

# Why French Kids Don't Have ADHD

French children don't need medications  
to control their behavior.

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**FRANCE- WHO Health Rank: 1ST**

30% OF GPs PRESCRIBE HOMEOPATHY  
40% POPULATION USE IT.

**USA- WHO Health Rank: 37TH.**

RESISTANT TO HOMEOPATHY IN MAINSTREAM  
INSTITUTIONS

HOME TO 5 OF THE TOP 10 BIG PHARMA COMPANIES.

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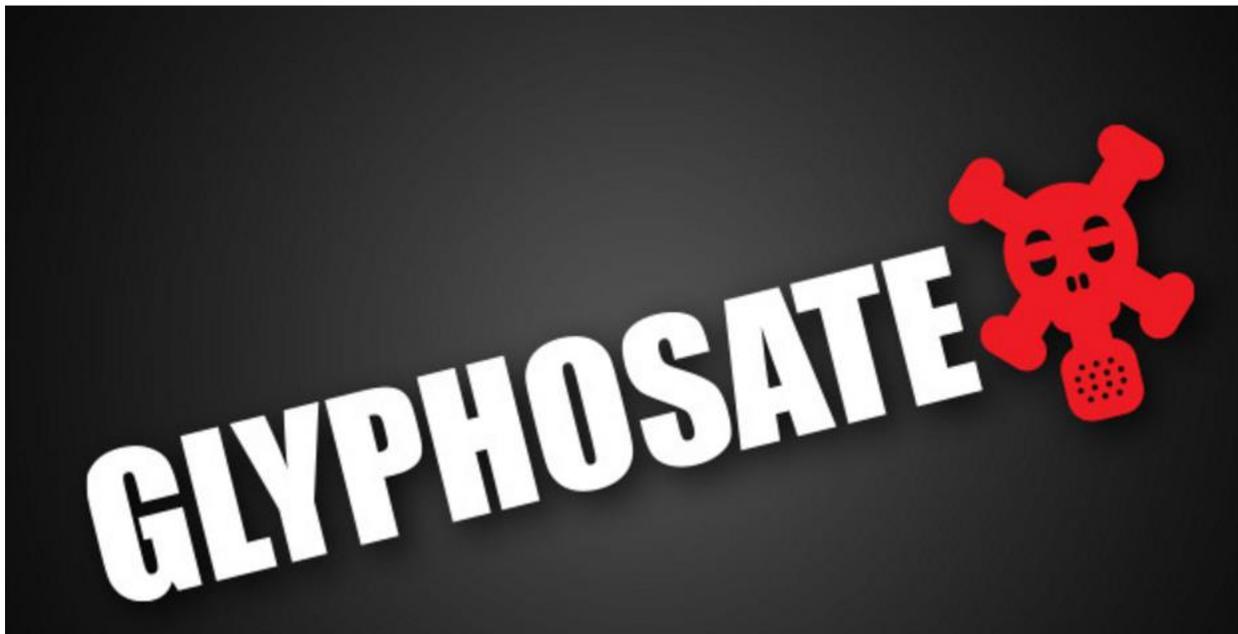
In the United States, at least 9 percent of school-aged children have been diagnosed with ADHD, and are taking pharmaceutical medications. In France, the percentage of kids diagnosed

and medicated for ADHD is less than .5 percent. How has the epidemic of ADHD—firmly established in the U.S.—almost completely passed over children in France?

[www.naturalnews.com/053732\\_France\\_glyphosate\\_regulatory\\_ban.html](http://www.naturalnews.com/053732_France_glyphosate_regulatory_ban.html)

## France bans glyphosate products with harmful co-formulants after yanking Roundup from garden centers

Wednesday, April 20, 2016 by: Isabelle Z.  
Tags: [France](#), [glyphosate](#), [regulatory ban](#)



Is ADHD a biological-neurological disorder? Surprisingly, the answer to this question depends on whether you live in France or in the U.S. In the United States, child psychiatrists consider ADHD to be a biological disorder with biological causes. The preferred treatment is also biological—psycho stimulant medications such as Ritalin and Adderall.

French child psychiatrists, on the other hand, view ADHD as a medical condition that has psycho-social and situational causes. Instead of treating children's focusing and behavioral problems with drugs, French doctors prefer to look for the underlying issue that is causing the child distress—not in the child's brain but in the child's social context. They then choose to treat

the underlying social context problem with psychotherapy or family counseling. This is a very different way of seeing things from the American tendency to attribute all symptoms to a biological dysfunction such as a chemical imbalance in the child's brain.

French child psychiatrists don't use the same system of classification of childhoodemotional problems as American psychiatrists. They do not use the *Diagnostic and Statistical Manual of Mental Disorders* or *DSM*. According to Sociologist Manuel Vallee, the French Federation of Psychiatry developed an alternative classification system as a resistance to the influence of the *DSM-3*. This alternative was the *CFTMEA (Classification Française des Troubles Mentaux de L'Enfant et de L'Adolescent)*, first released in 1983, and updated in 1988 and 2000. The focus of *CFTMEA* is on identifying and addressing the underlying psychosocial causes of children's symptoms, not on finding the best pharmacological band-aids with which to mask symptoms.

To the extent that French clinicians are successful at finding and repairing what has gone awry in the child's social context, fewer children qualify for the ADHD diagnosis. Moreover, the definition of ADHD is not as broad as in the American system, which, in my view, tends to "pathologize" much of what is normal childhood behavior. The *DSM* specifically does not consider underlying causes. It thus leads clinicians to give the ADHD diagnosis to a much larger number of symptomatic children, while also encouraging them to treat those children with pharmaceuticals.

