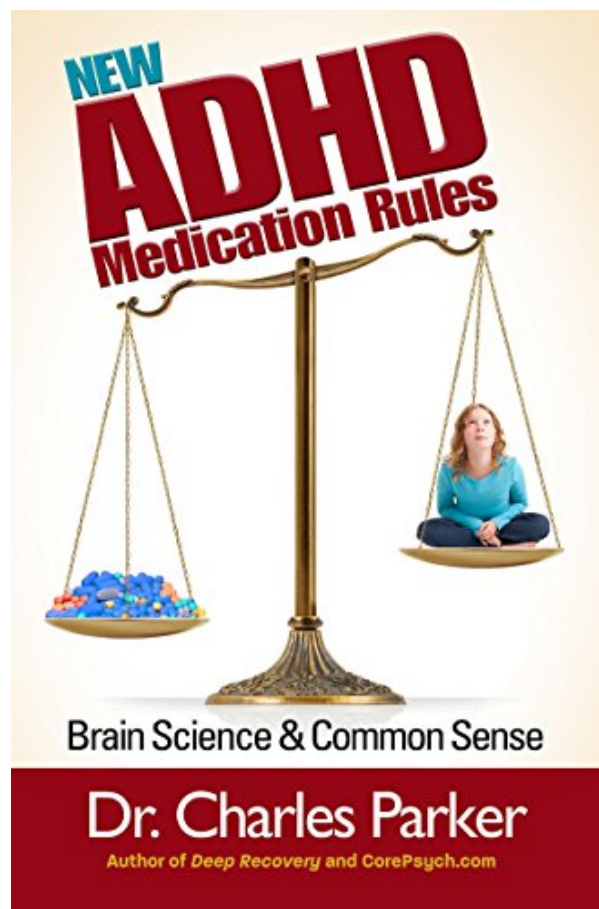
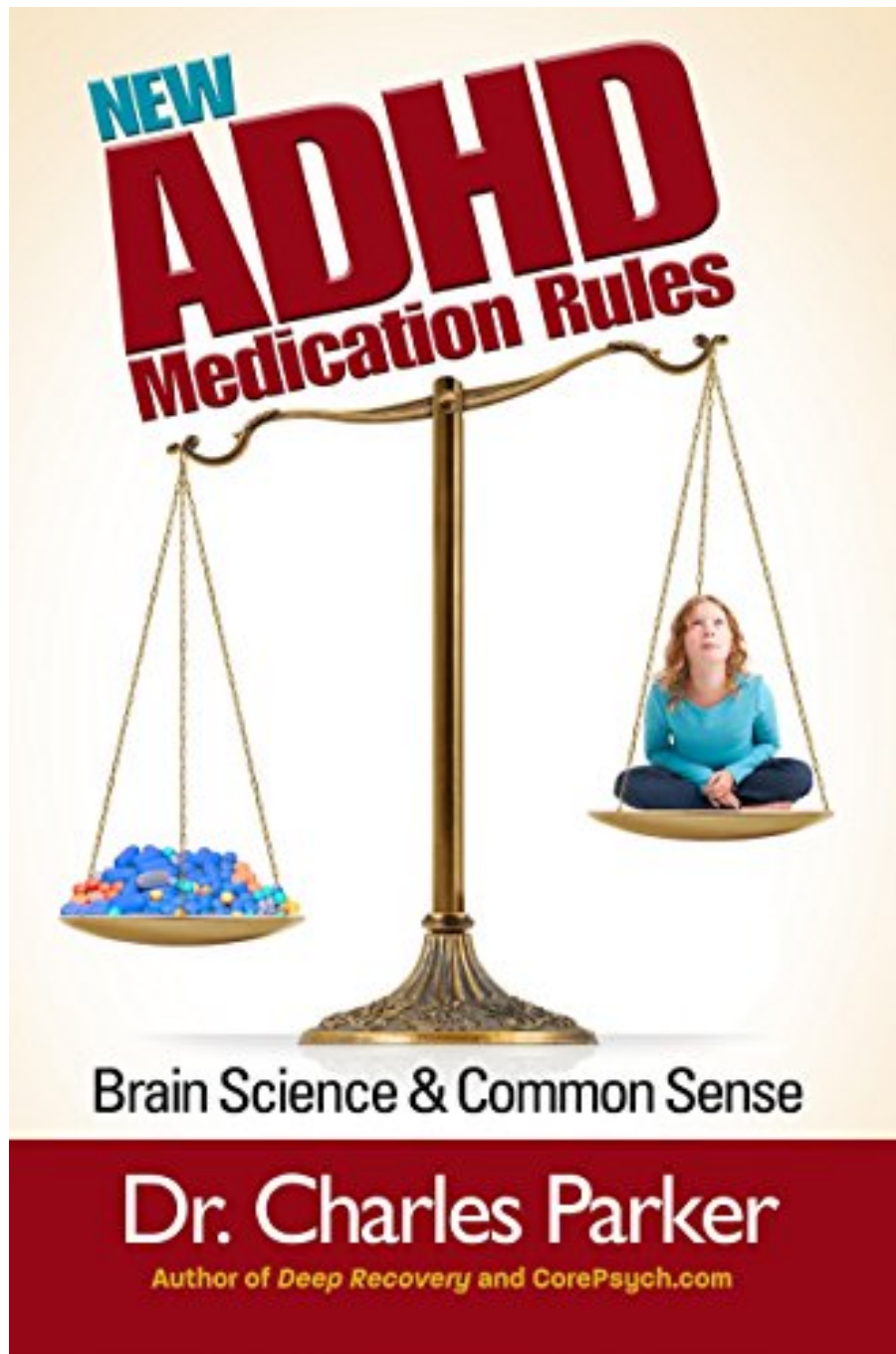


