



# **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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Why? Because this ADD/ADHD Drug Free: Natural Alternatives and Practical Exercises to Help Your Child Focus is an unordinary book that the inside of the reserve waiting for you to snap the item but latter it will surprise you with the secret the idea inside. Reading this book alongside it was fantastic author who also write the book in such amazing way makes the content interior easier to understand, entertaining approach but still convey the meaning completely. So , it is good for you because of not hesitating having this any longer or you going to regret it. This amazing book will give you a lot of benefits than the other book possess such as help improving your ability and your critical thinking method. So , still want to postpone having that book? If I were being you I will go to the publication store hurriedly.

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