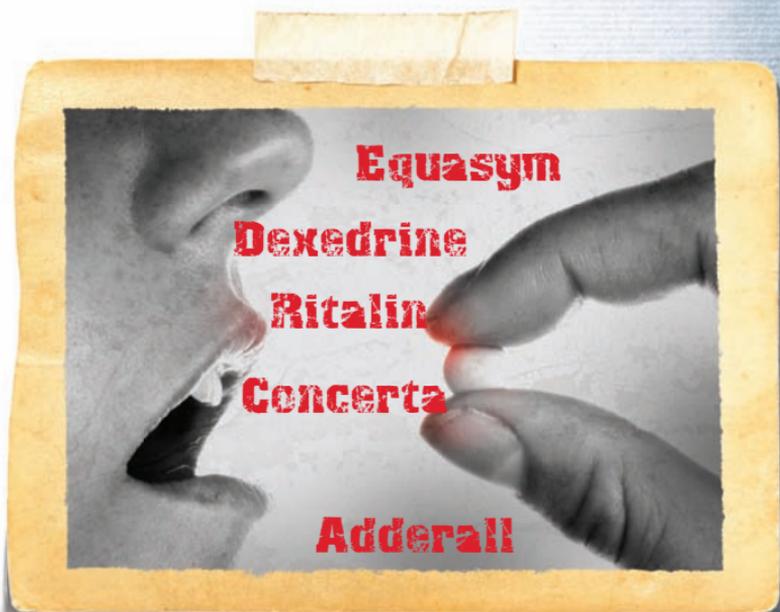
In children, however, stimulants appear to act as suppressants, but psychiatrists and doctors state they have no idea why.

One thing parents must know, however, is that methylphenidate, the generic name for Ritalin, is classified by the International Convention on Psychotropic Substances in the same abuse category as amphetamine, PCP (hallucinogenic drugs such as angel dust) and methamphetamine. It is also classified by the US Drug Enforcement Administration as a Schedule II* narcotic in the same abuse category as morphine, opium and cocaine.

Psychiatrists claim that psychostimulants can improve a child's academic performance by helping him to focus.

This is not true.

The US National Institutes of Health (NIH) ADHD Consensus Statement found that "there is little improvement in academic achievement or social skills" in children taking stimulants.



* Schedule II: A classification reserved for the most dangerous and addictive drugs that can be prescribed.

How do **PSYCHOTROPIC DRUGS** affect the body?

Your body consists of chemical compounds obtained from food, sunlight, the air you breathe and the water you drink.

There are millions of chemical reactions that are constantly occurring. Putting a foreign substance such as a psychotropic drug into your or your child's body disrupts the body's normal biochemistry.

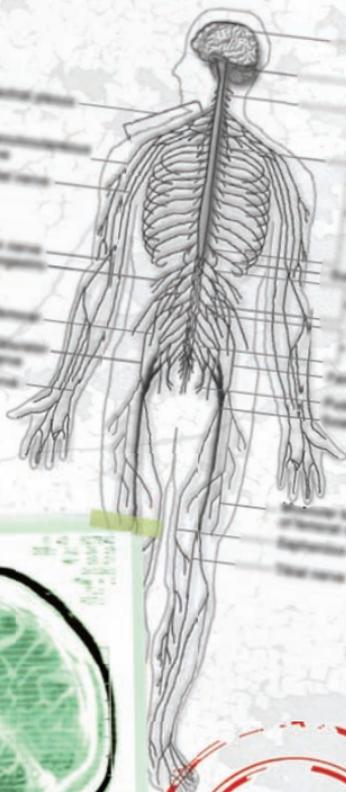
Sometimes this disruption creates a false and temporary feeling of euphoria (being "high"), short-lived bursts of increased energy or an abnormal sense of heightened alertness. However, it is not natural to feel like this. The feeling does not last and addiction can result.

Psychotropic drugs work by influencing the normal functions of the body: they speed them up, slow them down, dam them up or overwhelm them. This is why you get side effects.

But do not think that these drugs heal anything. They are intended to cover up or "mask" your problems. Meanwhile, they tend to wear out your body. Like a car run on rocket fuel, you may be able to get it to run a thousand miles an hour to the end of the road, but the tyres, the engine and the internal parts may fly apart in doing so.

