

Hello, everybody.

It's good to see everyone here today.

And we're going to try to deal with Defiance.

I mean, I know it's not something you guys see very much

in foster care, but we're going to talk about it.

Anyway, the reason I got into this is my brother has ADHD,

my dad had it and ADHD is a big part of the defiance.

We're going to we'll talk about that in a couple minutes.

So, you know and kids with ADHD there behind socially and

emotionally so I do Social skills groups to in our practice,

right? They also get all kinds of side effects and things

for medications and they when they're coming off there and

fed him.

He's basically on methylphenidate when they come off at

every day.

How many you guys see them get like really angry and irritable

and right raise your hand.

Okay.

So so what do you know?

So what do we do with that?

Oh, we'll give you another medication.

We're going to give you some Risperdal or some Abilify or

clonidine and things like that.

How many guys have seen that happen or guanfacine?

And okay and so so, you know, No, I know it's it helps them

Focus while they're at school.

But then it also wears out when they're trying to do their

homework raise your hand if you know about that one.

Okay, so isn't it interesting that the meds wear off when

you guys don't see the benefit of the medication right unless

they're on and on the weekend.

Then you see it where often they have withdrawals every day.

So I'm like, what do you do about that?

So then I started the alternatives to medication program

as well.

So that's what the Stressless series is.

It's just really for ADHD defiant kids with autism that we

started that whole we did that whole program.

To help and so it's been a fun ride and it's been a really

rewarding and exciting to help all these kids and you guys

are thinking you really like helping these guys, you know,

and yes, I do.

I do like to help that's really cool.

So my brother I saw my dad had ADHD and and and become a

millionaire and then lose it all and loses his wife and family

multiple Affairs drugs alcoholic and for marriages Affairs,

and so I got to see what happens with.

ADHD when it's not successfully treated and then I saw my

brother who had ADHD but didn't really we didn't know what

to do about it.

But he actually, you know became went to college my of course

it took my mom riding him all the way through middle school

high school and college to get it but he got, you know took

him five years to get a four-year degree and he speaks three

languages. He's done missions work for in Portugal for 19

years raised millions of dollars Capital campaigns to improve

their programs.

Facilities and and to reach the youth in Portugal for 19

years. So it's really cool.

And now he's in Argentina.

He's like mentoring kids there.

I'm sorry mentoring the next generation of missionaries how

to do the same thing.

So it's pretty cool that he became successful a good dad

a great leader.

Just wonderful.

Gregarious Guy funny prankster, you know, if you know for

those that know my brother just a neat guy and it's so it's

so I've seen both sides where he had the love he had the

support. He had the understanding of my mom where my Dad

did not have that.

So that's really important with ADHD.

Okay.

So we're going to be talking about this is this is for parents.

Obviously, we're going to talk about the history of adolescence.

When did that'll Essence begin.

You can think about that question how parenting style plays

into or can cause a conflict with with oppositional Defiance.

There's where to go over some symptoms of adolescents adolescent

girls as well.

What are the symptoms?

What is Oppositional Defiant Disorder?

What is odd, you know Deedee?

And then the triggers we're going to talk about triggers

oppositional no-nos.

Okay.

So we have when did adolescents begin?

Was it before the Russian Revolution?

Was it from the beginning of time?

When did when did when did adolescents begin?

Is it biological like it?

What is it?

Like what?

Is that lessons?

Do you guys know?

Well adolescents wasn't when like the beginning of time that

people when two people get married.

13 years old we still celebrate a bar.

Mitzvah Bat Mitzvah, right?

What is that 13, right.

So before the industrial pollution you got married when you

became an adult.

Well today, we call it a biological adult or we say puberty

that's means you're biologically an adult now.

Does that explain if you guys think about that for a second

does that explain the conflict in your home?

How many of you guys already have two adults in the home

that you have trouble hard enough time getting along with

and agreeing with And then you throw in another 13 year old

adult Okay who wants to be independent wants to do their

own thing and he wants to have sex and you're like to keep

your zipper up keep your zipper up another 13 years because

it will actually 15 16 years because it's like you don't

they don't get married till what 29 28 30 now because they

need so much education that they didn't need before the Industrial

Revolution. What was your education before the Industrial

Revolution? You lived on a farm 98.5 percent of Americans

lived on the farm.

And you learned you when did she work?

Soon as you could walk and if you didn't work, he didn't

eat. That's right.

You guys know this you remember this right?

You don't you don't work?

You don't eat?

Oh, I don't feel good.

You know, you could for the few fake being sick.

Oh, I don't feel good.

Well, we just won't give you any food because you're just

going to puke it up.

Oh wait, I'm feeling better.

Okay, good.

Get out there go get them go get the eggs, right.

So so before the assembly, can you imagine when when they

change the oh and by the way when you had 15 kids you are

Healthy today if you have 15 kids your what if you're poor

you're an idiot.

You're stupid.

What do you were you thinking?

Well, you know all these right.

Isn't that what people say?

It's like, how do you do?

What do you what do you know well and why and so back then

when you had a 15 when you have 15 kids, you could work more

lands you'd have your wealthier.

You had more you had more you had more Supply and you could

you could you had Surplus right?

And so you'd sell it and you can you know, so you could become

wealthy. the more kids you had and a woman's identity was

tied into how many kids you could have she could have So

so today so when they came a June when they change the law

back then and oh before by the way before the distribution

whenever your son did turn 13 and say Dad, I don't think

you're running the farm the right way.

I think you need to do a little different up honey.

Did you hear that?

He's telling me I'm running the farm the wrong way and you

know what Mom would say.

Oh honey.

I'm so proud of you.

