

# 18

## Prizewinning Pilot Program

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**P**articipants in our program included married couples, young children, teens, family members from solid homes, mixed homes, blended environments and single-parent families. Most experienced immediate improvement. A few had more of a struggle, but only two families that started the program did not finish. One young man was on stomach medication that his family felt prevented him from participating; a mom and her son, as they began participation in the program, unexpectedly had to go out of state for personal reasons. My other participants did extremely well.

I needed participants for a project to help resolve ADD, ADHD, ODD and hyperactivity. I needed individuals that knew nothing about natural care. We screened all those who applied and only declined those who could not commit to the 102 days of lifestyle modification. I knew there would need to be alterations in lifestyle or there would be no change in behavior challenges.

All the participants began with the same pre-programmed ideas: the only treatment for the problem is medication. They were under the assumption that the food they were eating had nothing to do with their child's problem.

The pilot program is described below. The participants were at a disadvantage because they had no book to follow. They

**want to change, yet they expect different results.** This is very common in all patients I see. Core beliefs about the benefit of medicine have been so engrained in our consciousness that it requires a book, with this information, to educate you, the consumer, why you need to change.

## **Participant History**

Most of the participants in our pilot program saw positive results in less than 23 days. By far the biggest complaint I got from the children was, "I am not going to eat that health food." They soon found out that health food tastes good and what they had been eating was a compression of devitalized food pieces. The parents learned that they had to participate in their children's eating choices.

The medication most of the participants had been utilizing included Ritalin, Effexor, Adderall, Prozac, Neurontin and Dexadrine. Parents had been spending anywhere from \$100-\$500 per month in prescription costs. We also had individuals who took no medication, but were in the process of needing to make a choice for treatment.

The family doctor, school psychologist, clinical psychiatrist or pediatrician normally made the health diagnosis for the patient. The diagnosis was made from various testing procedures, including interviews, screenings, questionnaires and teacher analysis. Some participants had more than one interview.

### **Helping Kids Eat Right**

**Healthier eating habits will decrease cravings for sugar and junk food, enhance your child's nutritional profile, and prevent obesity.**

"The Healing Grocery  
When Food Is Your Best Medicine"  
By Kate Chynoweth  
*Alternative Medicine*  
September 2002

### **Symptoms prior to starting the program:**

- |                                                                       |                                                                 |
|-----------------------------------------------------------------------|-----------------------------------------------------------------|
| <input checked="" type="checkbox"/> Tiredness                         | <input checked="" type="checkbox"/> Poor attention span         |
| <input checked="" type="checkbox"/> Lack of alertness                 | <input checked="" type="checkbox"/> Fearful                     |
| <input checked="" type="checkbox"/> Extreme distraction               | <input checked="" type="checkbox"/> Constant frustration        |
| <input checked="" type="checkbox"/> Poor posture                      | <input checked="" type="checkbox"/> Sulkiness                   |
| <input checked="" type="checkbox"/> Depressed appearance              | <input checked="" type="checkbox"/> Fidgety                     |
| <input checked="" type="checkbox"/> Mad facial expressions            | <input checked="" type="checkbox"/> Whininess                   |
| <input checked="" type="checkbox"/> Depression                        | <input checked="" type="checkbox"/> Gives up easily             |
| <input checked="" type="checkbox"/> Weepiness                         | <input checked="" type="checkbox"/> Dark circles under the eyes |
| <input checked="" type="checkbox"/> Rage                              | <input checked="" type="checkbox"/> Moodiness                   |
| <input checked="" type="checkbox"/> Restlessness                      | <input checked="" type="checkbox"/> Impulsivity                 |
| <input checked="" type="checkbox"/> Low self esteem                   | <input checked="" type="checkbox"/> Lack of concentration       |
| <input checked="" type="checkbox"/> Difficulty focusing               | <input checked="" type="checkbox"/> Short attention span        |
| <input checked="" type="checkbox"/> Inability to complete school work | <input checked="" type="checkbox"/> Does not like the word ‘no’ |
| <input checked="" type="checkbox"/> Difficulty socializing            | <input checked="" type="checkbox"/> Can’t keep still            |
| <input checked="" type="checkbox"/> Fearful of change                 | <input checked="" type="checkbox"/> Must be doing something     |
| <input checked="" type="checkbox"/> Did not like being alone          | <input checked="" type="checkbox"/> Talkativeness               |
| <input checked="" type="checkbox"/> Excessive crying                  | <input checked="" type="checkbox"/> Daydreaming state           |

