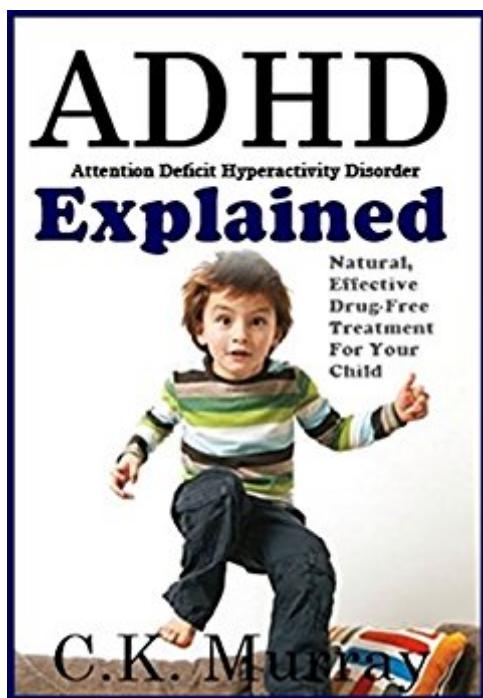


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# ADHD Explained: Natural, Effective, Drug-Free Treatment For Your Child



## Synopsis

ADHD diagnoses are explodingDo you know why?Worldwide, the disorder affects roughly 5-7% of kids under the age of 18. In the United States, that number is north of 11%. As the disorder continues to plague children at every level, the questions grow louder. What is causing this? Are the diagnoses too prevalent? Is there a significant upswing in misdiagnoses and dual diagnoses? Are modern societies over-medication learning disabilities? And most importantly, with our incredible advances in neuropsychology and naturopathy, what are we going to do about it? Natural Treatment. Effective Treatment. Drug-Free Treatment.If your child suffers from ADHD, it's time to get informed. Learn the signs and symptoms, understand the causes, and dispel the myths. It is more than possible to have ADHD treatment that is natural, that targets ADHD without drugs. There are many highly effective coping mechanisms, natural remedies, and preventative measures and they are all natural--and safer--solutions. Before stimulants and amphetamines are prescribed, know the facts.**ADHD EXPLAINED**If you're seeking natural help with ADHD, you have to take charge of the disorder. Understand the assessment criteria, make the lifestyle changes, master the nutrition and diet, and save yourself the heartache, and headache, of a life of wasted potential. Don't be fooled by the myths; don't allow false information about symptoms, causes, and ADHD treatment to prevent you from an effective understanding! Neuropsychology is here to help. You owe it to yourself and to your child to stay ahead of the curve! As of now, the long-term drug effects on children with attention deficit disorder are largely unknown. In many cases, their negative effects actually outweigh the neurobehavioral symptoms. This is why natural ADHD treatment options are so crucial. All sufferers deserve treatment for ADHD without drugs.**ADHD Explained: Natural, Effective, Drug-Free Treatment For Your Child** Concise, easy-to-read, and immediately applicable. Includes:**What Exactly Is ADHD? From Order to Disorder****How Do We Know? Spotting the Telltale Symptoms of ADHD****Prevention First! Understanding the Many Causes of ADHD****The Dopamine Deficit****Plugged Inâ "How Technology is Rewiring Our Brains****The Danger of Misdiagnosis â " Distinguishing ADHD from Other Disorders****5 ADHD Myths you NEED to Know****Going Pill-less: Natural, Risk-Free Treatment for ADHD****Amazing Foods and Vitamins for ADHD****The Medication Hazard: What the Pharmaceutical Companies Donâ ™t Want You to Knowâ œ****But Iâ ™m Gifted!â • The Relationship between High IQ and ADHD****Tags: adhd children, adhd without drugs, adhd without medication, adhd parenting, adhd what every parent needs to know, adhd treatment, adhd symptoms**

