

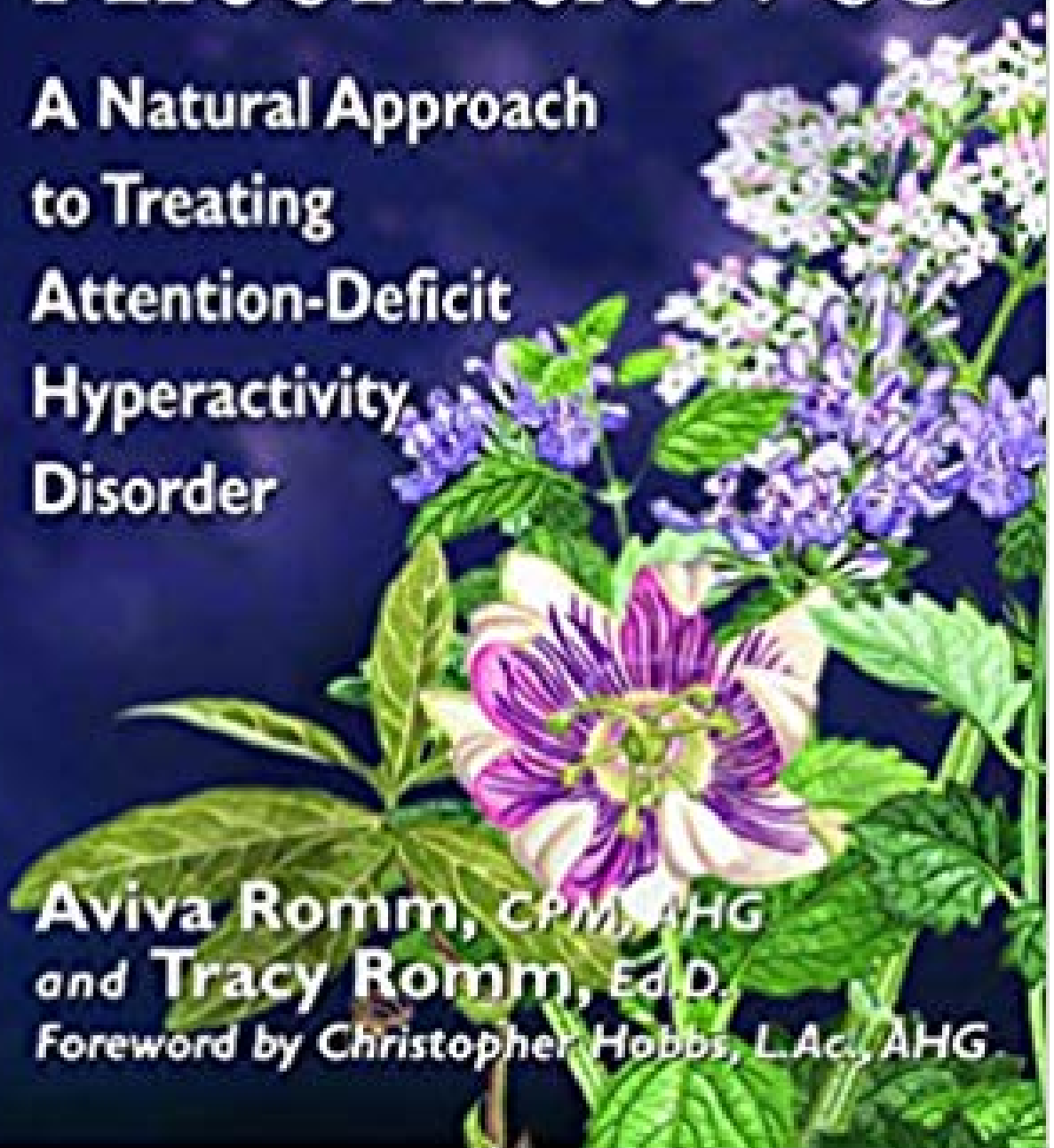


A Storey Medicinal Herb Guide

ADHD Alternatives

**A Natural Approach
to Treating
Attention-Deficit
Hyperactivity
Disorder**

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ADHD Alternatives: A Natural Approach to Treating Attention Deficit Hyperactivity Disorder



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This guide focuses on the root factors behind ADHD and offers an all natural and holistic method of fight the disorder, encouraging families to get solutions that don't rely on psychostimulant medicines like Ritalin. Attention-deficit hyperactivity disorder (ADHD) is among the most commonly diagnosed, and misdiagnosed, disorders in children. Uncover the many benefits of dealing with ADHD with an assortment of nutritional supplements, herbal medicines, and parenting techniques that foster self-esteem, imagination, self-discipline, and confidence.