Side effects can sometimes be more pronounced than a drug's intended effects. They are, in fact, the body's natural response to the invasion of a chemical that is confusing its normal functions.

Drugs mask the problem; they don't solve the cause.



What about those who say psychotropic drugs really do make them feel better—that for them, these are “lifesaving medications” whose benefits exceed their risks? Are psychotropics actually safe and effective for them?

“What ends up happening,” says Dr. Beth McDougall, a health centre medical director, “is that someone feels good for a while and then very often they have to have their dose increased. And then they feel good for a while and then they might have to have it increased again, or maybe they’ll switch agents. So it’s that kind of a story, if you’re not actually getting to the root of what’s going on.”

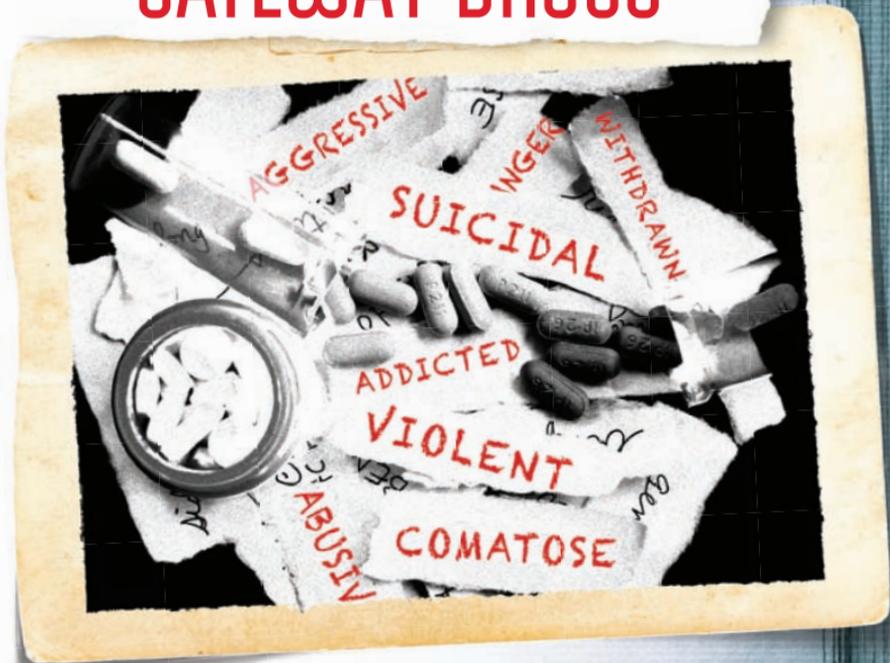
The side effects of **PSYCHOSTIMULANTS**

The following is a list of some of the side effects of psychostimulants:

- abdominal pain
- aggression
- angina (sudden chest pain)
- anorexia (eating disorder)
- blood pressure and pulse changes
- blurred vision
- depression
- dizziness
- drowsiness
- dry mouth
- fever
- hallucinations
- headaches
- heart palpitations
- hypersensitivity
- increased irritability
- insomnia
- involuntary tics and twitching called Tourette's syndrome
- liver problems
- loss of appetite
- mental/mood changes
- moodiness
- nausea
- nervousness
- psychosis
- restlessness
- seizures
- stomach pain
- stunted growth
- suicidal thoughts
- tachycardia (heart irregularity)
- toxic psychosis
- unusual weakness or tiredness
- violent behaviour
- vomiting
- weight loss
- "zombie" appearance

Suicide is a major complication of withdrawal from Ritalin and similar amphetamine-like drugs.

Psychostimulants are **GATEWAY DRUGS**



One extremely common effect of stimulants is drug addiction.

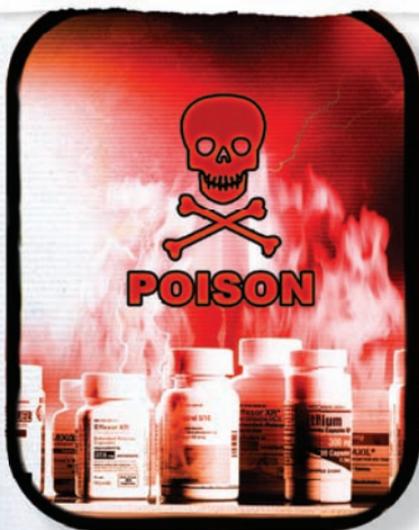
In fact, the US Food and Drug Administration (FDA) requires stimulants such as Ritalin and Adderall to carry a boxed warning that states the drug is “a federally controlled substance because it can be abused or lead to dependence. Keep in a safe place to prevent misuse and abuse.”