I'm going to miss you.

I love you.

And that would say there's a door son.

I'm proud of you.

Don't let it hit you on the way out.

And you can live in the barn until you can build your own

house. You can use my my plow when I'm done with it each

day until you can buy your own.

And they didn't call it Rebellion.

You know what they called it.

You're a man.

You're a man, isn't it?

Interesting?

So today when they show their independence, they tell us

what to do.

We call it Rebellion disrespect.

Don't talk back to me.

How dare you question me and all that stuff is just wonderful

for oppositional Defiance disorder.

It just feeds it.

It really does.

Right.

So and then we have people from previous generations.

That would say well that worked for me.

Well, yeah, but if you're out of the house fifteen sixteen

Seventeen eighteen nineteen something any some cases like

you live in Alabama or Mississippi, right?

You can get out of the house pretty quick if your parents

sign off.

So so what's changed?

So what key imagine when they change this when the dust Revolution

happened and all of a sudden the your son starts to question

you and of course they the law says now you have to send

your kids to school and and then you know, they're like,

what do you think?

What are you talking about?

I got some to school.

Look at all this land.

I have I got a we got all this crop we have to farm.

This we I mean, how are we going to take care of all this

if they're going to school so they had to get the kids up

earlier to do chores to Food and then they can't they had

to come home do homework and then they had to go work out

in the fields longers extended their days made their days

longer. But can you imagine when that kid says that says

Hey Dad, I think you're running the farm the wrong way and

and kicks them out.

And then the Marshal brings the kid back farmer bill.

I got your son here.

I see.

Yeah.

Well, you can't kick them out anymore what he's told me how

to run my farm.

I can't no.

Yeah my son too, but you can't get them out.

But hey, he's arguing with me is telling me how to run it

and I'm already having a hard enough time getting along with

my wife in agreeing on things and now Now there's another

adult telling me what to do.

Yes, sir.

I'm sorry.

You're gonna have to can you imagine so let's fast forward

to today.

What do we have today?

We have to have an education.

Right?

But we need more education how many people live on a farm

1.1 percent of Americans live on a farm complete flip of

what it was.

So what do we do now?

Well, you know we and then we and then we need more education.

Then they have to stay have to stay home longer.

They're dependent how many of you guys know 18 year olds

that are legally an adult now, so their biologic adults at  
puberty and legally an adult at 18 and how many 18 year olds.

Do you know that are completely independent and paying all  
their bills?

Not that many so now they're dependent on you.

Of course, then parents think I can't control my kids anymore  
because they're 18.

Now.

They're telling me they're an adult and I'm like, you got  
a lot of Leverage who's paying their cell phone bill.

I am who's paying for their car insurance, you know, there's  
we can go right so they're still dependent on their families.

I'm like, you've got it's funny.

I've got a friend that basically does that was it 360 app

and if they go out of the geofence, you know, they're his

kids whether at FSU all of a sudden they're their debit cards

shut off and their cell phone doesn't work.

You know, what's funny is all of a sudden that the the app

turns back on and then their debit card turns back on right

and there and then they have a full conversation.

Is there any reason why you had to shut off the you know

the 360 app, so there's there are things that people can

do right at those can do to still help them because they're

not ready to be an adult completely.

Are they because what really is an adult?

Somebody who pays all their bills, right somebody who who's

responsible for themselves completely some people might say

when they pay their first mortgage, right?

Okay.

So that's the talk about the history of adolescence.

By the way.

You do have handouts right?

You guys have the handouts?

Okay, great.

So in your handouts there is some handouts of the talk that

we're you know going over today from our workbook on oppositional

are stress less with Defiance.

So there's some really good Tools in there for you guys that

we're going to be going over.

Today, okay.

So then we have of course, we know that they wanted to assert

their independence right when they hit biological adult when

they become they hit puberty.

We know they want that there are there some kids with stronger

personalities. Sure.

Yes, there are should there be a change from the old school  
of parenting?

Okay.

Okay, so think about this now back then.

You would just say do it because I said so the parents.

Don't talk back to me be respectful and that works for most  
children. Okay, defiant kids not always not usually but most

children will respond to that kind of parenting but then

how many of you guys talk to your friends that way how many

of you talk to your is that way?

Hey, don't talk back to me.

Hey, that's disrespectful.

You can't say that you can't talk to me that way right now.

You're laughing right?

It's funny because well some of you guys are like well actually

Husband does talk to me that way so so we have so that parenting

style would work with a child, but when they become when

they become an adult biologically, we need to make a shift

we go from parenting a child to coaching a teenager.

And what does a coach do well a coach?

Well, he'll bet you if you're not running the playwright,

but maybe he'll give you a chance to go back out there give

you some time to think about it right and go.

Okay.

What do you do next?

I'm going to run play three.

What are you supposed to do?

I got to run that pick at the top of the key and basketball,

right? Okay, you can go back out then Sub in for so and so

all right.

Great.

Wait, come back in Bring It Back It Up.

Did you forget the one that pick again?

Yeah.

I just didn't want to or I forgot.

I want you think about it, but let's just sit through the

rest of the half, you know the first half and then we'll

let you go back in right and that's kind of what a that's

what a coach will do until they start running the place the

right way.

And then you know, they'll let him go back out and play and

they teach let them learn from their mistake or let them

think about it but said it but not yelling at them.

They're just well, there are coaches that yell but if we

put a good coach can just kind of like have a conversation

have some back and forth.

Does that make sense?

So one more thing think about the bar mitzvah in the Bat

Mitzvah when they turned 13, we're celebrating adulthood

and the Jewish culture.