## Book Information

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## **Customer Reviews**

It was only last week that I watched a program on television about 'the ease' in which doctors prescribe medications for ADHD, to kids with a few of the 'so-called' ADHD symptoms. The program made me feel angry - as we raise young generations of kids on pharmaceutical drugs, they often can't JUST get off them and it causes problems for them when they reach adulthood. Which brings me to this book - - 'ADHD Explained' by C.K. Murray explores and explains ADHD, in an easy-to-read, well written manner. It discusses the misconceptions and the myths about ADHD which I found really interesting. To be totally honest, I have often wondered if ADHD is actually even a 'real' illness, in my day it would have been called plain 'hyperactivity' but ADHD Explained convinces me, I'm wrong. I found the chapter about media (TV/internet/video-games) hit the hardest. To quote the author. "Studies show that faster paced media increases the risk of attention issues. The brains of children adapt to that speed, so when they have to actually engage in the slower pace of life, they go nuts. It's like forcing a cheetah to move at a sludge pace." To read that there are alternative, natural DRUG FREE ways to treat ADHD, makes me feel less worried. If I was a parent

with a child with ADHD, it is certainly the way I would try first before going down any 'medication road.' The author discusses changes in diet, exercise, different therapies. If you have or think you have a child who is ADHD, I urge you to purchase this book. It's a wonderful resource.

This was a real delightful read; a fresh breath of air. This whole ADHD thing has blown out of proportion and this book really succeeded in providing me with some great information about ADHD in general, but it also left me with some truly beneficial strategies on how to move forward. Moreover, I really appreciated the focus on a non-drug approach and the fact that the author also included links to studies that supported his writing. A straight-to-the-point kind of book that tells you what you need to know. I recommend it to anyone seeking more information about ADHD, and especially if you're interested in approaching the topic from a non-drug stand standpoint.

What a topic! Very important and totally must read. I'm so pleased I came across this book. I've learned so much from it. My sister was diagnosed with ADHD few years back and it was very hard for my mum and dad. So I'm really glad C.K.Murray approached this subject and I know it will make some peoples lives little bit easier and help them understand ADHD. Thank you.

Nowadays almost every kid I know seems to be suffering from ADHD. How come? What is the matter? Is it the way kids are raised with lots of television and mobile phones? By reading this book I have a much better understanding of what it is and what we should do about it. I would recommend this book to all parents!

Very informative!

Boring

When I first agreed to review ADHD Explained: Natural, Effective, Drug-Free Treatment For Your Child, I did so sight unseen from someone I'd never met. It was a case of one author helping out another. Then, when I received the book, my initial reaction before I started reading it was: Great, What the hell did I agree to? I thought I was through reading pedantic psychobabble drivel in the 70's when I got my degree majoring in psychology. But, a promise was a promise. Let me soldier through it no matter how turgid it may be about a subject I already knew more about than I wanted to. Well, let me flatly state how wrong my initial impression was. After reading the concise,

clear language in this book I realized there was a lot more about ADHD I needed to know, and this book provided those answers in an understandable, plain English way. My past experiences with this type of book/article is that the author is often more concerned about letting you know how smart he or she is rather than imparting information about the subject. Well, Mr. Murray is obviously very smart but his book is a down-to-earth guide on the various aspects of ADHD. My review can therefore be summarized as follows: Should every parent read this book? YES; Should every teacher read this book? YES Should every health professional who may deal with ADHD children read this book? YES; and, Should anyone in the general public read this book to gain a deeper understanding for a disorder that afflicts a significant segment of our children? YES. To put it another way, if material like ADHD Explained: Natural, Effective, Drug-Free Treatment For Your Child had been made available to me when I was majoring in psychology, perhaps it would have convinced me to pursue a career related to my degree! John Hazen Author of the novel Fava (Black Rose Writing 2014)

There is some interesting and helpful information in this short book. However, anyone with a child who has ADHD, will have heard most of this information. All of this information is easily found by a quick search of ADHD. There are no citations in this book. Where did the information and statistics come from? How do we know they are correct? Where can we go for further information? I don't understand why the cadusa is on the back cover of this book unless it is to imply a medical source behind the information. Murray does not have a medical degree and none are mentioned in the book. I find the cadusa on the cover to be misleading.

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