These drugs are now widely abused as street drugs. About 10 percent of American teens (2.3 million) abuse Adderall and/or Ritalin.

Not only that, but stimulants are also well known as “gateway drugs” to street drugs such as cocaine.

International drug regulatory warnings about

PSYCHOSTIMULANTS



In 2005, the United States FDA announced labelling changes for ADHD stimulants to warn that they can cause “visual hallucinations, suicidal ideation [thoughts], psychotic behaviour, aggression or violent behaviour.”

May 2006: Health Canada issued public advisory cautions that stimulants may increase heart rate and blood pressure and that this can result in “cardiac arrests, strokes or sudden death.”

August 2006: The FDA ordered a “boxed warning” for Ritalin alerting that it could cause sudden death in children with heart problems.



CAUTION

January 2009: The European Medicines Agency's Committee for Medicinal Products for Human Use (CHMP) said information packaging for methylphenidate-containing medicines must include a statement that they could cause or worsen "depression, suicidal thoughts, hostility, psychosis and mania."

February 2009: The Australian Therapeutic Goods Administration placed a boxed warning on packaging for methylphenidate, about drug dependence.

June 2009: The FDA announced there might be an association between the use of stimulant medications and sudden death in healthy children.

April 2010: The FDA added to Ritalin's drug package insert, warnings of additional side effects affecting the brain and the blood vessels that supply it, such as brain haemorrhage.

PSYCHIATRIC DISORDERS

VS.

MEDICAL DISEASES

There is no question children can experience problems and upsets in life.

They can also be very active, lack focus or be inattentive, but to represent these behaviours as caused by a chemical imbalance in the brain or as a neurobiological disease is misleading and dishonest.

The drugs prescribed for ADHD and “learning disorders” mask the real cause of the child’s problem and, thereby, deny him or her real solutions and recovery.

It is important to understand that there is a big difference between medical disease and psychiatric “disorders.”

In medicine, a condition is only labelled a disease after it has met strict standards: You have to isolate a predictable group of symptoms, be able to locate the cause of the symptoms or see how they function. This must all be proven and established by a physical test such as a blood test or X-ray.

In psychiatry, there are no lab tests to identify their disorders. Their drugs treat symptoms.

For example, a patient might have symptoms such as chills or a fever. In medicine, tests would be done to find out what physically observable disease is causing them, such as malaria or typhoid.

Psychiatrists, on the other hand, will not look for the root cause, and instead will prescribe a drug to mask the symptoms.

Meanwhile, the root cause is not being treated and may worsen.

To appear more scientific, psychiatrists claim that their “disorders”



come from a chemical imbalance in the brain. This claim has never been proven true, since there are no tests to assess the chemical status of a living person's brain or how to determine what a correct chemical balance looks like.

Dr. Darshak Sanghavi, clinical fellow at Harvard Medical School, is amongst many medical experts publicly debunking the "chemical imbalance" theory. "Despite pseudoscientific terms like 'chemical imbalance,' nobody really knows what causes mental illness. There's no blood test or brain scan for major depression. No geneticist can diagnose schizophrenia," he said.

The World Psychiatric Association and the US National Institute of Mental Health even admit that psychiatrists do not know the causes or cures for any mental disorder or what their "treatments" (usually drugs) specifically do to the patient.

Needless to say, allowing yourself or your children to be treated with psychiatric drugs is very risky, since there is very little science to back it up.

SOLUTIONS

The right to be informed

There are many reasons why a child may be fidgety, inattentive or may daydream in school.

Some may have an underlying physical illness or allergy. Some may be in need of better nutrition. Many studies indicate that children experience significant improvement in behaviour simply as a result of a change in diet. Some are naturally very energetic.

Thousands of others may simply be clever. Creative children also have trouble concentrating in school when they are bored.

How would you behave if you were forced to sit still in boring classes for six hours a day, five days a week?

As one educator tells parents: “What teenager would not want to squirm, fidget, run around, not pay attention, or escape any way that they can? These are the kinds of things that normal, energetic children want to do when they are bored or frustrated....”