Do you know the like in the United Kingdom and in Europe?

They used to have a knighting ceremony?

Did you know that Ka ni ght knighting ceremony when they're

13 to say you're an adult have a rite of passage have a big

get-together. There's actually a cool book called raising

a modern-day night that was written by.

Dr.

Robert Lewis and it actually talks about that.

And so there's men that have gone through that and have a  
knighting ceremony with their kids.

It's pretty cool just kind of helps them make that shift.

Well, can you imagine today going through this knighting  
ceremony or a bar mitzvah or a bat?

Mitzvah?

Hey you ready for this can imagine you're a man.

You're a woman.

I'm so proud of you know, brush your teeth and go to bed.

Don't talk back to me, but Dad.

Do you have a bedtime?

Are you being disrespectful?

Don't talk back to me.

Isn't that interesting?

How how confusing that is?

We had this big celebration.

But you got to go to bed, you know, you can't decide when

your bedtime is you're not ready to make that decision.

Isn't that interesting?

All right, cool.

Alright, so we have oh, by the way with young adults we become

an advisor.

This is a really tough one being an advisor.

What does that do?

You have you guys went to college he had a College advisor

raise your hand who had a College advisor.

Did they ever call you?

Did they ever call?

You know, they didn't call you you called them.

So when they want advice when you want advice you would ask  
for advice.

And so we want we're hoping that by the time they get to

College. However, when their ADHD, they need more coaching,

so it's like advising and coaching and sometimes if they're

not going to if they if we handle things right when they're

teenagers they may listen to you when they become.

Young legal adults in their in college.

Does that make sense?

Okay.

Alright.

So here we go.

Two things I look for to before we diagnose somebody with

Oppositional Defiant Disorder we're looking for is their

ADHD. That's or Autism or anxiety.

That's not been diagnosed or successfully treat it.

Okay, so if we have that that does lead to Defiance, I mean

think about it.

They're getting more shame and guilt in anybody's made to

handle really think about that statement more shame and guilt

than anybody's made to handle.

I mean, they're just constantly getting in trouble.

There's there's the emails from the school at least once

a day twice a day, right?

And of course you get the progress report you're logging

in every day and you can see their their scores and seeing

what they forgot to turn in and you'd like we just did this.

Gathering you didn't turn it in.

Does that make sense?

So so then they're constantly getting in trouble.

They're getting more shame and guilt and they get so frustrated

that that everybody's out and they feel like the world is

out to get them like this world is just not a happy place.

Because the teachers on me the principles on me the resources

officers talking to me like then my parents are on me for

what they already gave me a consequence for it's cool and

they're on me and then comb work is taking three or four

times longer than it should and it's gets in it just repeats.

It's like Groundhog Day day after day after day how many

of you guys have that in your home?

Okay.

Yeah.

There's a few of you that are being honest, right?

You're just like I'm so exhausted.

I can't raise my hand from what you just said, then there's

parents on different pages.

Have to raise your hand for this one.

Okay, I don't want to get anyone in trouble.

But when parents are on different pages that breeds to fine

stew so you could have no ADHD.

It could just be it can just be you know, a permissive parent

and then the the strict parent makes up for what the permissive

parent did.

So the permissive parent gives into the kids and let them

have more things that they want where they restricted parent

would not want them to have that and then when the parents

will give in to something then the strict parent will take

it back and give them a consequence.

I mean that's that breeds Defiance as well.

Of course, there's also with in foster care.

We have a lot of trauma when kids are coming into your home

as well.

So when they have trauma that makes them have anxiety.

So there's the anxiety there.

So anxiety manifests itself many different ways.

So there's there's the PTSD there's a position of obsessive-compulsive

disorder. There is social phobias or anxiety.

There's all kinds of ways that you know fears there's paranoia

that can come from trauma.

Okay, but it's all that all of that.

Is rooted in anxiety.

So we try to we use that we talked about like some of the  
vitamins most share them in a few minutes about helping with  
the anxiety and the ADHD and the autism.

Okay.

All right.

So when I'm working with families work if I have families  
on different pages and they have ADHD.

Yeah, that that's that's even it's a bigger challenge, but  
it's not difficult to deal with.

The first thing we do is we treat the ADHD because now all  
of a sudden they're getting less emails from the school which  
means the parents aren't as mad.

So the parents aren't fighting as much about what's going  
on with Jonny.

It's Cool, does that make sense?

So that calms everything down?

Once that comes that down then we then we try to get the parents in the same page when you got two people coming from two different homes to different upbringings and they're bringing that together.

And you know, it's interesting.

What I tell parents is, you know, when you're dealing with ADHD, typically 90-95 percent of kids respond to your parenting style. But this this other kid is in the other 5% That makes sense. So it really puts them at ease and especially when I see their siblings and their siblings are fine and they're doing okay which then makes the other kid the kid with ADHD look like the back black sheep of the family, right?

And then they're you know, they don't even if they don't

get compared to their siblings.

They still next to them don't look good if that makes sense.

All right, so hyperactivity.

So here's the symptoms.

You guys know the symptoms of ADHD, right you do?

Yes.

Okay, so I'm going to skip through this kind of quick if

that's all right, but disorganized difficulty staying on

task and you know getting just distracted by the cute girls,

you know, I tease him about that, right and the class difficulty

completing assignments.

They're disorganized impulsive.

They blurt things out.

Intrude poor boundaries there behind socially and emotionally

like fact 60% are behind socially and they feel act think

they think fat they act on how they feel before.

They think about the consequence you guys see that raise

your hand if you have kids like that in your home.

Okay, you're in the right place.

We're going to figure this out.