**The presenting body signals of participants included:** ADD, depression, bipolar, ADHD, ODD, hyperactivity, food allergies, dyslexia, asthma, dysthymic disorder, extreme headaches, loss of appetite, depression (constant), severe mood swings, crying, looks drugged, feels better, a lot of ups and downs, nervous reactions, pick and chew fingers and nails, constipation and red eyes.

**The behavioral challenges prevented patients from** making friends, limited school success, affected focus and follow-through. They could not try new things alone, always seemed to be blamed for something and many times had low self-esteem. Concentration and completion of tasks was difficult. They could not sit still and had difficulty studying. There was less family harmony—the family could not eat out or were limited when shopping. Patients had a difficult time getting up for school and had difficulty with reading and comprehension.

There was no specific pattern in children of natural child-birth or c-section, and no specific childbirth complications requiring forceps. The biological family relationships of the participants are interesting. There were adopted children and single parents. The adopted children had a common history of abuse and neglect and the biological mother's history was unknown.

Most families ate out two to three times weekly. Breakfast was eaten at home; lunch was eaten out. Two to three bags of french fries were consumed weekly. The general consensus as to cause was a direct link to diet. Yet, no one mentioned hydrogenated fats, dairy and sugar as the most common foods leading to the problem. Parental background was varied with one participant suggesting a parent as a source of the challenge, i.e. on drugs or alcohol. A busy lifestyle also appeared as a possible factor.

## **Feedback After the First Month**

Positive results from the first three weeks on the program included:

- |                                                                                           |                                                                                  |
|-------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|
| <input checked="" type="checkbox"/> <b>Feeling really good physically and emotionally</b> | <input checked="" type="checkbox"/> <b>Feels calmer</b>                          |
| <input checked="" type="checkbox"/> <b>Going to the bathroom more</b>                     | <input checked="" type="checkbox"/> <b>Less argumentative</b>                    |
| <input checked="" type="checkbox"/> <b>Weight loss</b>                                    | <input checked="" type="checkbox"/> <b>Fewer struggles with daily routine</b>    |
| <input checked="" type="checkbox"/> <b>Sugar craving subsided</b>                         | <input checked="" type="checkbox"/> <b>More energy</b>                           |
| <input checked="" type="checkbox"/> <b>Attention improving</b>                            | <input checked="" type="checkbox"/> <b>More ability to do exercise</b>           |
| <input checked="" type="checkbox"/> <b>Teachers noticed change</b>                        | <input checked="" type="checkbox"/> <b>Skin improving (psoriasis going away)</b> |
| <input checked="" type="checkbox"/> <b>Decreased whining</b>                              | <input checked="" type="checkbox"/> <b>No menstrual cramping</b>                 |
| <input checked="" type="checkbox"/> <b>Tasks now being completed</b>                      | <input checked="" type="checkbox"/> <b>No constipation</b>                       |
| <input checked="" type="checkbox"/> <b>Overall health improved</b>                        | <input checked="" type="checkbox"/> <b>Not picking fingers</b>                   |
| <input checked="" type="checkbox"/> <b>No morning vomiting</b>                            | <input checked="" type="checkbox"/> <b>Can concentrate at school</b>             |
| <input checked="" type="checkbox"/> <b>Fewer stomachaches</b>                             | <input checked="" type="checkbox"/> <b>Faster, better reader</b>                 |
| <input checked="" type="checkbox"/> <b>Fewer headaches</b>                                | <input checked="" type="checkbox"/> <b>Memory improvement</b>                    |
| <input checked="" type="checkbox"/> <b>Less complaint of bones hurting</b>                | <input checked="" type="checkbox"/> <b>Improved concentration</b>                |
| <input checked="" type="checkbox"/> <b>Reduced cramping</b>                               | <input checked="" type="checkbox"/> <b>More stabilized</b>                       |
| <input checked="" type="checkbox"/> <b>Feels healthy</b>                                  |                                                                                  |
| <input checked="" type="checkbox"/> <b>Enjoys the new food</b>                            |                                                                                  |

