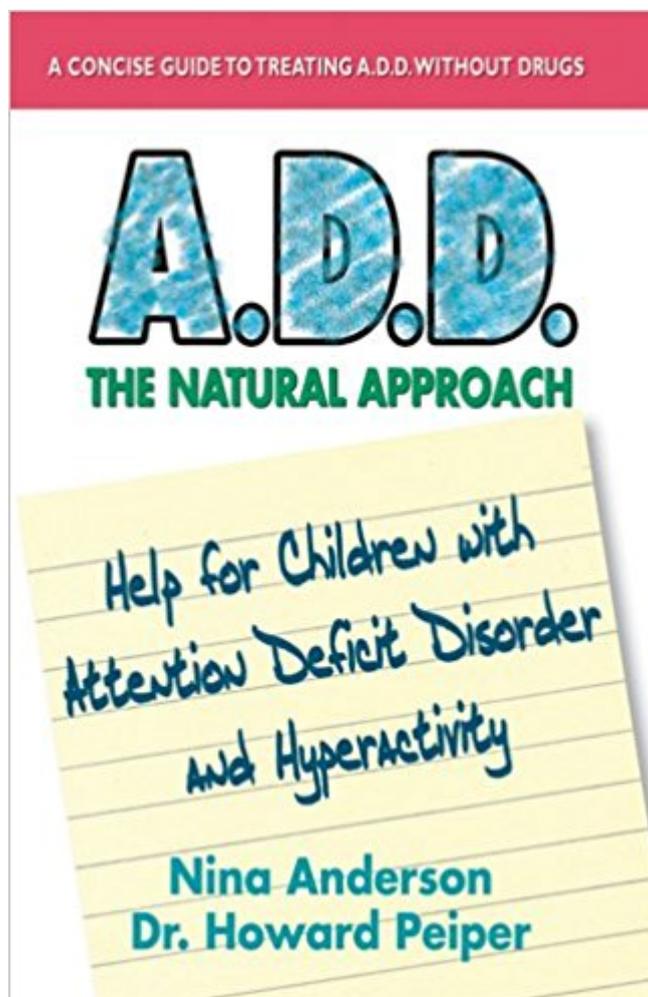


The book was found

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

[Download to continue reading...](#)

Natural Remedies for Dogs : 101 Safe & Natural Essential Oils' Remedies for Your DOG: (Natural Remedies For Dogs, Essential Oils Remedies For Dogs, Natural Dog Care, Recipes For Dogs, Home Remedies) Natural Relief from Asthma (Natural Health Guide) (Alive Natural Health Guides) The Idea of Natural Rights: Studies on Natural Rights, Natural Law, and Church Law 1150 1625 (Emory University Studies in Law and Religion) All Natural Mom's Guide to the Feingold Diet: A Natural Approach to ADHD and Other Related Disorders 365 Days of DIY Skin Care Hacks - Essential Oils, Natural Soaps, Homemade Face Masks, DIY Natural Beauty Recipes Homemade Organic Skin & Body Care: Easy DIY Recipes and Natural Beauty Tips for Glowing Skin (Body Butters, Essential Oils, Natural Makeup, Masks, Lotions, Body Scrubs & More - 100% Cruelty Free) Homemade Shampoo: Beginner's Guide To Natural DIY Shampoos - Includes 34 Organic Shampoo Recipes! (Natural Hair Care, Essential Oils, DIY Recipes, Promote ... Masks, Aromatherapy, Hair loss treatment) 107 Natural Colorants for Cold Process Soap (Natural Soap Series) EPSOM SALT: 50 Miraculous Benefits, Uses & Natural Remedies for Your Health, Body & Home (Home Remedies, DIY Recipes, Pain Relief, Detox, Natural Beauty, Gardening, Weight Loss) Super Natural Cooking: Five Delicious Ways to Incorporate Whole and Natural Foods into Your Cooking Eighty Great Natural Shade Garden Plants (Ken Druse's Natural Garden Guides) Eco-Friendly Cleaning: Money Saving Solutions for a Clean, Green, All-Natural, Non-Toxic, Eco-Friendly Home (eco-friendly, sustainability, homesteading, ... natural cleaning, green home, non-toxic) Homemade Repellents: 31 Organic Repellents and Natural Home Remedies to Get Rid of Bugs, Prevent Bug Bites, and Heal Bee Stings (Homemade Repellents, Natural ... Homesteading, How to Get Rid of Bed Bugs) Natural

Pet Cures: The Definitive Guide to Natural Remedies for Dogs and Cats Dr. Geo's Guide to Natural Prostate Health: A Man's Guide to Traditional and Natural Treatments for an Enlarged Prostate Type 2 Diabetes Cure: Natural Treatments that will prevents and Reverse Diabetes (Natural Health Books) Type 2 Diabetes Cure: Natural Treatments that will Prevent and Reverse Diabetes (Natural Health Books) (Volume 2) How to Cure Erectile Dysfunction: Overcoming Erection Problems through Diet, Exercises, and Natural Remedies (Men's Health, Impotence, Sexual Health, Natural Cures, Sexual Problems, ED) High Blood Pressure Explained: Natural, Effective, Drug-Free Treatment for the "Silent Killer": (Blood Pressure, Hypertension, Heart Health, Naturopathy, Natural Remedies) Las 7 Llaves de la Felicidad [The 7 Keys to Happiness]: Las Fuentes de Bienestar y su Orden Natural [Sources of Wellness and the Natural Order]

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)