Okay, so they think fat we want them to feel think act.

Well, if it's ADHD, that means they're Bridge their prefrontal

cortex the supercomputer in their head is Not open traffic's

not going up over the bridge back and forth.

It's not working.

Okay, however, when they're playing video games or sports

or something that they love man, there's all this traffic

going on right there.

Just all that just fires up that frontal lobe dopamine is

released and their brain goes to do that again, and they

escaped and everything.

They feel is three times more than everybody else.

They get addicted to things easier to things that they love

if they You know if they're playing that like video games

there, you know video games are already addictive if you

play too much, right?

So they've done a really good job making those addictive

so we got to really watch that but they can get addicted

to anything that they like a lot easier and if they're really

depressed and sad because they're everywhere the whole world

is out to get them.

Oh they're going to do whatever they can find anything.

They can find drugs alcohol video games overeat hang out

with their friends get it, you know, they can do anything

they can to check out and and get out of this world just

for a few minutes.

Is that make sense?

That's why they're more likely to abuse drugs.

So they feel act.

So I like to use this illustration What if I had what if

I had a girl sitting in front of me with pigtails?

She's in third grade and there's two boys.

They're great City behind her.

What are those boys think those pigtails are for play in

and pulling right?

And we like to make guys like to make girls scream.

You know, right isn't that true.

We like to pull their hair tickle them when they're in middle

school because we don't have to talk to them and tell them

they're cute and that we like them.

So we're going to push them shove them the bump into them.

We're going to scare them in the movies and I still try to

scare my wife.

Okay, I still try to make her scream like that right my little

my daughter like to tickle her too.

And so yeah, so that's just fun.

We like to do that because we get a big reaction from you

girls. Feel things eight times more than guys do Does that

does that does it meant is that makes sense now?

Does that make sense?

Right that they feel things more than we do.

It's it will go to a concert see what the girls do versus

what a guy does.

We're like, yeah, that's alright, you know girls like great.

What do we do in football games?

We get a little some of us guys get crazy how of your husband's

get crazy at the football games raise your hand ladies.

Yeah.

Okay.

So alright so those pigtails are meant to be pulled.

So we're sitting so that kids sitting there behind Susie

and the kid with ADHD.

I'm going to put put him off over here to the side.

But let's say I don't have ADHD and I'm behind this kid and

I go and I'm thinking I want to pull the Tails and my thought

process is I'm going to feel like pull the pigtails and how

cool that's gonna be and then my frontal lobes going to say

is the teacher looking and this part of my brain is going

to go the teachers looking don't do it and you're going to

go like this.

But if I say to the person to the ADHD kid next to me wouldn't

it be cool to pull those pigtails?

Look at that?

There's a purple to Pink either.

Yeah, you're right and his thought process is going to be

he's over here like this, right?

He's going to go.

Yes, it's gonna be awesome and he's gonna send a signal to

the frontal lobe and it's going to say server busy.

Or out to lunch.

So it's either overactive or underactive and he's not getting

anything back and the feeling gets so intense because it's

getting backed up and he's not able to process it gets bigger

and bigger and with in a nano second.

It's boom.

What does a girl do what's the teacher doing 90% of the time

looking? Timmy right and then he gets in trouble.

He so he doesn't think it through so he does he acts almost

every time he thinks about doing something fun.

And so they're distracting the class.

They're talking to their buddies and class.

They're getting up there going to the pencil sharpener.

They're going to the bathroom multiple times because they're

bored out of their mind because all their hearing is what

Charlie Brown here is which is what I want which by the way

Charles Schultz said he had ADHD.

Okay, he did and he was obsessed with that car.

And he was obsessed with it.

He was hyper focused on it.

So that's the other thing is ADHD is a lack of motivation

to do anything.

You're not excited about.

However, he had over abundance of motivation to do something.

He was passionate about so guess what we work with professional

athletes. What do you think?

They have laser focus from what ADHD?

What kind of grades did most of them get Not that great.

They need lots of help and lots of tutoring and you know,

and it's not because they're stupid because they're actually

really smart Einstein would have been diagnosed with ADHD.

He was obsessed with the theory of relativity and Science

and just hyper focused on what he loved Thomas Edison a thousand

attempts to make a light bulb thousand times.

He didn't quit he was obsessed.

He was hyper focused laser focused on what he loves.

So you look at Kobe Bryant.

Man, obsessed laser-focused he's practicing three four clock

in the morning and he's already at the top of his game.

But why is he there because he's got all that extra energy

all that hyperactivity all that extra energy Will Smith says

I run to read he runs to read he burns up all the energy

to read scripts.

I mean, if you ever try to read a script it's not easy to

read that's kind of boring but people with ADHD, they once

you burn off that energy they have the imagination.

The creativity he can see it and Will Smith picks mostly

the best movies.

He picks really good scripts to be a part of okay.

So a lot of people most the people that are actors ADHD or

anxiety or both NFL NBA MLB WWE.

Those guys are ADHD.

Most of them have ADHD.

Okay, and it's a blessing and Sports.

In fact, if you don't have it in sports you have a you're

at a disadvantage.

But if you do have it in the classroom, it's a disadvantage

as well.

It makes sense.

Okay.

Alright.

So by the way that kid that's pulling the pigtails.

By about fifth grade after pulling pigtails this boy over

here can actually just point to him.

This kid can pull the pigtail and point to me point to the

kid with ADHD because they know that kid gets in trouble

all the time.

And so they get in trouble for things they didn't do but

then they already get in trouble every day.

And now they're getting in trouble for things other kids

blame them for does that make sense had a kid with ADHD is

dad was in the news because of drugs and the kids blamed

him for drug.