### **The biggest challenges the first month included:**

- |                                                                                               |                                                       |
|-----------------------------------------------------------------------------------------------|-------------------------------------------------------|
| <input checked="" type="checkbox"/> Taking the flax                                           | <input checked="" type="checkbox"/> Focusing          |
| <input checked="" type="checkbox"/> Taking time to exercise                                   | <input checked="" type="checkbox"/> Cost variety      |
| <input checked="" type="checkbox"/> Understanding the connection between subluxation and diet | <input checked="" type="checkbox"/> Missing junk food |
| <input checked="" type="checkbox"/> Taking the pills                                          | <input checked="" type="checkbox"/> Pizza             |
| <input checked="" type="checkbox"/> Sweet tooth                                               | <input checked="" type="checkbox"/> “Little Debbies”  |
| <input checked="" type="checkbox"/> Getting use to new food                                   | <input checked="" type="checkbox"/> Misses soda pop   |
| <input checked="" type="checkbox"/> Not being able to eat “regular food”                      | <input checked="" type="checkbox"/> Chocolate Milk    |
| <input checked="" type="checkbox"/> Misses macaroni and cheese                                | <input checked="" type="checkbox"/> Cookies           |
| <input checked="" type="checkbox"/> The food                                                  | <input checked="" type="checkbox"/> “Hoho’s”          |
| <input checked="" type="checkbox"/> Avoiding sugar                                            | <input checked="" type="checkbox"/> “Twinkies”        |
| <input checked="" type="checkbox"/> Finding alternatives                                      | <input checked="" type="checkbox"/> Cappuccino        |
| <input checked="" type="checkbox"/> Avoiding fast food                                        | <input checked="" type="checkbox"/> Orange pop        |
| <input checked="" type="checkbox"/> Moods and focus                                           | <input checked="" type="checkbox"/> Fried cheese      |
| <input checked="" type="checkbox"/> Cutting down on caffeine                                  | <input checked="" type="checkbox"/> Suckers and gum   |

### **Comments and Advice Shared by Participants**

- Drink lots of water with the program, especially with the salmon capsules.
- Follow the directions and you might lose weight. You will feel better and laugh more.
- Prepare yourself for different tasting foods.
- You do this to be healthy, it’s good for your body, overall health improvement, better self-esteem. You must have discipline.
- We are starting to focus as a family.
- The food modifying is difficult at first, but each week it gets a little easier.
- The change came after a few weeks and it is noticeable.
- I see my whole family is better, sleeps better. Be patient with yourself and child. Reading labels is a must.

- ☑ I feel a lot better. I am sleeping better. Although you have good and bad days, eventually you'll feel great.
- ☑ Increase minerals if your child has trouble sleeping, experiences stress challenges or mood swings.
- ☑ Increase flax if your child has increased moments of crying\* or increased itching.

(\*We did discover that about five to six weeks into the lifestyle change some participants had a tendency to cry without reason. This heralds the need for Vitamin B. You may need to increase the whole food B complex.)

## Feedback After the Second Month

- |                                                                             |                                                                                 |
|-----------------------------------------------------------------------------|---------------------------------------------------------------------------------|
| ☑ Therapist noticed child is calmer                                         | ☑ Not as sick                                                                   |
| ☑ Meals and food shopping is easier                                         | ☑ 100% improvement in health                                                    |
| ☑ Does not crave sugar                                                      | ☑ Not craving dairy                                                             |
| ☑ Better grades, socializing better, more self-control                      | ☑ More energy; less depressed                                                   |
| ☑ Not whining or depressed, more energy                                     | ☑ Classmates are supportive                                                     |
| ☑ Likes healthy alternatives                                                | ☑ Talking about food and how it makes them feel                                 |
| ☑ Lost weight and warts are gone                                            | ☑ Sleeps better                                                                 |
| ☑ Teacher thinks he is still on Ritalin                                     | ☑ More tolerant of people and confrontation                                     |
| ☑ Happier with himself                                                      | ☑ Fewer sore throats, headaches, and episodes of fatigue                        |
| ☑ Adapted to the change                                                     | ☑ Asthma and bronchitis are better; not been on antibiotics since program began |
| ☑ Less colds                                                                | ☑ More energy, better concentration at school                                   |
| ☑ Family environment more happy; enjoy talking about food and eating habits | ☑ Stopped itching                                                               |
| ☑ Better grades; more focused                                               | ☑ Going to the bathroom more                                                    |
| ☑ Easier to get along with                                                  | ☑ Not vomiting every day                                                        |
| ☑ Pays attention better                                                     |                                                                                 |

