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# HEALING WITHOUT HURTING

Treating ADHD,  
Apraxia, and  
Autism Spectrum  
Disorders  
Naturally and  
Effectively  
Without Harmful  
Medication

Includes revised and updated information

LPC Kozek

## Healing without Hurting: Treating ADHD, Apraxia and Autism Spectrum Disorders Naturally and Effectively without Harmful Medications



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There is HOPE!! The author combines telling a "tale" while at the same time offering a remarkably broad, concise look at the foundational precepts today known to contribute to the epidemics of ASD, Increase/ADHD, and related medical syndromes. We've been on this journey to figure out that which was heading on with him since he was 4. I'm so happy I saw it on a FB group web page. That was probably the most difficult days of my life as his Mama. We've seen a slight difference in him since beginning meds, but for our family, this was not the reply.! No easy task.. THANK YOU! But I did therefore that journey began.obtaining a dr who'll do this.actually, we had his allergist check him (scratches on his back) and the effect was NEGATIVE for any food allergies! I bought Healing Without Hurting...I couldn't put it down! I no more have any observeable symptoms of any of these circumstances and at 50-years old am healthier than I have ever been. LOTS OF INFORMATION!!.. This book was so beneficial to me. THANK YOU! Among the results that came back from his tests is that his is normally delicate to peanuts and wheat.... As results began coming in, I decided it had been time to really move forward with this. Highly recommended :) I've go through many books on autism and biomedical treatments, and this one is by far my favorite.. I'm a born skeptic, rather than take anything at face value.when the correct checks are done, you will find that there are actually food sensitivities! We also discovered he has Celiac Disease! WOAH! Totally not really expecting that! BUT. I began him on meds this year, kicking and screaming (figuratively of course); As a co-author myself of a publication on Combine (The Diseasing of America's Children), I am in awe at the grade of the materials and the writing in this publication.(and hear is the part that's so exciting) - we'd a med check-up with his psychiatrist yesterday. As a pediatrician newly board certified in Integrative Pediatrics after 31 years in traditional pediatric practice and 11 years in academic medicine, that is among the finest books I have read among around 150 books I have browse since discovering Functional Medication just 5 years roughly ago. It is very eye-opening about what we place in our bodies!..she was shocked - her exact words "Well, that changes everything. Highly knowledgeable and highly educational;..if we see a noticable difference (and I think we will) then we shall start to ween him off of his current meds." DID YOU HEAR THAT? Lifestyle is a series of decisions and outcomes - as every mother or father knows.?! My child - ADHD, ASD, and ODD...!!! While researching everything I possibly could, I happened to encounter the Healing Without Hurting Facebook web page.! They had no answer for me. After studying Jenn's fb page, seeing all of her posts, I finally decided to dig deeper and demand additional testing for our son. PLEASE FIND A DR WHO WILL LISTEN TO YOU! I have already been identified as having fibromyalgia, irritable bowel syndrome, migraines, allergy-induced asthma, chronic exhaustion syndrome, and allergy-induced asthma. It's been life changing! I could hardly place it down. Our boy WILL become well once again!and med free!!could be getting weened away his meds in 3 months!. So may suggestions, concepts, and recipes.!! A Handbook for Living Safely in a Toxic World Have you ever been treated by a health care provider like your child is just a number? Parents of children affected by chronic "mental wellness", behavioral, and unexplained medical problems will see this to be an extraordinarily useful work." and understand that you and your kid deserve better treatment? This reserve will treat you the way you know you ought to be treated.! Parents of kids with autism are keenly aware of this, because decision-making is one of the toughest challenges. Decisions are best created by well-educated adults, and Jennifer Guistra-Kozek's profoundly educational reserve, "Curing Without Hurting" can turn you into an expert parent. Half of great decision-making is knowing what the options are, and Guistra-Kozek has laid out the options for most of the decisions a parent of an autistic child must make with respect to addressing the symptoms of autism. We do not however have medical trials of