NEW ADHD MEDICATION RULES: BRAIN SCIENCE & COMMON SENSE BY DR. CHARLES PARKER



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New ADHD Medication Rules: Brain Science & Common Sense By Dr. Charles Parker. Someday, you will certainly discover a brand-new journey as well as understanding by investing more money. Yet when? Do you think that you need to get those all needs when having much cash? Why do not you attempt to get something easy initially? That's something that will lead you to know even more concerning the world, experience, some places, past history, home entertainment, as well as much more? It is your personal time to continue checking out habit. Among the books you can enjoy now is New ADHD Medication Rules: Brain Science & Common Sense By Dr. Charles Parker below.

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New Rules Provides Solutions For ADHD Medication Confusion

Medical treatment for ADHD fails far too often - not because of the drugs themselves, but how they are managed. New ADHD Medication Rules -- Brain Science & Common Sense shows that patients often suffer from missed brain and body diagnoses that create a variety of reactions to ADHD medications. The too frequent result of these challenges: diagnostic confusion, imbalanced treatment and over or under medication. In the only book of its kind, Dr. Charles Parker clearly explains how these uncertainties happen, and how insightful communication with professionals can dramatically improve treatment using available methods assembled from hard data, clinical experience and laboratory research.

What You Will Learn From New ADHD Medication Rules:

- Stimulant medication duration, "burn rates," depend on how the brain reacts to specific stimulant medications and to medical challenges in the body, such as nutrition and immunity. These imbalances affect brain function, and ultimately create unpredictable reactions to ADHD medications.
- Treatment is not on par with easily understandable brain science. Brain science employs precise ADHD guideposts to remove much of the guesswork around diagnosis and treatment.
- Few, if any, rules or protocols are available to practitioners for the daily clinical management of ADHD medications. Without specific rules patients face a standard-of-practice quagmire based upon inadequate treatment targets.

According to Parker: "Too many aren't thinking critically about medical treatments for the thinking process. ADHD is a diagnosis based upon appearances, not brain function."

Understandable Solutions

In straightforward language that simplifies the mind/body complexity of ADHD medical management, New ADHD Medication Rules offers clinical data and explanations for why treatments so often fail. Using irrefutable research about brain and body responses to ADHD meds, Dr. Parker outlines New Rules - practical treatment protocols - to customize treatment for each patient, and thereby design more predictable outcomes.

New Rules Objectives

Written for patients, parents of children with ADHD, and professionals, this book compels us to pay better attention to the drugs for paying attention.

Both paperback and Kindle editions are now available at Amazon.

- Sales Rank: #717629 in Books
- Published on: 2013-01-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .37" w x 6.00" l, .54 pounds

- Binding: Paperback
- 180 pages

Review

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Most helpful customer reviews

35 of 36 people found the following review helpful.

ADHD Treatment Success Vs. Failure Explained

By Teresa Mustelier

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. Parker reminds us that ADHD and mood disorders often go hand in hand and that you cannot properly treat the ADHD symptoms until the mood disorder is properly treated.

On my blog, *Primarily Inattentive ADD*. I am constantly asked why one person has done beautifully on an ADHD drug while it made another person's symptoms worse not better. This book is the best that I have read that explains why treatment outcomes will vary based on a variety of variables. *New Medication Rules* does an especially good job of outlining the multiple variables that can affect the rate of medication metabolism and the overall effectiveness of certain drugs in any given individual.