## The biggest challenges after two months

- ☑ Being at parties and unable to eat the same food as the other kids
- ☑ Getting used to flax
- ☑ Diet change takes time to plan
- ☑ Difficulty with focusing
- ☑ Not having support of teachers
- ☑ Craves chocolate during period
- ☑ Craves sugar
- ☑ Teacher sees no change in school

The participants needed to make dietary and lifestyle changes to be successful with the program. All were motivated, but did not want to be deprived of food. The families increased communication about food choices; shopping together resulted in an improved family environment. Participants learned about various food items, especially snacks. There was immediate elimination of the improper food groups, especially milk and sweets.

One of the bigger challenges was careful shopping, making right food choices, being aware of the budget and choosing the right foods to pack for “day trips” and school.

Common challenges included dietary choices on holidays, at parties and school activities. Most participants were aware of these situations and brought appropriate foods for the occasion. Most teachers were supportive.

Students generally improved in school, manifested in better grades, improved self-esteem, reading and behavior. The overall result with all participants was very positive. The participant’s emotional lives improved. Improved behavior was linked to lifestyle modifications and the elimination of unhealthy foods.

**The pain of hyperactivity, ADD and ADHD appears to be stronger than the pleasure of the “forbidden foods”!**

## Feedback After the Third Month

The participants adapted solidly to the program by the third month. Motivation was fueled by the improvement in behavior and a general state of improved health.

When asked, “What can you tell others starting the program,” the participants overwhelmingly responded with, “it is worth the challenge and it gets easier.” The participants generally bought school lunches prior to the program; once the program started they began packing lunches. They all ate breakfast at home prior to the program and continued this throughout. **Lesson Learned:** *You need to control what you eat by preparing your own food.*

There was a mix of participants: those discontinuing medication, others not taking any medication, and those more intense cases who were still on medication. Subluxation correction was used as a part of our pilot program. The participants welcomed and enjoyed the “relief” of built-up tension and the over all health benefits associated with their spinal adjustments. **Lesson #2:** *Spinal adjustment can relieve tension build-up.*

Our participants completed the program with overwhelming success. We were one person shy of unanimity to continue with the lifestyle changes. The most common response was to stick with the supplements and flax and to stay away from hydrogenated fats and sugar. The pleasure of being calm has been a very motivating factor. **Lesson #3:** *Stay away from hydrogenated fats and sugars.*

Circles of influence noticed behavioral improvement. The consensus by the participants included better focus and improved schoolwork. Less discipline was required to maintain order. Our youngest participant was able to go on the bus without being carried on. He could also go shopping without being strapped to the cart. Schoolwork improved with great

significance, grades going from “F” to “C.” Testing and focus improved generally.

Using flax oil appeared to be a leading factor for the improvement as did the elimination of sugar, dairy and hydrogenated fats. **Lesson #4:** *Taking flax oil is a leading factor in health improvement.*

Much to everyone’s surprise, the flu and cold season passed over all the participants. Our clinic patients have strong immune systems and rarely have body signals that are correlated with sickness. One young man was very excited because he did not get pneumonia, which has been a part of his life since childhood. He was able to participate in winter sports and ski for the first time. He was also able to discontinue six medications, including three inhalers, Neurontin, Prozac, Clonidine, Dexadrine and antibiotics.

The hardest obstacle during the program was making the diet changes, including eliminating sugar.

A challenge, especially for blended or divorced families, was convincing the other parent to support the lifestyle changes.

