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## Hyperactivity of Children on the Fast Track

The first time he came into my office I heard him before I saw him. He was not crying or screaming, he was just tearing the room apart. When I stepped into the examining room, I saw a young mother totally frustrated by her adorable five-year-old child. Over the uproar we were able to talk about his health which was basically excellent except for chronic constipation and frequent bouts of sore throat and ear aches which had required antibiotics. I tried to get a history of his diet and found that he ate a great deal of sugar, lots of milk, and foods with preservatives. I suggested changes in his diet. The next time he came into the office, which was about a month later, his activity was just as wild but he had no had a sore throat and his ears were a little better, however, his constipation remained severe. Because of the constipation I suggested to his mother that she start using a castor oil pack on his abdomen. Since he had trouble holding still, we decided to put the pack on from 4 to 5 o'clock in the afternoon while he watched a local TV program for children.

About a month later when he came into the office, I did not even know he was there. When I went into the examining room, he was quietly turning pages in a book. I was really delighted and amazed. His mother said that the castor oil packs had made all the difference.

She continued to use the castor oil pack as he started school. In the summertime she discontinued the castor oil packs but periodically he would come running in and say, "Mama, I need the pack, I need the pack." Throughout his school years there would be times when he would come home from school and tell his mother he needed the pack. It seems that he could feel when the tension began to build up in his system and he knew he would not be able to control it, and he also knew that the castor oil pack would help. I have seen him in my office as a grown man with children of his own, perfectly capable of continuing his life and activities and raising a healthy family.

In our society there are many children who are on medication because of hyperactivity. These children learn that they can control their feelings and behavior with the use of pills and, sadly, many of them go on using other prescription drugs in their later years.

For more information about castor oil packs, contact the Gladys Taylor McGarey Medical Foundation at [adm@mcgareyfoundation.com](mailto:adm@mcgareyfoundation.com)