Activity at the school and they all thought it was him and

then they ended up he ended up leaving because he was getting

bullied and teased and he doesn't want anything to do with  
it because of what happened with his Dad.

He learned what not to do from his dad right and then hit  
go, you know, everybody thinks it's him and they finally  
kicked out everybody that was you know, that was bringing  
drugs to school and things like that, but now he doesn't  
want to go back because they're all going to still talk about  
it. And that's sad like, he's the victim in this case and  
everybody thought because he gets in trouble it was him.  
Him and his because his dad did it it's him, okay.

Alright, so here's something that we did we do to help people  
with ADHD.

So and autism honestly this works for everybody, you know,  
the the rest of the world eats on like on this on this with  
this glucose level here.

This is energy and this is the time of the day, okay.

Basically when you have Bagels Pop-Tarts waffles.

In the Morning cereal any sir, I don't care how healthy it

is oatmeal.

It's carbs and it burns up in about 30 minutes to an hour.

And if you're sitting on a bus, it turns to Sugar because

you didn't burn it carbs are meant to be burned.

Did you know that like people carb load before a marathon

the day before they sleep it turns to Fat overnight and they

burn it off when they run a marathon carbs are meant to be

what they're meant to be burned.

So we're giving them 30 minutes of fuel and then if they're

on a medication by the way, that's the equivalent of six

cups of espresso Time released over the day and there's nothing

in their stomach because they had 30 minutes of fuel and

I have pictures of me when I used to before I when I when

I had money and I didn't have kids I when I go to go out

and go to the track a track event with my car like there's

a picture of me driving on the track.

Do you think I went there with 30 minutes of gas in my tank

and they're like no that would be stupid.

I know but what's what you're doing when you're having cereal

Bagels Pop-Tarts and Waffles.

That's 30 minutes of fuel.

That's dessert.

Think about it pan cake pan cake is dessert.

Am I right you're with me?

Okay, so Spike crash.

So some of you that had that today this morning will be getting

very tired in about well probably know.

Yeah, you're gonna be now.

I know the ones that had cars for breakfast you're going

to be doing this for me like nodding off and okay, it could

be because I'm boring.

That's okay, too.

All right, so then they're going to crash.

This is where they're at their crashing here.

Now were they trying to do they're trying to make themselves

up or they just fall asleep, but the Wake themselves up by

getting up walking around and then of course we're going

to have for lunch.

They're going to have spaghetti.

They're going to have mac and cheese.

They're going to have french fries and potato chips and us

or a Subway sandwich, which is 10 servings of bread and meat

that's already been chewed.

I know that's what the kids say write it who that's gross.

Yes.

I'm actually chewed it for you spit it back into this bag

and then froze it and slice it up.

Yeah, that's how I did it.

Right?

It's all it's already been chewed with with a meat grinder,

right? So you don't even have to chew it.

So people think oh, I'm going to be like Jared.

I'm a lose all this weight at Subway and it's at but it's

actually 10 servings of bread which turns to Sugar within

just 30 minutes and then you get a spike of sugar again.

This is when they're walking back to class with a bunch of sugar. And then of course if they're giving them chips or if you're giving them like brownies and cookies and you're just thinking all this is so nice.

I'm going to give him some cookies today and then they're bouncing off the walls in the way and they're pushing and shoving on the way back and they're on the bus here in the morning by the way to with all that sugar make sense.

It doesn't make sense, but it doesn't make sense.

Right?

So then what do we get for snacks Cheez-Its goldfish.

Okay, and then that cheese it in the goldfish is 30 minutes of fuel again, and then they're bouncing off the walls.

And then of course, they're crashing they're on medication.

And then this is where they're at trying to do their homework.

And then you wonder why can't you do your homework what's  
wrong with you?

And they are done they're done.

And then by the way, if you have red meat or pork at night  
that takes 12 hours to digest by the way you do, you know  
where 95% of brain transmitters are.

Right here.

Serotonin, 95% of Serotonin is here.

Well, what is it?

How is it there?

Well, it's comes from what your food comes from what you  
eat? I have vegans that become very anxious and very nervous  
and have panic attacks because they're not they stop eating  
meat. Had a lady fly in from the Dominican Republic found

out she had anxiety for two years because she stopped eating

meat and like what you want to do.

She said I'll go back and eat me and Mike.

Okay followed up with her.

She was back to normal then that weird and that crazy.

I mean most people would have put on a medication but I found

I ask more questions had a kid that was suicidal at dr.

Phillips a few years ago and getting good grades and great

family interviewed everybody.

Nothing wrong found out.

He wasn't eating breakfast lunch and not even eating dinner

with the family.

Just eating junk food at night and I go dude you got to eat.

I should have the Betty White commercial you guys ever seen

that you're not you when you're hungry.

What do we call that hangry?

Okay.

So does that tell you there's a gut brain connection?

You know, we say I love you with my heart.

You know, what the Greeks a I love your guts.

I love your guts.

Isn't that funny?

You think about it for a second?

Where do you feel loved?

Where do you feel the butterflies?

You know, you feel it here.

Where do you feel?

Nausea?

If you're nervous, where do you feel right you feel it?

All you feel all those things where you feel intuition here

right here.

Okay, so there is a gut brain connection, but Harvard and

John Hopkins just figured that out in 2010 when their research

came out they were working on it before that, but they came

out and said, hey, there's a gut brain connection.

So that's what we talked about that.

So if we if there is a gut brain connection then and by the

way, so if red meat and pork takes 12 hours to digest and

our brain transmitters come from while we're digesting food.

Now, we are mentally awake and physically tired.

