

Differences Between Stimulant Use and RMT^[*]

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Central Stimulants	RMT and Reflex Integration
Do not improve academic success	Improves mathematics reading, and comprehension
Suppress curiosity and play. Cause social withdrawals	Promotes curiosity and play
Make children obedient and willing to do what they are told	Improves self-reliance and ability to assert oneself
Promote stereotyped compulsive behavior	Helps ease obsessive compulsive behavior
Increased risk of abuse of alcohol, tobacco, and drugs as an adult	No increased risk of drug abuse
Common side effects are depression, disinterest in surroundings, and disassociation	Increases pleasure, spontaneity and association
Causes brain damage in the frontal lobes and basal ganglia in animals given equivalent doses used for ADHD	Improves the function of basal ganglia and frontal lobes
Serious side effects are psychosis, suicide, and sudden heart failure	No serious long-term side effects
Loss of appetite	
Suppresses growth hormone	

[* RMT — Rhythmic Movement Training]

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Originally published as part of the course training manual *Rhythmic Movement Training Level One - RMT and ADD/ADHD*, June 2007

[Chart provided by Sonia Story, developer of the [Brain and Sensory Foundations course](#).]

[Can neuro-movements help overcome ADHD? See [this article](#).]