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Insulting piece of garbage EASILY could give zero celebrities, I would. This book helped me learn some new reasons for having A. It is insulting to parents who have ADHD kids. I thought maybe this book would give ideas on how best to help treat kids with ADHD with the right ideas. If you feel you kid will ingest tinctures of skullcap and timber betony, drink calming teas, and make use of herb pilllows, after that this is the book for you personally. I'm questioning if these authors have even met children. ADHD Alternatives: A Natural Approach to Treating I would probably recommend this book to a mother or father with this issue. Because apparently, we are the only country that has ADHD. Even while insulting parents on a made up disorder telling us what sheep we are. What crap that is. Waste of money. Not even sure this book has a right to be recycled.. ADHD is being more and more diagnosed because as a culture we are increasingly requiring children to unnaturally sit at attention for longer and longer periods of time - 100 years ago, children didn't sit at desks all day long. Although recipes audio promising haven't attempted it yet looking towards it. not total the impressed by all of those other book's content. The Whole Child In a global that believes in going for a pill for every thing that ill's you, it is nice to have a resource that talks about the whole child. Both my son's counselor and psychologist had been very impressed with this reserve. This book helped me find out some new things about A .. I can't say I loved the book but it definitely helped Not what I was looking for, but it was educational and well worth the price. This reserve is kindling. I browse the book and ended up selling it at a yard sale. H.D. that could be used in conjunction with or as an alternative to conventional drug therapy. D. The other half of the book talks about the ADHD epidemic and the conspiracy theory's of big pharma and doctors here in the US. With that out of the way! I've not had the chance to go to the health food shop. I can't say We loved the book nonetheless it definitely helped. Five Stars Great information! But this is a real disorder - all you have to would be to live with a child who has it to understand. I encourage alternative remedies to the disorder - many random managed trials have been carried out on homeopathy, essential oils, biofeedback etc. Good Natural Meds Advice-Written by the Unexperienced I bought this book the day before writing this. I was very disappointed because it's written from the perspective of two different people, one a teacher of ADHD children and the various other an herbalist who are not parents or possess ADHD themselves-so how would they understand? They don't really. As a ADHD person with a ADHD kid whose dad has it too, I've enough blame positioned upon me without reading a publication that says my kid needs more hugs, that we need to take off the t. I didn't need a teacher to verify what I understood along time ago.-she's too hyper to view it, and that both parents and teachers have failed ADHD kids. It's a case of people thinking they know what is incorrect with ADHD kids without truly knowing. My daughter has a double dose and has always been a handful

since she was one. They're stating that parents shouldn't consider what of the teachers and parents shouldn't desire their children labeled. Most parents are like me, have already been dragging their kids to the pediatrician since they were very young begging for someone to pay attention. I am though using the natural method of ADHD and it works 70 to 80% of the time. This is not it. From the point of view of an herbal method of ADHD, I enjoy it for giving even more choices than I had, but from the idea of look at of understanding ADHD, they will have not a clue! but do donate the publication to a local establishment so another gets use of it Misleading, anti-research and insulting to parents As someone with a PhD in sociology who is keenly aware of over-labeling and medicalization AND the girl of a nutritionist who is not really averse to alternative remedies, I found this book to be misleading and potentially dangerous. If you are the mother or father of an ADHD child, their stance is insulting. ADHD is normally a physiological disorder disrupting executive functioning in the prefrontal cortex of the brain - brain scans have been done to show the underarousal in ADHD sufferers in these very regions of the mind. It made some points I already knew and confirmed, but gave me some information to follow up on and suggestions to explore. Various other ideas may function for your child I don't think they will in my own case. I don't believe the writer of the book ever had an ADHD child. didn't browse the book decided to medicate instead. Beware of bias It is crystal clear that the authors of this book question labeling what they consider normal childhood behavior with a mental disease. To begin with, herbal remedies remain MEDICINES and have chemical effects and natural does not equal secure. Rather than balanced approach that recognizes that SOME children do have ADHD, a genuine neurological condition, this book uses ANECDOTAL evidence (which in by reserve is not REAL EVIDENCE to further their very own agenda. I wanted helpful advice about nourishment and alternatives to use perhaps together with medication. There are now in fact quite advanced diagnostic techniques (and MRI study) that demonstrate the variations between ADHD brain and high energy children within the typical deviations for normative behaviors. I might try some things, just like the herbal pillow but an excessive amount of the tone is difficult to get past. That said, I'd love a thoughtful reserve that talks about nutrition, yoga, etc. It is a challenge living with the disease. I am still focusing on the right combination though.



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