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Reasonable Advice

I read a lot of things on the Internet from various health websites. I like to see what's being said because more often than not, you're going to read it and ask me what I think. The other day, I read a question-and-answer segment on a cable network's website with a question about giving medications to children with Attention Deficit Hyperactivity Disorder (ADHD). The woman's family was against her doing it, and she wondered if there's a more natural way of handling this problem for her child. This is what Dr. Charles Raison of Emory University said about using medications in this instance:

Any medication that significantly improves a person's emotions, functioning, or behavior is a blessing and should be continued if the benefits are not outweighed by side effects.

I agree wholeheartedly and I don't think it applies only to psychological or emotional issues. Look, I think we would all agree that if we could get by without using a single medication, we would prefer it. But sometimes, conditions have surpassed what nutrients alone can do, and we need some help to get back on the path to health. Once things have stabilized, we can change our lifestyle, lose the weight, start the exercise program, take the supplements that can help, and perhaps get off the medications.

Dr. Raison gives reasonable advice we would all do well to heed. The alternative is to let things go too long. The sad thing is if we wait too long, it may become too late.

What are you prepared to do today?

Dr. Chet

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