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ADD/ADHD Drug Free: Natural Alternatives and Practical Exercises to Help Your Child Focus

Frank Jacobelli, Lynn A. Watson

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Attention Deficit Disorder and Attention Deficit Hyperactivity Disorder (ADD/ADHD) are among the most misunderstood problems facing young children today. Drugs like Ritalin and Cylert are traditionally prescribed to treat these disorders, but their use is controversial. While many children have been helped by these medications, at best, pills only temporarily improve symptoms. Sometimes they don't work at all, and they can come with disturbing side effects such as weight loss, insomnia, and may even slow growth in younger children. ADD/ADHD Drug Free gives frustrated parents a long-awaited natural alternative. The first book to feature enjoyable, practical activities for children that will help them cope with their disorder by strengthening brain functioning, this life-changing guide shows parents, teachers, and counselors how they can improve learning and behavior effectively and without medication. Timely and thoroughly researched, this guide will help thousands of children become more focused and more successful in school and in life, without jeopardizing their health.

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