We're just like and you can't close your eyes can't go to

sleep because you had this big heavy meal before you went

to bed.

Okay, so no burnt ends at Four Rivers before bed.

Okay.

Yeah.

But you can have it at lunch I did that two days ago.

My scale did not like it, but that was yummy.

We okay.

So a good breakfast would be like eggs bacon ham sausage.

That would be a good breakfast.

Okay, and there's there's a smoothie and there's and I'm

I'm not sure but I might have the printout in there.

I might have the diet in there.

If I don't I'm actually going to give it to you in just a

few minutes.

Okay.

So breakfast should be that lunch should be basic.

Well salad with meat is the ideal.

I know they're not going to eat salad, but I'm just saying

like a rap instead of a sandwich like a tortilla wrap.

So that's like really thin.

There's less carbs and then you want to double up the meat

and then you want meat that's not been chewed.

So we recommend Boar's Head and I know it's more expensive.

But guess what?

They're going to be hungry Lon.

They're less.

They're not going to be hungry and snacking and eating like

crazy when they get home if that makes sense.

He feed them right through the day.

They're going to have their tryptophan levels out there tank

is full and they're going to have less problems with impulse

control cause they're going to have more mental energy mental

strength. In fact the diet that I'm going to share with you.

I learned from one of the doctors from the Orlando Magic

when they were good when Shaq was there.

And Vince Carter and Horace Grant.

I know that was that was way back.

I don't even remember that right back in 2000 up until 2006

and he helped them get Peak Performance by decreasing unburned

carbs and increasing their protein and getting rid of food

coloring and fructose because that's horrible.

It's horrible what that does.

You know, it fructose says tells your brain your sugar is

low when it's very high.

Do you know why they Chemist made it that way.

So you would drink more when your sugar's low.

So that's why we're not that's what you can drink a Big Gulp.

How do you guys drink a Big Gulp?

And you're still your thirst is not satisfied raise your

hand be honest.

I've had them before you can't you're not satisfied but there's

a soda called zebra that's made with stevia and there's no

artificial colors.

It's orange soda, but it's not Orange.

It's clear kind of interesting right, but you can drink it.

I don't even finish it when I drink it.

It tastes really good, but I don't even want to finish it.

Why because my thirst is quenched.

It's make sense.

And then then here's snacks would be trail mix with out M&M's.

I know I took the fun out of it but raisins and you know,

you know tournaments with raisins protein smoothies.

There's an egg-based protein smoothie by a guy named Jay

robbed and that you can go get at Whole Foods vitamin shop.

It's cheaper on Amazon, but you can get you know get that

I get that to my kids every morning and myself and I have

it for a snack in the afternoon.

So that's another alternative to if they don't want to if

you want to mix it up a little bit just kind of give them

that protein smoothie chocolate.

The peanut butter is what we like or strawberries snack.

And so and then we and then we do there's some protein bars

that's on the printout to but and then at dinner we do seafood

and poultry because that takes 4 hours to digest now you

digest completely and then you're going to have rice with

it because I don't recommend the pasta because some kids

need to be off the gluten but because we because gluten basically

has not all gluten but most pasta has has been made with

wheat that's been genetically modified.

Defied and that has pesticide.

So what I tell kids to do is when you do Rice it's kind of

like asking for the bug spray on the side.

Okay.

I'm not sure why we thought that was a good idea in the 1990s

to add bug spray to our food.

Do you know the bugs where they spray over the wheat is Round

Up and did you know that because people came out and said

that glyphosate and a couple of other ingredients are toxic.

They removed it from the Roundup that you spray in your driveway,

but they still spray it on our food.

Thank God I don't understand that.

Do you understand that?

I don't get that and by the way, they spray high amounts

of it on your food.

They genetically modify it the wheat to handle high amounts

of pesticides to kill everything around the plant except

for the wheat plant and that's crazy.

So that's why we say there's Dave's Killer Bread can get

that. It's a kind of expensive.

But guess what you go to the doctor less because bug spray

taken out of your gut makes you handle, you know, you build

up. Up your immune system really if you think about it.

Okay, so when we have that rice and tryptophan from the meat

by the way, tryptophan magnesium and calcium make serotonin,

so you have an anxious person just by eating more protein.

So when we don't talk to professional athletes where they

flew us out to San Francisco to the Chase Center and we were

there in November the paint was still dry and brand-new if

you guys are sports fans you would know that was just built

right? So we went out there and and the one of the top stars

of the athletes we were talking to Kim.

Goes, oh my gosh Jim.

We were talking about Stress Management and work-life balance.

And one of the things we talk about is well, how will we

eat affects us?

Right?

And so she came up afterwards.

She goes Jim what foods do I eat?

I'm a vegetarian and so there's a list of foods in my print

out in my handouts on foods that have tryptophan.

You can look it up online.

What are tryptophan rich foods and you have to eat every

one to two hours because the food they eat digest and one

or two hours and they're empty multiple times a day or how

many people see vegetarian.

That's Like 350 pounds because they're eating so many carbs

because they're hungry all the time.

And you think you would think oh, they're being healthy by

being a vegetarian but now they're filling themselves up

with something else.

That's not so good.

It's got tons of bug spray on it too.

Does it make sense?

It doesn't make sense.

Right?

But that's what happens.

So look at this now we get a spike of sugar from the Grice

and in a crash the tryptophan and rice together crashes,

you just like Thanksgiving turkey and potatoes, of course

pumpkin pie really adds to that to knocks you out in the

afternoon after Thanksgiving.

That's tryptophan and carbs mix together just knocks you

out gives you one of the best naps.

You've had right all year.

