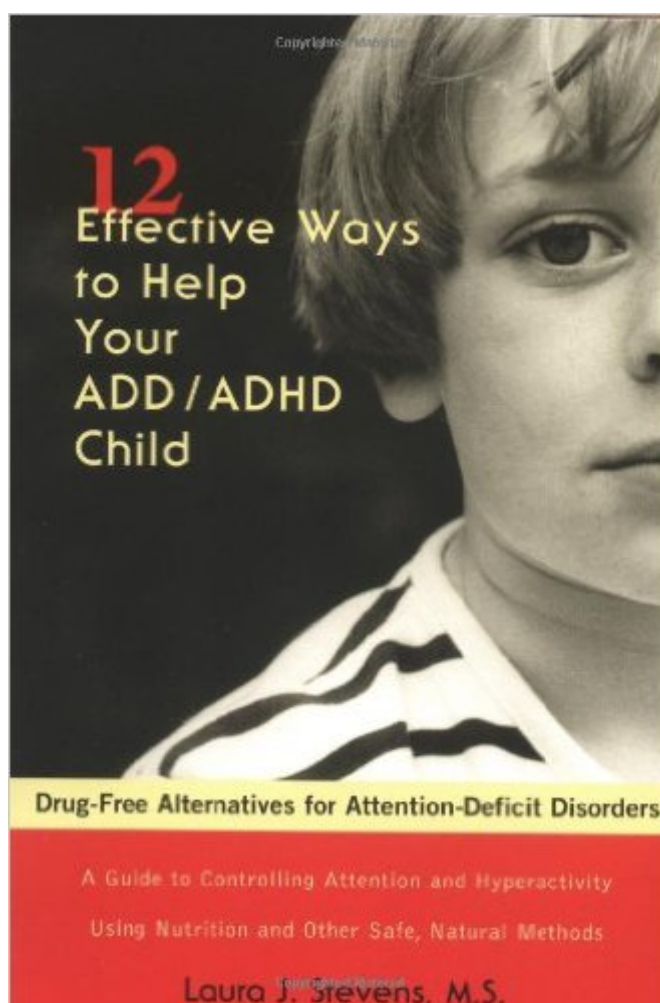




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# 12 Effective Ways To Help Your ADD/ADHD Child: Drug-Free Alternatives For Attention-Deficit Disorders



## Synopsis

In *12 Ways to Effectively Help Your ADD/ADHD Child*, you'll discover that helping a child with ADD/ADHD is like solving a jigsaw puzzle. You have to identify the various biochemical and nutritional pieces and fit them together into a completed puzzle of a happy, healthy child. Improve diet, track down hidden food allergies, and identify and avoid inhalant allergens and chemical sensitivities. Included are menu suggestions, shopping tips, and 30 recipes to help parents deal with diet changes, such as avoiding artificial colors, milk, wheat, sugar, and chocolate. *12 Ways to Effectively Help Your ADD/ADHD Child* discusses the latest research reports from prestigious medical journals about ADD/ADHD, deficiencies, and lead poisoning.

## Book Information

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## Customer Reviews

Laura J. Stevens, MS, has been President of Nutrition in Action, Inc., a small nutritional consulting company, since 1995. She developed The ADD/ADHD Online Newsletter, a home page dedicated to attention-deficit hyperactivity disorder. In addition to maintaining her web site, Stevens collaborates with her professor, John Burgess, PhD, on ground-breaking research concerning ADHD.

This easy to read book helped us find a little peace in our lives. We implemented many things from this book with our ADHD son. We have been doing this diet for about three months now. I have never recommended any other ADHD book. This is the first. I am amazed at the difference. These

were easy things to implement. The nice thing about this book is you can try one thing at a time or a lot. It is not overwhelming. Some things this book helped my son with are; he's much less hyperactive, sleeps better, eats better, less moody and fewer meltdowns. The stress level in our family is way down. Thank you Laura! My son enjoys the recipes in the book as well. Check out her website too!

I met Laura Stevens in the early 1980s when she spoke at West Lafayette Public Library in Indiana. Her children were out of control until she put them on a natural diet. Then she began to study the effects of toxics upon our diet and became a leading worldwide authority. Please add this very important book to your personal library.

This is an AMAZING book! It has helped my son tremendously!

outdated; wish there was a more current version! :(

this book has a lot of great information, including diet ideas. and i'm positive this will help my child. and i'm sure it would help your child, even if they dont have add, its a great guide to help with every day living for children and parents

Laura Stevens provides a much needed road map for parents seeking help for their children with ADHD. By providing step-by-step instructions, sound nutritional knowledge, excellent examples, problem-specific narratives, and good, common sense day-to-day practices (i.e.-recipes), she is eliminating the frustration in the search for answers for current and future parents of children with ADHD. This book provides the type of aid that only could have been given by someone who has had first hand experience in raising children with ADHD. Parents can now learn what to do directly from the book rather than waiting while much of the medical community is playing catch-up to scientific literature.

This book is superb in every respect. It's comprehensive, yet concise, well organized and reader-friendly. It contains information which parents cannot find elsewhere. Stevens is a mother and highly educated professional who is now carrying out research at Purdue University on the critically important role of essential fatty acids on children with ADHD. In this book she gives parents and professionals a step-by-step approach for helping children. In my opinion, this book will be a

bestselling book for parents in the first decade of the 21st Century. William G. Crook, M.D. Emeritus Fellow, American Academy of Pediatrics

Fatty acids? I would like to read the research. As a teacher for many years, I found that parents benefited from learning parenting skills. Many would rather have their child medicated and can always find a doctor to provide medication. Our school system required that TWO or more sources confirm by completing questionnaires about the child's behavior. Many times the questionnaires differed from the parents. The student was attentive and co-operative in the school environment, but the often stated that the child was non compliant.. Many medications have side effects such as tics. Parents need to find a board certified doctor who will prescribe medication if it is needed and brave doctors who will tell the parents when they do NOT need medication.

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