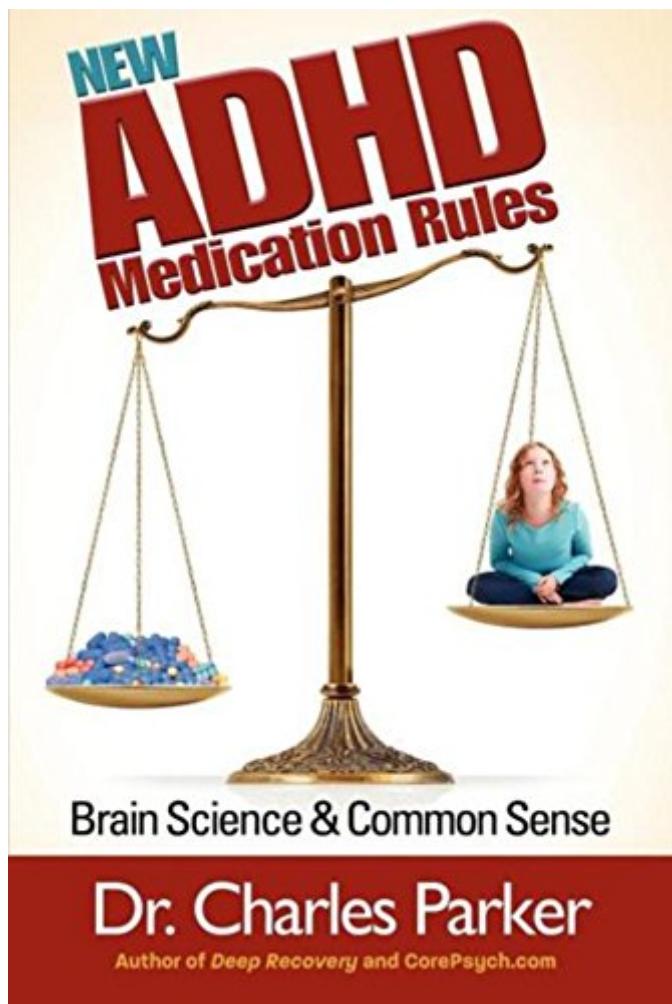


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# New ADHD Medication Rules: Brain Science & Common Sense



## **Synopsis**

New ADHD Medication Rules deals with the over-medication, missed diagnoses and imbalanced medical treatments used today in the treatment of ADHD. Dr. Parker shows where and how these imbalances occur, provides the data and explanations for why the treatment is incorrect, and then simplifies and explains the proper methods for dealing with ADHD, both for medical practitioners and parents of kids and adults with ADHD.

## **Book Information**

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## **Customer Reviews**

In *New Medication Rules: Brain Science and Common Sense*, Dr. Charles Parker makes a case for treating ADHD with the goals of what symptoms are to be improved in mind. This may seem like an obvious way to approach the treatment of any condition but, ADHD treatment is frequently approached in a different manner. Dr. Parker's book outlines the pitfalls of treating ADHD without first establishing the targeted expectations of symptom improvement and explains that treating ADHD, without the symptom change goals in mind, is like playing basketball without hoops; there's a lot of running around with no goal. Brain science has yielded much new information regarding

functional brain activity, nutrition, and the huge variety of treatment options available for the ADHD spectrum of problems. Dr. Parker explains, in lay person language, what this brain science has taught the psychiatric community about properly treating ADHD symptoms. Dr. Parker's focus is on properly seeing and defining all the many symptoms that make up an individual's ADHD diagnosis. He explains that the different medical treatments for ADHD target vastly different brain processes which improve vastly different symptoms. In New Medication Rules we learn that ADHD can present in ways that currently do not fall neatly into the hyperactivity, inattention and combined type subsets and that these currently used DSM V subsets are too vague, limited and imprecise. More information is needed and other specific symptoms (such as depression, degree of impulsive behavior, degree of avoidance behavior, degree of "over thinking", etc.) need to be assessed in order to adequately prescribe ADHD medication. Dr.

I chose the above title because it was this very issue that had caused me immeasurable suffering before reading New ADHD Medication Rules: Brain Science & Common Sense by Dr. Charles Parker. I was so moved by his understanding that I began working with him to address my ADHD medication issues. According to every prescriber I have worked with, the assumption was that if the stimulant medication I took became less effective over time, it was because I was "habituated" on it - a dangerous sign that set off loud alarms of addiction and drug dependence. I then found a clinic that prescribed on a mg / kg basis (higher doses for adults than for children based on body weight), which led to a disastrous rise in my dosage to the point where I lost my mind and nearly my life. What makes this so charged and challenging is that stimulant medication can be addictive and dangerous (even deadly in some cases). But knee-jerk claims of habituation are often false according to Dr. Parker. He lays out a very compelling case which, at its core, states that medication is metabolized like everything else we ingest. And if there are problems with digestion (food allergies being among the more prevalent factors), there will be problems efficiently metabolizing one's stimulant medication. One of the signs that this is so is...wait for it...finding that the medication becomes less effective over time. There are many, many other factors involved in the failure to adequately metabolize one's medication, and these must be addressed on an individual basis, through observation and a wide variety of diagnostic tests and methods. There is no magic bullet here: Just science, attention to one's individual experience and great communication between helper and "helpee".

I heard about this book from one of my patient's parents and as I like to stay up to date with not only

current research but the latest trends parents are following, decided to give it a chance. Highly disappointing, and frankly, somewhat unnerving how many positive reviews it received. First, the authors financial interests were grossly apparent throughout the entire book, although never formerly disclosed. The author raves about the profound effects (unspecified) testing from "SPECT consultants", with whom he is associated, at almost an annoying rate that made me feel I was being sold a product instead of learning anything new about the field of psychiatry or neuroscience. He frequently references how much difference this "testing" can make, but yet never identifies what exactly these tests are, instead using vague terms like testing "hormones" or "neurotransmitters". Similarly, I would bet money the author has an investment in Shire Pharmaceuticals, as he almost exclusively refers to treatment with Adderall and Vyvanse (both Shire produced) and fails to mention Concerta, Ritalin, Strattera or any other ADHD medications that happen to not be produced by Shire. In fact, he rarely mentions non-stimulant ADHD medications at all, which as a prescriber I have found to be invaluable for those children/adolescents with ADHD and co-morbid anxiety, irritability, or autism spectrum disorders that can be exacerbated with stimulant use. In terms of diagnosis, if I believed everything he said 90% of my patients would have an ADHD diagnosis. The author consistently attributes symptoms of many common disorders including depression, OCD, social anxiety, autism, bipolar disorder, personality disorders, substance abuse and many others to an unrecognized attention deficit disorder.

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