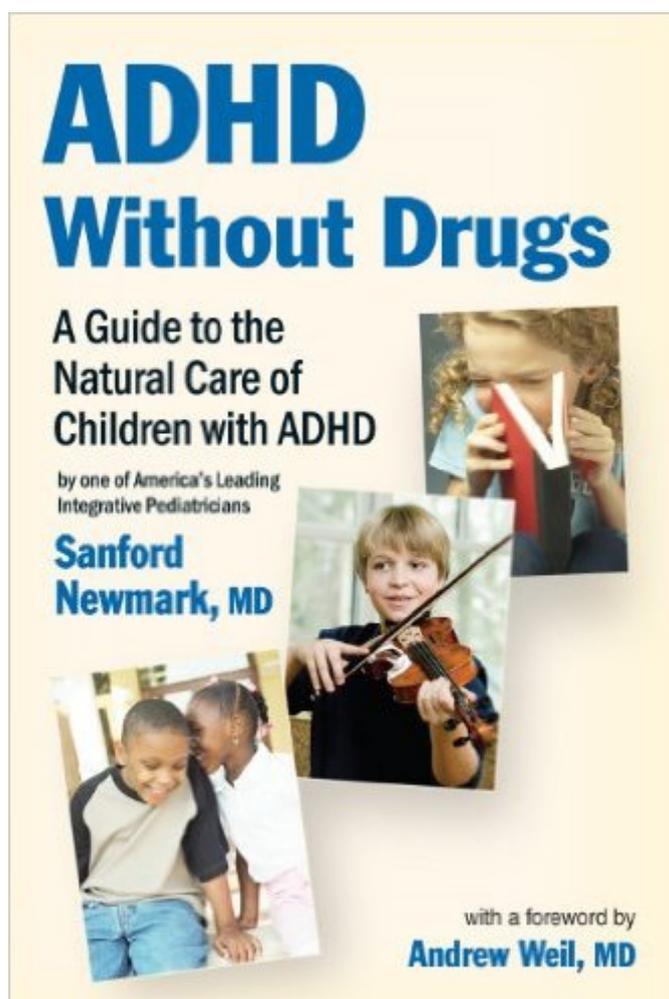


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# ADHD Without Drugs - A Guide To The Natural Care Of Children With ADHD ~ By One Of America's Leading Integrative Pediatricians



## Synopsis

FROM THE FOREWORD BY ANDREW WEIL, MD ~ For 20 years, Dr. Sandy Newmark has specialized in successfully treating children diagnosed as having ADHD using methods other than psychostimulant medications. Now he has put his best advice into this book for all parents, educators and other physicians to read. He explains how to treat the whole child, not just the symptoms of ADHD, using safe and natural methods. For any child diagnosed with ADHD, even those already taking medication, this book will prove invaluable for their health, happiness, and success. I strongly recommend this book to all parents, relatives, and friends of children with ADHD, as well as the teachers, doctors, and other professionals who work with them. Before going to the pharmacy, we can use an integrative approach to help these children succeed and fulfill their true potential. Dr. Newmark tells us just how to do that. ~ Excerpted from book's foreword by the renowned Dr. Andrew Weil.

## Book Information

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## Customer Reviews

Buying this book is a no-brainer if you are concerned with ADHD. I only want to add that Dr. Newmark gave a 56-minute talk entitled "An Integrative Approach to ADHD" at the University of California. You can google it; it's available on at uctv. tv and on Youtube. I suggest you watch it while waiting for your book to come. He knows what he is talking about--see for yourself.

As a long-time educator and school counselor, my heart breaks each time a young child's diagnosis

of ADHD is addressed with chemicals as the first protocol, altering the young developing brain with drugs. Dr. Sandy Newmark's carefully researched and documented new book supports alternatives to drugging our intensely, delightful youth, giving parents and educators tools to tackle real issues of focus and the under-developed executive functioning. This book is exactly the resource I have needed to combat the ever-growing demand made by well-intentioned parents, physicians, educators when they query, "Have you considered putting him/her on medication?" Rather, have you considered ADHD Without Drugs? Bringing out the best version of our children without drugs - who doesn't want that? Tammy F. Small, M.Ed., Educator for 27 years, School Counselor and Certified Advanced Nurtured Heart Trainer working with educators, families and WONDERFULLY INTENSE children

I like that the author is an MD. He uses research as the basis for his recommendations. His approach is a common-sense one. First, work on nutrition; eliminate foods with artificial colors, artificial flavors, and artificial preservatives as much as possible. A research study in the Lancet journal concluded that artificial colors (dyes) make ALL children hyperactive; England forbids the use of certain artificial colors in foods, however, the USA has not taken similar action. Omega 3s have been proven to help kids with ADHD. Check your child's serum ferritin levels (CBC-serum ferritin test) and zinc levels to see if supplementation is needed. Use magnesium-rich foods and possible supplementation. For sleep issues, melatonin and valerian is recommended. The best insight was to try common-sense methods first. If your child shows improvement, great. If these methods fail, then ADHD medications are prescribed. [additudemagazine.com](http://additudemagazine.com) is a great website with information about ADHD. Dr. Newmark has 2 webinars, to which you can listen for more information.

Great alternative to medication. The omegas have helped. And please don't forget to see if your child has eye issues. Could be a convergence issue and only developmental pediatric eye specialists can check for that. Good luck!

Very informative with out preaching. We use drugs to help our son, but this title is a little misleading as this author advocates trying everything you can to help, rather than just using drugs. Its an easy read, but has plenty of good tips and advice to help parents with their ADHD kids.

This book presented a variety of possible methods for addressing ADHD. In each case, the author

discusses the pros and cons and does not claim any miracle cures. He explains the studies that were done to validate various approaches and also includes examples from his practice. Despite the title of the book, he does discuss situations when medications may be helpful and is not categorically against them. Unlike many books of this type, where all the content may be found in the first few chapters and the remaining chapters are all just a rehash to fill out the book, each chapter of this book addresses a unique subject in a concise manner. I found the content very useful and we have already applied several of the ideas successfully. Finally, I really appreciated the down-to-earth and non-pompous fashion in which the material was presented--it's clear the author understands first hand how difficult dealing with ADHD can be.

My awesome pediatrician, Valeria Kozak, recommended this book as a precautionary measure because my son has some symptoms of ADHD. She said, "This is an excellent read especially if we have to go down this road later. You'll be better prepared." What seemed intimidating at first became encouraging after reading this book. Matter of fact, I couldn't put it down! I read the whole thing in two sittings. The doctor's writing style is conversational, non-threatening, and often humorously opinionated. There are certain chapters where he presents SO MUCH data that can be dry to read through, but for the most part, he presents a very strong case for an approach to ADHD without drugs. Matter of fact, the parenting approach he offers is good for any parent, with or without ADHD children. Appendix B is worth the price of the book! It's filled with resources to books and websites that are quite useful. The Kindle edition has a weird formatting to it. It's missing some charts and graphs that he refers to and there seems to be a lot of typos on it. I'd recommend purchasing the hardcopy if you can. It's a great reference book, too. Overall, I walk away from the book encouraged, validated, and educated.

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