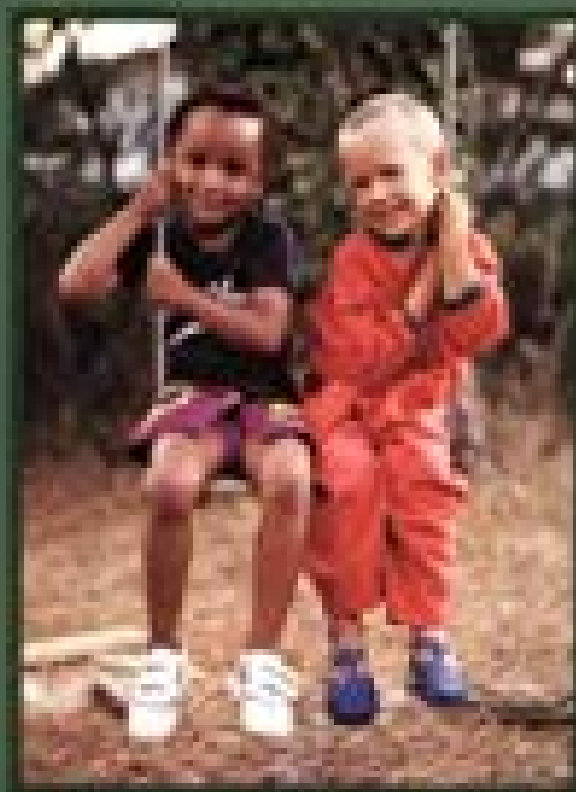


Case Studies Manual

GETTING RID *of* RITALIN

How Neurofeedback Can Successfully Treat
Attention Deficit Disorder without Drugs



Robert W. Hill, Ph.D.
and Eduardo Castro, M.D.

Robert W. Hill

Getting Rid of Ritalin: How Neurofeedback Can Successfully Treat Attention Deficit Disorder Without Drugs



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A Great Introduction This book is an excellent introduction to the usage of neurofeedback as an alternative to drug therapy in the treatment of ADD/ADHD. It's written for the parent who's researching alternatives for the youngster, or for the curious and open-minded professional. It isn't a "how exactly to" manual, therefore it doesn't tell a professional how exactly to conduct a neurofeedback session. It generally does not go into details about equipment and so forth. It does give a synopsis about how mind function affects behavior, and how different brainwave frequencies match states of being. It is rather readable, and as a book it's perfectly laid out. This book seems to be out of print right now, but copies are available, used and fresh/overstock/remaindered, through Amazon and eBay, in good shape and for very reasonable prices. If you are thinking about trying neurofeedback for Put/ADHD, or are thinking of getting trained in this area, that is a decent place to start. Easy to understand I'm currently operating towards a doctorate in scientific psychology. Drugs are effective for some people with ADD. Or so I've been told. For every concerned parent Too often parents might suspect something isn't quit right with their child's interest, focus, and impulse control without understanding why. My ADD did not improve but I experienced a host of side effects including dizziness, insomnia, headache, increased irritability, lack of physical capabilities and back pain. Getting Rid Of Ritalin explains just how neurofeedback works as an alternative to medicines. Neurofeedback trains the mind to regulate itself. They provide more references to back again up their statements than many books I've browse. I do wish a bit more of the technology behind the treatment was discussed, and possibly an launch to common neurotherapy conditions were covered. You can find insights that help describe symptoms and how they could be improved. And all too often the medical doctors are willing to diagnosis by prescription, lets try this medication if he improves then this is what he had. Five Stars enjoying this read ! I am in a better mood, more organized and less irritable. Regarding to Robert Hill-drugs, even when they work, are only a temporary solution. Following a while they get rid of their effectiveness. And I could testify to how costly they are. Before condemning your child to a prolonged regiment of taking medicine at leats know the facts. Drugs Are Not The Answer! I stumbled across Nerotherapy literature while researching Combine/ADHD. But hey, you can't own it all. This publication is easy to understand and a wonderful introduction for just about any practitioner in the mental health field to raised familiarize themselves with the fundamentals. The author runs on the scientific approach and shows a personal concern for those who suffer from ADD. However, The issue was that research content articles discussing neurobiofeedback were written in a vocabulary above my understanding. I would recommend this book to anyone interested in nuerotherapy or anyone interested in developing a better understanding of the many facets of ADD/ADHD. Neurofeedback offers helped me. I attempted Ritalin, Welbutrin, Adderall, Zoloft, Lexapro, Neurontin among others in various combinations. One of the best things about this treatment routine (neurofeedback) is usually that it has without any side effects! I enjoyed the introduction to "low-arousal hypothesis" in the chapter on what can cause ADD. Before you spend thousand on brain scans and psycho-active medicines try letting your brain heal itself with neurofeedback. Also a fantastic book for any medical practitioner that is ready to actually read the endless research and case studies showing how non-medical treatment are in fact proving more effective than medication without the of the negative unwanted effects. I'll definately recommend it to anyone who expresses an thinking about reading more about Add more, and it will stay on my set of neurofeedback resources. I appreciated the backdrop given by the authors on how they arrived at their current position; their range of experience is certainly reassuring. However the book is clearly organized in order that it's pretty easy to find out which parts you do (or don't) have to read. This is normally a fantastic resource with an extremely comprehensive checklist to greatly help parents understand all facts about their child's behaviors as well as a fantastic reference for available options, from medication to toxicity assessment to alternative and more effective treatment than medication. The authors address forms of Insert both with and without the hyperactivity component. The chapters on nutrition and poisons were thorough, although it's always a little disappointing to read those lists of "Things to Not really

Eat." I sensed the chapter on tv and video games was important as well -- documentation that that stuff _slows down your human brain_.My biggest complaint, when you can even call it that, was that I skipped over some parts I actually felt We already knew.Neurofeedback is a fraction of this book.Overall, I believe this book is quite well-informed and very readable. The reserve is easy to read and filled with common sense. readable and well informed I picked this reserve up because We was seeking to learn more about neurofeedback, and now it is one of my favourite works on ADD and brain care.



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