

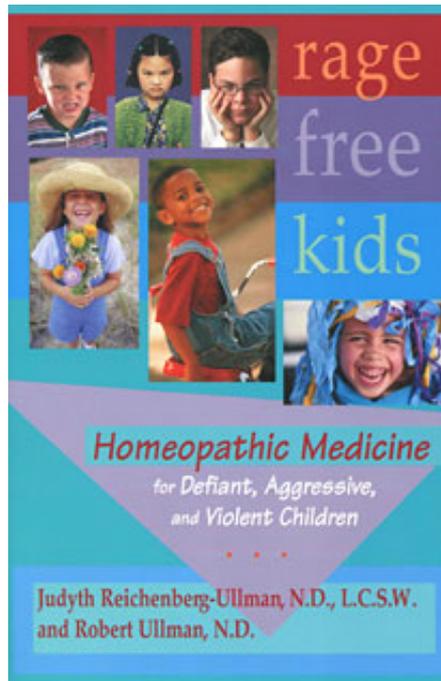
# Reichenberg-Ullman / Ullman Rage Free Kids

Reading excerpt

[Rage Free Kids](#)

of [Reichenberg-Ullman / Ullman](#)

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# Foreword

West Paducah, Kentucky; Jonesboro, Arkansas; Springfield, Oregon; Littleton, Colorado. Kids are killing kids in schools across the nation. What drives children to commit such violent, unthinkable acts of murderous rage? The specter of this question haunts the public consciousness of America and the private thoughts of parents who send their children to school each day.

Psychiatrists, psychologists, mental health counselors, public policy advocates, and elected officials argue that easy access to firearms, video and TV violence, parental neglect, poor mental health, and a decline in civility and morals are the primary causes of the unthinkable: children who end up as cold-blooded, calculating murderers. Kids killing kids—this tragic, late-twentieth century American phenomenon is a complex problem that requires complex solutions.

While good public policy can begin to stem the tide of the broader underpinnings of our toxic culture of violence, what hope do parents of aggressive and violent children have for healing their children and leading normal lives? These "rage-aholic" children can suffer from any number of traumas including developmental disorders, central nervous system injuries, family violence and abuse, or parents who may have abused drugs

*xv*

or alcohol. They may be diagnosed by psychiatrists and other physicians as suffering from attention deficit hyperactivity disorder (ADHD), oppositional defiant disorder (ODD), or conduct disorder (CD).

Children carrying these diagnoses manifest their distress differently. Despite the diversity of behavioral presentations, the conventional approach reduces the problem down to a set of single diagnoses typically treated with a limited number of drugs. Practitioners of conventional medicine use stimulant, antidepressant, anticonvulsant, anti-anxiety, anti-psychotic, and a few other drugs to treat aggressive and antisocial behavior in hopes that it will diminish or disappear, often without uncovering the underlying cause of the problem.

Since there is no single medication recommended for the treatment of aggressive behavior, multiple medications have been used clinically to target childhood aggression. This means that if your child has been diagnosed with ADHD, ODD, or CD, he or she may receive one or more potentially toxic drugs with the possibility of severe side effects and drug interactions.

Before you consider using medications to treat your aggressive child, please read this book! The authors, Drs. Judyth Reichenberg-Ullman and Robert Ullman, present a safe and effective alternative to the conventional approach for treating oppositional, aggressive, and defiant children. The Ullmans share their experience in treating over 1,500 children with behavioral and learning problems with homeopathy, often with dramatic success. Homeopathy has been safely and effectively utilized in countries throughout the world for over 200 years. The homeopathic approach treats each patient individually and promotes healing and balance by stimulating the unique adaptive mechanisms within each

person. The outcome of the homeopathic course of treatment can improve the function of patients diagnosed with ADHD, ODD, or CD, to the point where prescription drugs are often no longer necessary.