The French holistic, psychosocial approach also allows for considering nutritional causes for ADHD-type symptoms—specifically the fact that the behavior of some children is worsened after eating foods with artificial colors, certain preservatives, and/or allergens. Clinicians who work with troubled children in this country—not to mention parents of many ADHD kids—are well aware that dietary interventions can sometimes help a child's problem. In the U.S., the strict focus on pharmaceutical treatment of ADHD, however, encourages clinicians to ignore the influence of dietary factors on children's behavior.

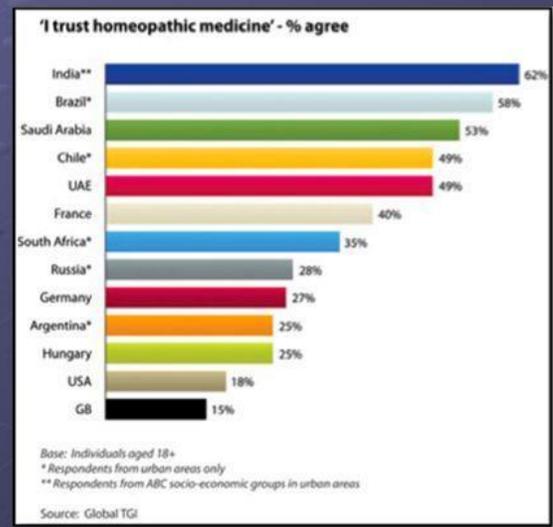
And then, of course, there are the vastly different philosophies of child-rearing in the U.S. and France. These divergent philosophies could account for why French children are generally better-behaved than their American counterparts. Pamela Druckerman highlights the divergent parenting styles in her recent book, *Bringing up Bébé*. I believe her insights are

relevant to a discussion of why French children are not diagnosed with ADHD in anything like the numbers we are seeing in the U.S.

From the time their children are born, French parents provide them with a firm *cadre*—the word means "frame" or "structure." Children are not allowed, for example, to snack whenever they want. Mealtimes are at four specific times of the day. French children learn to wait patiently for meals, rather than eating snack foods whenever they feel like it. French babies, too, are expected to conform to limits set by parents and not by their crying selves. French parents let their babies "cry it out" (for no more than a few minutes of course) if they are not sleeping through the night at the age of four months.

## Homeopathy Statistics

- Homeopathy is alive and well in other parts of the world.
- Britain has over 200 homeopathic physicians.
- France has nearly 800 homeopathic physicians.
- India is the stronghold of homeopathy, with 124 homeopathic medical schools.
- Mexico, as well as Brazil, Chile and Argentina have homeopathic colleges and many practicing physicians.



French parents, Druckerman observes, love their children just as much as American parents. They give them piano lessons, take them to sports practice, and encourage them to make the most of their talents. But French parents have a different philosophy of discipline. Consistently

enforced limits, in the French view, make children feel safe and secure. Clear limits, they believe, actually make a child feel happier and safer—something that is congruent with my own experience as both a therapist and a parent. Finally, French parents believe that hearing the word "no" rescues children from the "tyranny of their own desires." And spanking, when used judiciously, is not considered child abuse in France. (Author's note: I am not personally in favor of spanking children). As a therapist who works with children, it makes perfect sense to me that French children don't need medications to control their behavior because they learn self-control early in their lives. The children grow up in families in which the rules are well-understood, and a clear family hierarchy is firmly in place. In French families, as Druckerman describes them, parents are firmly in charge of their kids—instead of the American family style, in which the situation is all too often *vice versa*.

In Paris is that in spite of it being a huge city (approximately 12 million people), it is much quieter than a huge American city. In 9 days in Paris we literally never heard a loud radio, or loud music, or even other loud noises, coming from cars or apartments. Parisians are very aware of each other and of containing themselves in a way that Americans have never considered. Perhaps this comes from living in such close quarters with each other but it is certainly part of their culture to realize that they are responsible to each other for the type of environment that exists.

## France

- **In France, 18,000 physicians prescribe homeopathic remedies.**
- **Seven medical schools offering post grad degrees in homeopathy**
- **23,000 pharmacies carry homeopathic remedies.**
- **Equivalent ways to conventional doctors with a system of qualification and oversight**
- **70% professionals that prescribe remedies are MDs**
- **European Committee for Homeopathy**

Along this same line, we learned that in French hospitals, quiet is stressed as necessary for healing – quiet and rest are prescribed for every patient. Additionally, homeopathic therapies are widely used by both allopathic physicians and alternative medicine practitioners. It is not at all unusual for a hospitalized patient to receive some type of homeopathic remedy along with more Westernized approaches to healing.

Homeopathy is particularly popular in France, where it is the leading alternative therapy. In 1982, 16 percent of the population used homeopathic medicine, rising to 29 percent in 1987, and to 36 percent in 1992. In 2004, 62 percent of French mothers used homeopathic medicines in the previous 12 months. A survey of French pharmacists was conducted in 2004 and found that an astounding 94.5 percent reported advising pregnant women to use homeopathic medicines.

Homeopathy is popular not only among the French public but also among the French medical community. As many as 70 percent of physicians are receptive to homeopathy and consider it effective, and at least 25,000 physicians prescribe homeopathic medicines for their patients. Homeopathy is taught in at least seven medical schools, and there are numerous postgraduate training programs. Courses in homeopathy are taught in most of France's schools of pharmacy, and also taught in some dental schools, veterinary schools, and three schools of midwifery.

Another interesting facet of the French healthcare system is that, in general, if you're not feeling well, or you have some symptom you wish to have treated, your first stop is your local pharmacy. Pharmacists are trained in first aid, in homeopathy, and in nutrition, as well as in the use of prescription medication. If the pharmacist thinks you need to see a medical doctor, you are referred to a doctor from your pharmacist.



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