Unfortunately, psychiatrists will often tell you that your child has emotional problems or a brain dysfunction that is incurable, and that he or she must take their drugs to “manage” it.

That is why all parents should first take their child to a competent medical doctor (especially one who is familiar with nutritional needs), who should obtain and review a thorough medical history of the child and conduct a complete physical exam, ruling out all the possible problems that might cause the child’s symptoms.



Then, parents should check into any other problem the child might be having with school, home, or in life in general. If your child is behind in his or her studies, or can't seem to concentrate, a competent tutor could help resolve the situation. The answer will most likely be found in one of these.

There are far too many workable alternatives to psychiatric drugging to list them all here. Psychiatry, on the other hand, insists there are no such options and fights to keep psychiatric drugging as the only alternative.

Patients and physicians must urge their government representatives to endorse and support the funding of workable nondrug alternatives to dangerous drugs.



FURTHER ACTIONS TO TAKE

1 Order copies of this DVD and get it out to doctors, healthcare professionals, solicitors, as well as friends, family and associates, local healthcare trusts and groups, and government policymakers. They all need to know the facts about the dangers of these damaging drugs.

2 If you learn of any adverse reactions to a psychotropic drug, ensure this is reported to the Medicines and Healthcare Products Regulatory Agency (MHRA), using the Yellow Card system obtained from its website, or from your family doctor. Go direct to <http://yellowcard.mhra.gov.uk/> or visit www.cchr.org.uk.

3 Encourage schools to prohibit mental health screening and psychotropic drug use on your child by filling out the enclosed "Parent's Exemption Form" and filing copies with a solicitor and your school administrator or head teacher. That effectively puts the school on notice to respect your child's right to be exempt from psychiatric programmes. (Also downloadable from www.cchr.org/parent)

4 Through visits, inform your Member of Parliament on the need for reform in mental health law. Full informed consent should be mandatory for anyone who is deemed mentally ill and a candidate for psychiatric treatment.

5 Regulatory agencies and boards that govern psychiatrists and mental health professionals can investigate and revoke a mental health practitioner's license to practice in severe cases of negligence, malpractice or

abuse. File such complaints with these bodies so as to expose violations of the Code of Practice for healthcare professionals.

6

Mental health practitioners do not limit their abuse of patients to psychotropic drugging. If you know of any psychiatrist or psychologist who has committed a sexual offence, financial irregularity, malpractice, fraud or any crime, report this to the police and to CCHR UK National Office: www.cchr.org.uk or e-mail: info@cchr.org.uk.

7

Studies show that undiagnosed and untreated physical conditions can manifest as so-called psychiatric conditions. If you or anyone you know is experiencing mental disturbance, ensure a thorough and nonpsychiatric medical examination is conducted. Remember: nonpsychiatric remedies *do* exist and *do* work.

**LOG ON TO WWW.CCHR.ORG.UK
FOR MORE INFORMATION AND
ACTIONS YOU CAN TAKE**



CITIZENS COMMISSION ON HUMAN RIGHTS

Restoring Human Rights and Dignity to Mental Health

Citizens Commission on Human Rights (CCHR) was established in 1969 by the Church of Scientology to investigate and expose psychiatric violations of human rights, and to clean up the field of mental healing.



Its cofounder is Dr. Thomas Szasz, Professor of Psychiatry Emeritus and internationally renowned author. Today, CCHR comprises a network of 250 chapters in 34 countries. Its board of advisors, called commissioners, includes doctors, legal professionals, educators, artists, business executives, and civil and human rights representatives.

CCHR has inspired and caused hundreds of reforms by testifying before legislative bodies and conducting public hearings into psychiatric abuse, as well as working with media, law enforcement and public officials the world over.



**The facts are hard to believe,
fatal to ignore...**



TELLY AWARD WINNER
ACCOLADE AWARD WINNER
COMMUNICATOR AWARD WINNER
AEGIS 2009 AWARD WINNER

Psychotropic drugs. It's the story of big money—drugs that fuel a £207 billion psychiatric industry, without a single cure. The cost in human terms is even greater—these drugs now kill an estimated 42,000 people every year. And the death count keeps rising.

