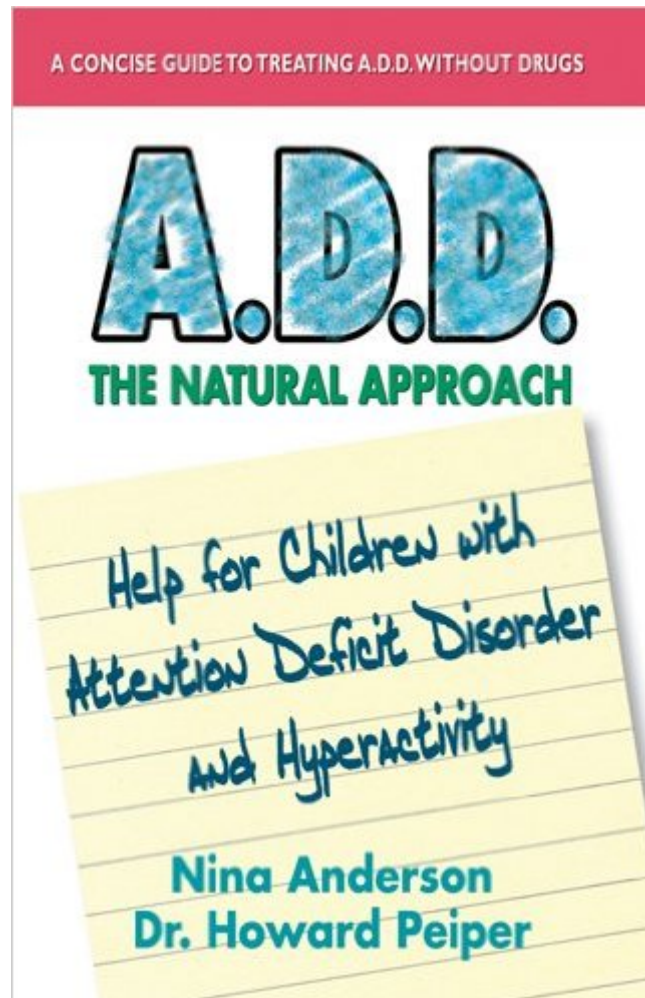


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# A.D.D.: The Natural Approach



## Synopsis

Children with ADD are given powerful drugs to cope with their condition, but the drugs often have dangerous side effects. Without medication, though, how can these children be helped? In their new book, Nina Anderson and Dr. Howard Peiper provide a creative solution for ADD. The authors first explain how ADD is triggered by a central nervous system imbalance, and then offer a variety of natural therapies, including proper nutrition. A unique chapter addresses the treatment of related ailments such as fatigue and depression.Â

## Book Information

Paperback: 40 pages

Publisher: Square One Publishers; paperback booklet edition (March 1, 2007)

Language: English

ISBN-10: 1884820190

ISBN-13: 978-1884820199

Product Dimensions: 5.5 x 0.2 x 8.5 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 starsÂ Â See all reviewsÂ (5 customer reviews)

Best Sellers Rank: #2,605,861 in Books (See Top 100 in Books) #84 inÂ Books > Health, Fitness & Dieting > Children's Health > Allergies #1006 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies #1775 inÂ Books > Parenting & Relationships > Special Needs > Disabilities

## Customer Reviews

I bought this book for myself; I am an adult that was only recently diagnosed with ADD, and I wanted to try dealing with the problem naturally rather than always relying on drugs (which, if properly prescribed, are fine).I will grant that there are some interesting ideas in here about nutritional deficiencies perhaps contributing to the symptoms, and they were helpful in pointing me toward researching more reliable sources on the same subject (the part about minerals like magnesium and zinc being common deficiencies I would never have known about). But they lost me a tad when they started discussing aromatherapy and Chinese medicine, and then I started questioning most of the book.While I can appreciate this isn't a technical book, there is no attempt to show research studies backing up some of their claims, and some of the claims sounded like they were simply winging it in an attempt to paraphrase in an accessible way ("this causes heating in the brain"?? I'm hoping that was a typo). Other claims just sounded like pure BS, like they took the word

of some schmoe in a pharmacy who claimed to know a lot about herbal supplements. While I don't doubt a more natural and nutritional approach to treating ADD works best for many people, I believe there must be far better books out there on the subject.

My husband and I have 3 children who are ADD, this little book has helped us so much that I would highly recommend reading and following the authors suggestions.

If you are just getting started with Natural Approach's to ADD this is a great guide book.

Came on time and as described!

ok but not fabulous

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