Okay, here's the vitamins that we talked about.

Hey, so Source Naturals l-theanine 200 milligrams.

This releases doesn't say it here, but it releases dopamine

which is what the stimulants do releases serotonin and Gaba

for mood regulation.

Okay.

So the kids we want the kids to take this if their ADHD their

autism if their defiant they could take that Anxious they

can take this and they take one to two it works in about

20 minutes.

If it doesn't you go up to 2, that's simple and it's an amino

acid from green tea.

How about that amino acid from green tea?

Pretty cool.

That's a game changer guys.

It really is doesn't work for everybody but maybe 85% and

it gets what they need less meds, by the way.

So I helped them talk to their doctor about how to reduce  
their medication.

There's not usually a contradiction with stimulants, but  
you still have to talk to your doctor.

I'm not a doctor and I don't play one on TV.

So Nordic Naturals one the two of those this is a DHA omega-3.

The brand is important do not Any other brand most brands  
don't work.

I have a study of 1500 vitamins and only 18 got a perfect  
score. You don't believe how many people come into me with.

Oh, we're taking this.

Multi.

I have I have even had the surgeon.

He's like, oh, yeah.

I show him the study and he's like, oh my gosh, I didn't

know sent him scored a zero.

So if you're taking The Flintstones or you know, one-a-day

Geritol scent the scent that stuff is junk.

How about zymogens?

I imagine scored a 30 is 30 times better than Centrum.

But it got I got an F.

So a lot of doctors that are holistic saying take zymogen

and it's actually really good.

It's 30 times more than Centrum, but this got a hundred percent.

So it's a hundred times better than Centrum.

Okay, so this is a very good product and you just get it

at Whole Foods or on Amazon or Vitamin Shoppe?

Then you have magnesium which member you need magnesium and

calcium to make serotonin to help anxiety for these PTSD

kids. That's a compulsive.

It'll help take the edge off in some case.

We're leave most of their symptoms are all and then calcium

is while so but by the way, this is these are Big vitamins.

So there's a liquid by Bluebonnet that I recommend it's 1

tablespoon a day and it's got both of these in one tablespoon

by Bluebonnet.

You want to write that down.

That's a liquid.

Vitamin for the kids that can't swallow this these capsules

are pretty small.

But if they can't do this there's a vitamin called Sun thinning

that they could do and I think it's by its natural factors

something Natural Factors.

Okay, and they can just do one to four of those in the morning

124 after school.

Remember you want them to take healthy knee to release dopamine

when they're doing things.

They don't like if it's in the more, it's cool.

It's cool work at home.

It's homework and chores whenever they have to do something.

You don't want they don't want to do.

Do if they're impulsive have them take it during the summer

have them take it during the on the weekends.

You don't you would not believe the legal problems kids get

into I mean really bad problems that they get into if they're

impulsive and they're off their medication.

It's bad really bad.

All right.

So so what's the old-school parenting style do it?

Because I said so of course we already talked about this

Dad and of course do it do it because I told you two dads

usually don't like to negotiate if you grew up in the 63rd

before the parents right the parents could give you a discipline

and you like you could call your friend up or they could

call you at work and go.

Oh, could you just light them up for me?

Please?

Just give him a few swats on the but tell him it's from me.

Hey, no problem.

I already did that.

Okay, cool.

Thank you.

So you guys remember that?

Okay, um today parent peer pressure contributes to opposition

oppositional Defiance sometimes parents giving in to peer

pressure. For instance.

I was talk I was at the Christ School talking about social

media when it was it social.

Yeah, social media like boundaries and and the dangers of

social media and Tech that reminds me.

I'm doing a talk on free talk on Friday on cyberbullying

in the five dangers of social media that's going to be essential

for to behavioral hospital for free nine to eleven o'clock

because want to go to that.

But anyway, we were talking about this and and all these

moms had a pact.

Okay, we're not gonna let our kids have a phone until 8th

grade. What do you think that kind of what kind of pressure

do you think that put on?

Right and then guess how many people broke The Pact all but

one of them all but one and that poor mom is like what do

I do?

Because you know, how do I deal with this?

Because everybody else has it now, that's how they're communicating

with each other and playing setting up playdates and things

what do we do about that?

So there was prayer there was some pressure that the kids

were putting on them and they and one parent would buy a

phone or maybe it was apparent that a divorced home that

bought it to look good to their daughter to get their favor

right or look better.

Look nicer make the other parent look bad and then they broke

The Pact they gave in to peer pressure that can lead to Defiance

as well.

How about the Democratic?

Well, that's kind of all the side and let's have a vote.

Well, how would a vote work in a foster parent home?

When how many kids you have in your home right now, Melanie?

10 yeah, who's going to win that boat?

Right?

Yeah, that doesn't work.

Yeah, that's the yeah, so so inconsistent structure and boundaries,

how about it the boundaries keep changing?

Hey mom.

Can I stay up a little later tonight?

Yeah.

Sure.

Yeah.

I had a good day and you're okay you and then tomorrow can

I stay up later?

No go to bed, but she go.

When it keeps changing how many guys have kids like that

if you change the structure they freak out.

Okay.

Yes and you pay for that.

So you never want to we don't want everyone to fudge that

structure those boundaries, right?

How about a passive pore structure unclear, you know or clear

boundaries, you know, poor boundaries, right?

Whatever just lock up whenever you get home course, that's

just not not good at all.

Right.

So here's what odede is.

This is usually something like what do you have symptoms

like this over six months.

This is this is what this is, right?

So it's Defiance with argues with adults defies the refuses

to comply we request if it's black.