Additional chapters in this book discuss traumatic brain injury (TBI) and how the symptoms of this condition can look just like the symptoms of ADHD. Dr. Parker explains that TBI is "the great mind-mystery diagnosis with many disguises." He reports that TBI is remarkably unresponsive to traditional medications and explains that even the best health care providers often miss the diagnosis of TBI because they fail to take a complete medical history and specifically inquire about brain trauma.

Dr. Parker advises patients on how to take more responsibility for their own treatment. He proposes that patients enter treatment with a goal and some objectives in mind. These include:

1. Find a medical team that will include you in decision making and work with you, as a team, on your treatment
2. Set a goal of what symptoms are to be improved.
3. Know the duration of action of the medication you are taking. In other words, no how long you are to get benefits from this medicine.
4. Find the correct therapeutic window. In other words, find the dose where the medicine treats the targeted symptoms with few side effects.
5. Take care of your body and understand that both diet and sleep are integral to your treatment success.

Dr. Parker believes that improper sleep hygiene and habits such as not eating breakfast or enough protein can sabotage a perfectly good treatment program. He feels so strongly about the importance of eating breakfast that he includes a protein rich breakfast recipe in his book. This recipe can be prepared in 90 seconds. He calls it the Parker Power Protein Breakfast and, quite frankly, it sounds disgusting.

I have to admit that I have absolutely no intention of ever eating this dish, but reading the recipe and imagining this mush did hammer home the point that protein in the morning and a healthy and filling breakfast is essential for a successful response to ADHD medication.

Parker Power Protein Breakfast

Stir two eggs in a bowl.

Add old-fashioned steel grain oats.

Add a bit of Extra virgin olive oil (keeps it from sticking too much).

Place the bowl in the microwave for 90 seconds.

Enjoy!

There are not many books on ADHD that explain the various variables that play a role in the success or failure of an ADHD drug treatment plan. This book does just that in a way that is fun and informative. Highly Recommended!

22 of 22 people found the following review helpful.

If You Have Ever Struggled With "Habituation" to Stimulant Medication...

By J. Kobrel

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 "habituating" 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".

If you are a person with ADHD who has found that stimulant medication has been effective for you but has now become increasingly problematic, I urge you to not only buy this book, but see Dr. Parker in Virginia

Beach, Va. I live in Massachusetts and found that the distance was a small impediment compared to the reward of what I would characterize as nothing short of regaining my life.

If that's not possible, then buy his book, read it, and begin the process of finding an open-minded prescriber who wants to learn more about how to better serve the people they spent all that money on education to be able to serve.

And it goes without saying that if you are a professional in the field, we who have found stimulant medication to be beneficial but problematic, NEED you to read it, share it and join in the conversation Dr. Parker has initiated.

If you want to correspond with me directly I can be reached at joe_kobrel@yahoo.com. Hope to hear from you.

68 of 81 people found the following review helpful.

Vague. Misleading. Obvious financial interests. Not research based. I would not recommend this to patients or colleagues.

By KidPsychDoc

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. Highly unlikely. He flat out discredits the DSM, all current guidelines, and the well-established body of research and testing tools which are the current gold standard of care. The picture he paints of those treating patients with ADHD is quite negative and insults those who use research to guide practice. If all the psychiatrists he knows are truly that ignorant, that's pretty sad. His case examples also seem quite exaggerated, as does his description of the difficulty of appropriately treating ADHD. While co-morbid psychiatric illnesses can make treatment challenging at times, I believe most of my patients with ADHD are doing very well, with minimal side effects if any, and it didn't take thousands of dollars of tests, SPECT consultants, or adaptation of his "rules" to get them there.

While there was some useful tips, I think the actual educational content of this book could have been summed in 5 pages. Not useful as a clinician, and I believe it is terribly misleading for parents and patients.

If I were reading this as a parent or adult patient, by the end I would probably be using my life savings for SPECT and the entire panel of unspecified tests because everything the author says makes you feel you have missed this huge physiological component that would make all the difference if you only knew what it was. I feel it uses parents love for their children and adult patients vulnerability and lack of understanding of ADHD in hopes of making a profit. I believe while some rare cases may benefit from more extensive evaluation, for the majority finding a psychiatric provider that listens to you, follows up frequently, takes time to provide education on diagnosis and medications, and genuinely cares will result in the best possible outcomes.

See all 55 customer reviews...

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