

# PREVENTING AUTISM & ADHD



Controlling  
Risk Factors  
**Before**  
During  
& After  
Pregnancy

Dr. Debby Hamilton, MD, MSPH

PREVENTING

AUTISM & ADHD

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## Preventing Autism & ADHD: Controlling Risk Factors Before, During & After Pregnancy



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Autism and ADHD rates are skyrocketing. From reviewing hundreds of published clinical tests and years of treating children with autism and ADHD, Dr. This book gets the answers. How can a female protect the fitness of her future child? Debby Hamilton developed this comprehensive prevention program. She also has a Masters of Technology degree in Public Wellness (MSPH) and is board certified in physician nourishment and integrative/holistic medicine. By improving their health starting before pregnancy, ladies have the best chance of having a solid, healthy kid. Debby Hamilton can be a board accredited pediatrician and the founder of Holistic Pediatric Consulting in Boulder, CO. Dr. This book helps females reduce their risk elements in the regions of nourishment, digestion, immune function, swelling, hormones and detoxification. Her practice targets treatment of children with autism and ADHD.



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Most informative book ever!! She obviously explains the mom/baby health relationship and that women should do everything they can to boost their own wellness to really have the healthiest baby possible.! My husband and I are expecting our first child together and his boy is autistic and provides ADHD. With that said, autism is a concern for all of us, so we wished to be sure we had been both well-informed, educated, and prepared for just about any preventative measures that people need/should take to ideally prevent our baby from having autism and/or ADHD. Dr. Debby Hamilton breaks down everything for you, in a manner that makes complete and sense. While the book's title is targeted towards autism & Dr. I've recommended this publication to numerous of my friends that are either pregnant or want to get pregnant. I appreciate how thorough she actually is in her analysis and the precise nature of her tips. Five Stars Perfect reference for my individuals who are thinking about starting families. As a therapist I've caused many children and family members, focusing mainly on treating the issues that commonly get in the way of optimal wellbeing and wellbeing. Sure desire Dr. Hamilton lived nearer to us!Understand this book and examine it.. Both terms provide fear to parents, grandparents and caregivers.you will NOT regret it! clear to see and can be an absolute must for just about any . Read the book!. ADHD prevention, she talks about a variety of illnesses and diseases, furthermore to autism and ADHD and the precautionary measures both you and your spouse can take. Hamilton is usually a pioneer in her field and a specialist in preconception look after parents who want to have a child who is free of chronic health issues and who realizes his or her full neurological potential. This reserve is well written, easy to understand and is an absolute must for any mom and dad who would like to have a wholesome, happy child. With skyrocketing analysis of Autism &This book should be required reading for anybody contemplating conceiving a child. Get the publication!. and have a healthy child! ... reserve but what I read was thought provoking and useful. Well written I haven't finished the reserve but what I browse was idea provoking and useful. Well crafted. Hamilton, for your wonderful work. As a diet consultant, I enjoyed the straight-forward, logical demonstration of the info and discovered the tables of lab tests and nutrients to focus on really helpful. Autism and ADHD are oft talked about, seldom defined and usually really perplexing.. Dr.In case you are considering pregnancy, don't miss this specific information which will surely provide you with the best odds at having a child free of autism and ADHD. ADHD, is educational and clear to see and read. Hamilton and she actually is a competent MD who has devoted her life to this cause. Very much can be achieved to lessen the probability of having a kid with Autism or ADHD by embracing the suggestions within this well-researched good article.Her research is certainly current, thorough, and incredibly comprehensive. I love her common-sense approach.Furthermore, I have individually met Dr. ADHD! There appears to be very little information and education available on this critical topic.Thank you, Dr. Well written and such an important browse for parents, caregivers and grandparents Dr.All women are at increased threat of having a child with autism and ADHD. Thank you so much, Dr. Hamilton, for your comprehensive research to safeguard women and children. Do not get pregnant without scanning this book! Thanks to Dr. Hamilton, now we have solid medical info to fight back. This book, by far, has been probably the most informative book I've ever read!Please Please Make sure you pass this book onto anyone few you know prepared to have a baby. Critical Details Every Parent-to-be Must Read Dr. Fortunately, we found Dr. General, it not merely helps you learn about controlling risk factors and taking precautionary measures for your son or daughter, but also educates you on much healthier decisions that you can make to greatly impact your wellbeing! She focuses on how to eliminate toxins from your lifestyle before, during, and after pregnancy, and how to maximize nutrition to supply everything a developing baby requirements during these essential, formative years. Just what a difference it's produced and we couldn't be more grateful. Finally, there's hope and help for families who would like to make prevention an intrinsic step in their fight autism! ADHD, or not really. As a mom of a child identified as having autism, I finally appreciate the true need for tools and works with that focus on preventing such complications. If only Dr. Debby's publication was available before my husband and I started thinking about conceiving a child, I know the outcome for our child and our family could have been very much improved. Hamilton provides a complete summary of how parents can minimize the risk of autism and additional developmental disorders. Debby and began biomedical treatment for our girl while she was still extremely young. I spend a growing number of time in my office advising parents on how to reduce autism risk, and this book will be regularly recommended. While not everyone will be able to work with Dr. Debby personally, families can now reap the

benefits of her guidance by reading this thorough and informative book - ideally before they start trying for a baby. Finally, there's wish and help for households who would like to make prevention an integral stage in their fight autism! Crucial information in reversing the soaring trends of Autism & ADHD, this book might help females reduce their risk elements in the regions of nutrition, digestion, immune function, irritation, hormones, and detoxification. I especially love the emphasis on preconception wellness. Hamilton shares valuable information focusing on the prevention areas of Autism and ADHD. It's my hope that book is widely read and approved because preventing this condition in just one child makes this a best seller in my mind. Dr. Debby has created a essential and important publication. This publication is my go-to guidebook for counseling preconception customers. Debby's book, Preventing Autism & I have learned SO much from this reserve and would HIGHLY recommend this to ANYONE, whether you're worried about autism &



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