They'll say it's what White they often blame others for their

mistakes angry and resentful touchy or easily annoyed.

And disturbance, you know usually causes impairment with

social academic or occupational functioning.

So when it causes impairment in one of those three that still

would meet the criteria spiteful or benthic vindictive.

So that's Defiance, right?

So here's what it looks like in girls often times girls are

not diagnosed before puberty with Defiance.

And now again if they have autism it would look like Defiance

and you know, like if they're it's if it's a female boy or

girl Autism they would show more of those Defiance symptoms

really early boys act out more aggressively at home.

Girls are more covert and calculated.

So so they whenever we see Defiance symptoms in girls, it's

usually at home.

There's a lot more precise societal pressure on girls to

be good and get good grades and their peers will look at

them and shame them for not doing good in school and things

so sometimes kids with ADHD girls with ADHD might not show

their symptoms fact, actually the average girl with add the

inattentive type add are diagnosed in 10th Grade.

Boys is seventh grade the girls that are hyper are diagnosed

in fifth grade.

The boys are second grade.

So make sense.

So they act out due to fear of right social isolation or

loss of status.

They also act out to get back at their parents.

I'll show you we've had really high profile people drive

in from like maybe a hundred hundred fifty miles because

they don't want to be seen coming into a Counseling Center

to deal with the issues with their daughter.

Because your daughter has publicly embarrassed them just

to just to get back at them because they're not happy about

something at home.

They try to embarrass parents amongst friends or Community

to to the the child's own demise.

In other words what you they create a monster with what that

we've used that term before right you're creating a monster

the T doesn't think that through their just thinking about

themselves. I mean there is a lot of you know selfless teenagers,

right? Not really.

I'm just being sarcastic.

This is silent Norms Can it can encourage oppositional Behavior

parents want to keep their child like a little girl while

boys are encouraged to grow up.

So that's another thing that can feed into that with girls.

They play emotional King of the mountain facial expressions

spiteful and unforgiving and they spread rumors.

They make up rumors just to get back at someone they make up stories just to create drama.

They say extremely mean and hateful things when they're upset.

We had one of our news interviews we did they asked us if girls are meaner than boys.

What do you think the answer to that question is girls are meaner than boys.

They really are and then you see the cyber bullying which by the way in the last 10 years.

So so from suicide is up 76 percent.

And we think it's because of cyberbullying but what did the state do in response to that statistic put counselors in every school Mental Health Counselors and every school but that the suicide rate dropped last year.

Nope.

I think it's good that they did that not you know, I think

it might help made it with school shootings because maybe

we can identify kids in the school, which the school shootings

is socially awkward white males.

Did you know that?

It's not a gang person or it's a socially awkward white male

usually autism lot of times and usually their dad's not involved

as well.

In fact, it's almost always been the case.

So so that's you know, but we you know, we haven't we're

not doing anything.

In fact, if you if you come to my cyber bullying talk next

week, you're going to think why do kids have social media

apps? Why does anybody under 18 have a social media app,

in fact a lot of the apps.

Your kids are on they have Lie about their age to be on it.

And that's and then of course half the people that go on

there. They're depressed get they get the more sad when they

go on because everybody's life look so amazing and Britney

Spears actually went on television or something reported

that this amazing beautiful picture that went viral of her

family at Halloween with these cute outfits and her kids

went viral and she looks so happy and she said that when

she was checked into rehab shortly after that.

She was a mess.

But everything looks so perfect.

so they may not do as well in school because they want to

be cool.

They say of course they say extremely mean hateful things.

So that's kind of what that looks like a girl's what oh Didi

can lead to if we don't treat this we don't do something

about this.

These are the criminals Guys.

These are people that this progresses, you know into being

a conduct disorder, but they start being defined with their

parents. Then it's the teachers then it's the school resource

officer. They may flunk the class this despite the teacher

how do you guys have kids like that?

They're flunking the class because the teacher and You know

we talk to those kids and like whose great is this?

It's yours.

Is it the teachers grade?

No, I mean do you when you do good as a teacher really going

to be like Jumpin up Jumpin for joy and go.

Oh my gosh, Billy.

You did so good.

You just made my whole world so much know they're not going

to be this is your gray, dude.

But what happens is when they're upset.

So so if they have ADHD the main definition members that

lack of internal motivation to do anything they're not excited

about so if the teacher doesn't like them and the teachers

butting heads with them, what's that going to do to that

little bit of motivation that they have their it's gone it

is out the door.

And then again, they can't process the bridge isn't working

now. So now they got this feeling of I don't like this teacher

and I'm going to do whatever I can to get at her, you know,

I'm going to try to because that's an animalistic instinct

is just to kind of act on our anger act on our feelings,

but when our frontal lobe develops, which is like H25 if

you don't smoke too much pot She was that slows the development

of your frontal lobe by the way.

So so so the so they're not going to be able to process their

emotions and and they could have can't process that you know,

because at the other kids are like, oh this teacher drives

me crazy.

I hate her or test or not fair.

She's unorganized or she doesn't teach or whatever, but then

they're going to process but I need to be respectful and

they're going to act respectful but the kids that don't have

that bridge fired up.

They're not going to have that luxury to think about things before they do.

X so the first thing you have to do with ADHD and autism and anxieties we got to deal with that neurobiological piece.

We got to get that frontal lobe to fire up whether it's medication or the diet and the vitamins then it progresses to the law the school resource officer gets involved.

So it's the teacher then the principal then the resource officer. They may start to steal to get their way sneak out of the house get caught breaking the law the parents ask for help and ultimately leads to To conduct disorder which basically means they've been charged, you know, they they're breaking the law convicts were though is something for adults.