Containing more than 175 interviews with solicitors, mental health experts, the families of victims and the survivors themselves, this riveting documentary rips the mask off psychiatric drugging and exposes a brutal but well-entrenched money-making machine.

Order the DVD today.

A Documentary
MAKING A KILLING
The Untold Story of Psychotropic Drugging

Order online: www.cchr.org

Psychotropic drugging... it's big business.



This is the story of the high-income partnership between psychiatry and drug companies that has created a £50 billion psychotropic drug profit centre.

But appearances are deceiving.

How valid are psychiatrists' diagnoses—and how safe are their drugs?

Digging deep beneath the corporate veneer, this three-part documentary exposes the truth behind the slick marketing schemes and scientific deceit that conceal a dangerous and often deadly sales campaign.

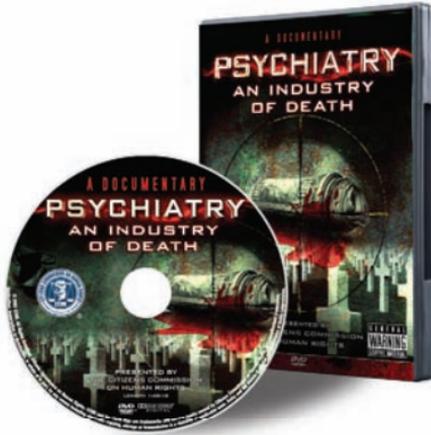
Order the DVD today.

The MARKETING of MADNESS

ARE WE ALL INSANE?

Phone: 00-1-323-467-4242

**Think psychiatry has nothing
to do with you? Think again...**



This powerful presentation, two years in the making, lays bare the destruction wrought by psychiatrists upon every sector of our society.

Graphic footage from archival and current films depicting psychiatrists in action, eye-opening interviews with medical experts and moving accounts from victims and their families, make this the most complete and devastating documentary of psychiatric abuse ever produced.

We think you have a right to know the cold, hard facts about psychiatry, its practitioners and the threat they pose to our children.

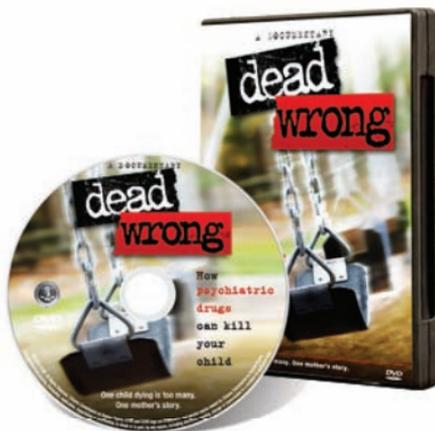
Order the DVD today.

PSYCHIATRY

AN INDUSTRY OF DEATH

Order online: www.cchr.org

One child's story, telling the tale of 20 million more...



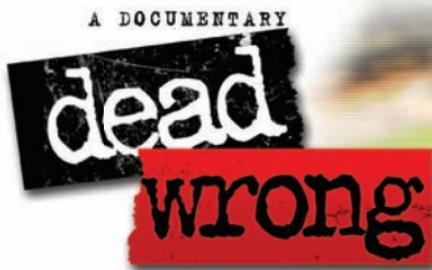
Here is a documentary that exposes how devastating—and deadly—psychiatric drugs can be for children and families.

Behind the grim statistics of deaths, suicides, birth defects and serious adverse reactions is the human face of this global drugging epidemic—the personal stories of loss and courage of those who paid the real price.

Psychiatrists claim their drugs are safe for children?

Once you hear what eight brave mothers, their families, health experts, drug counsellors and doctors have to say instead, you will come away convinced of one thing...Psychiatrists are DEAD WRONG.

Order the DVD today.



Phone: 00-1-323-467-4242

**“When you take a child and you drug
the child, you destroy the child’s
chances for development.
Children need to be protected,
they don’t need to be drugged.”**

**Dr. Julian Whitaker
Physician**

**Citizens Commission on Human Rights
United Kingdom**

**PO Box 188, East Grinstead,
West Sussex, RH19 4RB
01342 313 926**

**E-mail: info@cchr.org.uk
www.cchr.org.uk**

**To report any adverse psychiatric drug effects
go direct to <http://yellowcard.mhra.gov.uk>
Or visit www.cchr.org.uk**

cchr.org.uk