The case studies in this book speak for themselves. Evidence is also accumulating from clinical research studies to support the claims of homeopathy. However, more work needs to be done in this area and the evidence presented by these two pioneers in the field of homeopathy will surely promote increased discussion about the benefits of homeopathic medicine in treating defiant, aggressive, and violent children.

Many conventional doctors remain skeptical about the claims of homeopathy. If you are a parent who needs help with a child similar to those presented in this book, make your own judgments about the safety and effectiveness of homeopathy based on the experience of the Ullmans. *Rage-Free Kids* is a must read for any parent who is facing the difficult decision of whether or not to medicate his or her aggressive or violent child.

Bruce Gryniewski, BS, MA, Ph.D.  
Executive Director  
The Ceasefire Foundation of Washington

# **A Different Answer for Difficult Kids**

## **New Hope for Treating Defiance and Aggression**

Where can parents turn for help with their children who act out, defy them unreasonably, fly into rages, or explode with violent and destructive tantrums? Normal parenting is hard enough, but having to raise a rage-aholic child can be beyond the call of duty. Homeopathy, though not a panacea, offers a viable solution for handling these emotional and behavioral problems that is safe, natural, and highly effective. Homeopathy has the potential to cure children of these distressing states of mind and behavior. Given sufficient time to act and careful attention by an experienced practitioner to medicine selection, dosage, and frequency of medication, homeopathy will produce positive changes in most children. In reviewing our cases, we estimate a 70 percent success rate in children who receive two years of consistent treatment. A significant positive shift often occurs within four to six weeks after taking the medicine, but a minimum of two years of treatment is needed to assure that the improvements are maintained over time.

## **How Can Homeopathy Help My Child?**

Although homeopathy may not work for every child, the majority of our patients have become much less aggressive and violent, considerably nicer, much more compliant, and easier to live with after treatment. They are more capable of dealing with stressful situations, frustration, or simply being told no without losing it and becoming angry, oppositional, aggressive, violent, or destructive. Many children become significantly less reactive and more willing to listen to explanations of what parents want them to do. The ADHD characteristics of distractibility, impulsivity, and hyperactivity become much more manageable (see our book *Ritalin-Free Kids*). Physical fighting with parents, siblings, schoolmates, and friends becomes considerably less frequent. Incidents at school become rare events rather than everyday occurrences. Destruction of property becomes accidental rather than deliberate. Children often develop a greater sense of right and wrong and act as though they now have a conscience that guides their actions, so lying, stealing, and hurting others are considerably diminished.

Does it sound too good to be true? Read the cases in this book, summarized and quoted from our chart notes, and judge for yourself. The stories are presented here just as they were told to us. The results of the homeopathic medicine, good and bad, are there to see. Only the names and other identifying features have been changed. Granted, these are our best cases, some of which seem miraculous, but the results are real. Other cases, not in the book, have been more challenging and the results less astounding. Unfortunately, there are some children whom, try as we might, we cannot help.

With others, though the change is not as immediate or dramatic as the cases in our book, the parents feel that a significant enough change occurs to warrant continued homeopathic treatment. In some of these cases, a dramatic change may not occur for a year or two, when the correct medicine is finally found. Children treated successfully with homeopathy, though not without the ups and downs that occur for every child, can truly be called rage-free kids. Their parents, family members, teachers, and friends can finally go back to living a more normal life.

### **Why Not Just Use Conventional Medicine?**

Conventional treatment of children with behavior disorders is increasingly oriented toward drug therapy, although various forms of counseling, psychotherapy and behavior modification may be used as well. As discussed in the previous chapter, with drugs often come side effects, some simply annoying and some serious, such as tic disorders, or even life-threatening, such as allergic reactions. Most of the side effects, such as appetite loss, insomnia, growth retardation, headaches, and stomachaches, are relatively minor and disappear when the medication is stopped. Unfortunately, for many of these children, the medication cannot be stopped, or serious aggression, destruction, and violence may occur. In fact, the medication may need to be taken for life in order for the person to behave within relatively normal limits and avoid socially unacceptable behavior patterns.