the myriad feasible combinations of "treatments" for autism, but Guistra-Kozek supplies the next best thing: detailed, expert overview of what the organic options are. Since the amount of toxins that likely donate to autism risk are large and diverse, you might think that a reserve with the name "Healing Without Hurting" will be restricted to general suggestions and guidance. I started the trip with my son when he was 4 because he was kicked out of his pre-school for behavioral problems. It is so comprehensive in scope therefore practical that it looks like a handbook for surviving in a toxic world., B. I cannot emphasize just how much all parents of children with autism will like this book! Demand one for your local library, and buy one for your pediatrician! this is among the finest books I have read among an estimated 150 books ... She said she wanted to add an additional medication to his "cocktail" - I informed her about the Celiac. The author kindly provided me a copy of the publication at a recent meeting, and I simply got around to reading it. Us has hope once again!. My son, who is 7, was dx with ADHD, ASD, and ODD. Furthermore, references to high quality sources and links to useful online resources are given the reader. That is my belated "thank you" to Jennifer Kozek for providing me this book at Autism One in Chicago in-may. Are you told "that's just the way it is? It has changed the way I look at my children's health and behavior. Bose Ravenel, M.D., F.A.A.P. Pediatricians should hand parents of newly diagnosed with autism this book, until the medical community gets to business of training how exactly to prevent autism either cleaner vaccines, biomarkers to keep those at risk out of harm's way, or treatment that mitigate the uptake of toxins into the brain.C.I.P A must have book!. Our 10 year aged daughter had ADHD plus some other things. I've started a trip of trying to proceed natural and discovering different things to help. This book is crucial! As he got older, the behavior became worse, the sensory issues became worse (even with OT), we were in behavior therapy, and we finally considered the gut-wrenching decision to begin with medication..! And it makes total sense!! This is an excellent tool to have, a must have! Thank you for writing this Jennifer! I'm really grateful! As I began to read the publication, I looked up some information on the NIH and CDC websites. AWESOME! Easy to read, and a lot of great information. Great book. Plenty of helpful information on helping my ADHD son. Excellent book! However there it was. The more analysis I did, the more confused and discouraged I became since there is so very much details out there. She actually is extremely knowledgeable. That is sort of like a bible for parents of autistic children. I'd absolutely recommend this publication to anyone. Outstanding Resource compiled by an Outstanding Consultant. Accurate, informative, practical, thorough, and So Needed!!! Must read. I am so thankful to possess found Jennifer Giustra Kozek! Outstanding consultant! We won't be adding a stimulant, simply change his diet plan and I'll observe you in three months. details focused and big picture suggestions; caring and empathetic; and so easy to speak to! I first started following Jenn's posts on Facebook and was extremely impressed with the product quality and this content of her articles. So much therefore, that I frequently share them on both my personal and professional page. Because the beginning of reading the publication I was captivated by the way it is created from the center. I cannot thank Jenn plenty of for her information on her behalf fb page which book that she has put so much time and effort into! Significantly! I am so impressed with Jennifer's knowledge therefore thankful that she's written this publication so it won't consider others the YEARS it got me to make feeling of the plethora of info out there and heal! The information in this book will probably be worth every penny and even more! This book is ideal for any mother, father, relative or person who cares about somebody's child with special needs. I am a mom, psychologist, and health coach who began my trip into natural medicine 30-years ago, when I became stricken with what would later be called Fibromyalgia... LOTS of information! The author actually wrote

from her center to be able to inspire us as parents of Unique Kids. Always look for answers and follow your instincts. Jennifer did a truly amazing amount of analysis for this book Jennifer did a truly amazing amount of study for this book. She provides a apparent, well referenced, arranged map for all those parents who want to reach the root factors behind their child's behaviors and a-regular neurological diagnoses. This reserve is indeed rich with science-backed insight, it will provide you with a master's degree level knowledge of the WHYs of the strategies, based on facts. I began him in behavioral therapy which helped quite a bit; but I possibly could see there is something more taking place. He really, really wanted to use the tools he had learned along with his therapist and from me.. and at the same time held questioning the doctors on alternative courses of treatment. PLEASE UNDERSTAND THIS BOOK! Jennifer offers such an extensive amount of details. I found Jennifer's Facebook page which led me to her publication.. :) I decided to purchase it, and am therefore glad I did! AMAZING Amazing book. IT'S ALL Now there PEOPLE! Jennifer took the time to put everything in a single BOOK! I've requested a lot more testing be achieved because I am convinced that with the correct supplements and proper diet change, my boy will be a different child. Five Stars Amazing resource filled with a Q&A section and glossary of terms at the back of the book. This is essential read book for just about any parent! .. Irrespective if you think your son or daughter is usually struggling or not. This is essential read book for just about any parent!.. It offers even helped my own diet plan and well being!



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