

# *Harvard Study – Alternatives to Ritalin*



*We would never tell you what to do -  
our goal is to simply provide you with all the  
information we have available so that you  
can make informed decisions.*

- A study done at Harvard Medical School, in their neuropsychology post-graduate program, tested twenty children who had been diagnosed with ADHD
- Ten were treated with Ritalin and the other ten were treated with dietary supplements. Tests revealed that the subjects in *both* groups showed significant and essentially *identical* improvements.

**The majority of the neurological symptoms attributed to ADHD can be attributed to:**

- ✓ Food and additive allergies
- ✓ Heavy metal toxicity and other environmental toxins
- ✓ Low protein/high-carb diets
- ✓ Thyroid disorders
- ✓ Mineral imbalances
- ✓ Essential fatty acid deficiencies
- ✓ Amino acid deficiencies
- ✓ B-Vitamin deficiencies

**For more information and to discuss your child's overall wellness,  
schedule a Chiropractic screening for you and your family today.**

*Source: Harding KL, Judah RD, Gant C  
Outcome-based Comparison of Ritalin versus Food-supplement Treated Children with ADHD  
Altern Med Rev 2003 (Aug); 8 (3): 319-330  
[emphasis added]*