Many parents and children are willing to put up with these side effects, which are much less disruptive

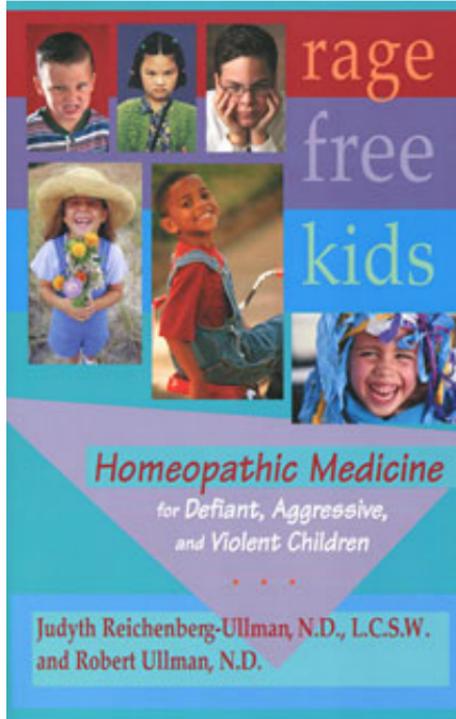
### **The Advantages of Homeopathic Medicine**

- Homeopathic medicine is individualized rather than one-size-fits-all. In fact, homeopathy is based on the individualization of treatment, assuming that each person is unique and needs a medicine that specifically matches his or her pattern of symptoms.
- A well-chosen medicine is highly effective, producing noticeable changes in three weeks to two months after the initial dosing. Progress may continue for many months after the initial effect. In contrast, a dose of conventional medicine only lasts for a few hours.
- Homeopathy is safe and very gentle, with few of the side effects of conventional medication. As you have seen in chapter 5, the pharmaceutical management of rage and defiance has significant potential for side effects, even when it works, and it may only control rather than cure the problem.
- Homeopathy will only change the child's personality for the better. It will not make the child depressed, sleepless, take away her appetite, remove her "spark," or turn the child into a "zombie"—common complaints with conventional medication. An incorrect medicine will generally produce no effect and do no harm.
- Homeopathic medicine is tolerated very well by finicky and oppositional children. It is dissolved in the mouth and tastes good. Many children beg for more. In many cases, one dose can last for months or even for years in some cases.
- Homeopathic treatment may be undertaken as the only mode of treatment or in conjunction with conventional treatment. More frequent dosing may be used for children on conventional medication.

- The cost of homeopathy, which may seem expensive initially because of the time involved in the first visit, is quite economical in the long run. Follow-up visits with the homeopath are infrequent, usually every few months, and generally cost less than a hundred dollars a visit. The medicine, whether given in a single, weekly, or daily dose, rarely costs more than twenty dollars, next to nothing compared with conventional drugs. Homeopathy is not just effective; it is cost-effective as well.
- » Homeopathy heals physical as well as mental and emotional problems. Allergies, asthma, digestive problems, infections, childhood illnesses, injuries, and many other health conditions respond well to homeopathic medicine.
- <sup>1</sup> Homeopathy heals and strengthens the whole person, including the immune system, and helps prevent future illness and behavior disorders.

than the rather severe problem behaviors that the medication is controlling. These parents would not even consider going back to the impossible existence that they and their child once endured together before the child was medicated,

Some parents, however, are decidedly uneasy about their child being treated with strong medication with potentially serious side effects. It is a difficult choice to give medication that they believe may harm their child in the long run but that is immediately effective in controlling the child's objectionable, even dangerous behavior. Many parents feel guilty about the trade-off. Other parents simply feel it is a necessary evil or just what you do because it is what the doctor says is necessary to help the child.



Reichenberg-Ullman / Ullman

[Rage Free Kids](#)

Homeopathic Medicine for Defiant,  
Aggressive and Violent Children

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