

Local and State

The Chronicle-Telegram Monday, August 25, 2003

Local physician touts care without drugs

Krista Schultz
The Chronicle-Telegram

ELYRIA — A local health care practitioner says he has discovered the secret to mental health without a prescription — proper diet.



Dr. Robert DeMaria, author of "Stop ADHD, ADD, ODD, Hyperactivity," is trying to increase the popularity of a method for correcting mental imbalances. He offers a plan of action that simply suggests watching what you eat.

DeMaria has been a practicing natural health care practitioner promoting drugless therapies for more than 25 years. Though his methods often meet with controversy, DeMaria stands by his recommendations and cites his own

life to back them up.

A father of two children, Dominic, 21, and Anthony, 18, DeMaria uses his own sons as examples of his program. "I have two healthy sons with no cavities, no eyeglasses, no medication, no hyperactivity, no asthma and no Ritalin," DeMaria said. "If I have two healthy sons who live in America, then you can also have healthy children."

DeMaria has followed his program since 1987, and says he is another example of its success.

DeMaria opposes long-supported beliefs of using medicine to cure conditions such as attention deficit disorder, attention deficit and hyperactivity disorder and oppositional defiance disorder.

"We live in a drug-oriented society," DeMaria said. "People convince themselves there is no correlation between behavioral conditions and

See CARE, B2

CARE

From B1

diet."

DeMaria focuses on holistic methods and treats patients by modifying diets, improving nervous system function and teaching patients how to let their bodies heal themselves.

A dietary change can rid patients of symptoms such as inattention, organizational difficulty, excessive talking, fidgeting and impulsivity, DeMaria said.

By focusing on proper fat

metabolism, patients not only improve their mental health, but also immune system, scholastic performance, self-confidence, energy level, sleep cycle, concentration and memory, he said.

Rather than prescribe drugs to children, DeMaria teaches patients to eliminate the consumption of hydrogenated fats, cow's milk and refined sugars. He offers recipe ideas and suggestions that make the plan adaptable to individuals.

DeMaria is concerned that future generations may be

learning to follow the saying "Drugs not Hugs." According to DeMaria, five million children are taking some form of a psycho-neurotic drug that alters behavior. One of the most popular of these is Ritalin, DeMaria said, which he called as addictive as cocaine.

"Take control of your family's life. Become proactive," DeMaria said. "One of my participants summed it up so well. She said, 'We decided to choose life.'"

Contact Krista Schultz at 329-7155 or ctnews@chronicletelegram.com.