Common accomplishments reported by participants included making better grades, getting along with others, increased knowledge of food and the feeling of controlling their own destiny. One participant said he was having fun, which he had never had before. The participants were more aware of what goes on with the body, and they learned taking flax oil helps.

The concluding thoughts about the program are very positive. I knew, even before I started putting the information in written form and in a logical format, the program physiologically had to work. My patients and their parents have been educated to eat quality, physiologically-correct foods and supplements. They understood the role of spinal subluxations. The parents now do not have hyperactive or ADD children. Before beginning the program the participants knew little or

nothing about natural health care. Now they make decisions based on their diet changes and are following a plan.

But most importantly, the families were working together toward a goal. The program, apart from allowing these families to learn together, created a new bond within the family unit. Not only was there an increased awareness of health but an elevated awareness of each other.

The final chapter of this life-changing program is a tribute to the group of individuals who participated in it “to get better without drugs.”

My participants are just like you. Your situations may be similar or different, but anyone can work to create a happy and healthy environment. **Your family can experience the same exhilaration by taking steps to achieve a Ritalin-free life.** No more dependency on drugs. Sickness will go away. Your family life will return to one of peace and quiet. Life will be good again. One mom put it so succinctly, “We decided to choose life.”

## **Positive Experiences From My Practice**

*My name is Kyle L. and I'm 15 years old. I enjoy music, swimming, dancing and sports. I was diagnosed with ADHD. Then, four years later, I was diagnosed with Tourettes Syndrome. Although neither disorder interfered with my hobbies, I had a difficult time in school. My “tics” and impulsiveness got me into major trouble with the law and I was kicked out of school.*

*As a result of a newspaper article, three neurologists and five psychologists later, Dr. DeMaria contacted my parents. They were skeptical at first but agreed to meet with Dr. Bob.*

*After a series of X-rays, tests on my spine and blood work, Dr. Bob concluded that by changing my diet and lifestyle and receiving regular spinal adjustments*

*I could get better, not perfect or cured, but definitely better. He was right! My mom says my behavior is much better, but I've still got a long way to go. My attitude has improved. By sticking to my diet and exercise plan, I can avoid a lot of problems.*

*I strongly encourage you to. . . TRY DR. BOB! IT REALLY DOES WORK!!*



*My mom brought me to Dr. DeMaria because we were dealing with A.D.D.—hyperactivity and impulsive behavior. After attending health meetings and hearing Dr. Bob on the radio, she decided to give his plan a try.*

*I had been taking 1¼ pills of Adderal a day and sometimes my appetite would diminish. My sleep was also affected. With Dr. Bob's prescription for a proper diet and nutritional supplements, I am now taking only ¼ pill a day. My attention span, appetite and sleep habits have improved. For the first time I said, "Mom, I'm tired"—I actually wanted to go to bed. My penmanship skills and small muscle skills have also improved.*

*Dr. Bob and his staff are very helpful and friendly. My mom loves the results we are getting. We have also learned so much about my health and how to improve my diet for best results with A.D.D.*



*I have a patient who has a son living with his mother. This individual also has two daughters from his second marriage. I have treated both daughters beginning early in their life. The two young girls do not*

*consume hydrogenated fats; they watch their diet. There is no hyperactivity, ADD or ADHD symptoms.*

*On the other hand, the son, who lives with his mother, has been allowed to consume whatever he wanted. This resulted in very many neurologic challenges including twitching and altered hand and body movements. The young man was on the verge of being placed on Ritalin when the dad spoke to me about what was going on with his son. I advised him to make the changes discussed in this book, especially the elimination of hydrogenated fats.*

*Within a very short time period (three months) this young man's twitching disappeared.*



*I have a young boy who is about ten years old who was having repeated hand motions, facial movement and challenges with schooling. After adding minerals and Flax oil to his diet, in conjunction with spinal adjustments, his twitches and excessive activity disappeared.*



*Tina is a 68-year old female who presented with a history of three spinal surgeries, hysterectomy, gall bladder removal, lumpectomy and sinus surgery. She was very keyed-up and failed to calm. We placed her on minerals and flax oil. Within one week, in conjunction with her spinal adjustments, her symptoms subsided.*