



## A.D.D. the Natural Approach: Help for Children with Attention Deficit Disorder and Hyperactivity

By Nina Anderson, Howard Peiper

Square One Publishers. Paperback / softback. Book Condition: new. BRAND NEW, A.D.D. the Natural Approach: Help for Children with Attention Deficit Disorder and Hyperactivity, Nina Anderson, Howard Peiper.



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Children with ADD are given powerful drugs to cope with their condition, but the drugs often have dangerous side effects. Without medication, though, how can these children be helped? In their new book, Nina Anderson and Dr. Howard Peiper provide a creative solution. They first explain how ADD is triggered by a central nervous system imbalance, and then offer a variety of effective natural therapies. A unique chapter addresses the treatment of related ailments such as fatigue and depression. Specifications. Publisher. A.D.D. The Natural Approach: Help for Children with Attention Deficit Disorder and Hyperactivity Paperback " January 14, 2015. by. Nina Anderson (Author). Attention Deficit Disorder Welcome to the 21st Century. The number of children labeled hyperactive or learning disabled has reached epidemic proportions. These children with non-compliant behavior have no obvious cause of disease to be found by physical examinations or laboratory tests. The quick cookbook response for the problem is usually a behavior modifying drug called Ritalin, as popular today as Tylenol or aspirin. The time for a more natural and holistic approach to treating our children with brain disorders is more than overdue. Read more. Product details. Attention Deficit/Hyperactivity Disorder (ADHD) is a condition in which a person finds it difficult to sit still, pay attention, and control behavior. This may help prevent some learning disabilities and hyperactivity. It is a good idea to use green (healthy) cleaning products and eat organic food when possible. The following suggestions can help children sleep better as well: Keep a regular bedtime schedule Avoid viewing computers, television, etc. for a few hours before bed PATIENT HANDOUT University of Wisconsin Integrative Medicine [www.fammed.wisc.edu/integrative](http://www.fammed.wisc.edu/integrative) 6 Non-Drug Approaches to ADHD Use shades to darken the bedroom Avoid caffeine Find more information in our handout Improving and Maintaining a Health.

Attention-deficit/hyperactivity disorder, also known as ADHD, is a condition that affects millions of children. The common symptoms of ADHD include the inability to maintain focus, hyperactivity, and impulsive behavior. ADHD is the current term most often used by professionals and parents. How to Help Children with ADHD. Wake Up Your Child's Brain with NeuroMovement. All children need optimal conditions for learning. As your child begins to experience progress, he or she starts experiencing the natural joy of learning. As failure turns to success, enthusiasm replaces the chronic frustration that a child with ADHD or other learning challenges often experiences. Changes often begin happening right away and may be quite dramatic. ADHD mainly affects children (3-9 per cent of school-aged children and young people in the UK) and consists of a combination of hyperactivity and an inability to concentrate on anything for more than a very short period of time. Boys are more commonly diagnosed with ADHD than girls. However, behavioural psychologists suggest that this may be because of some differences in behaviour between genders (see Symptoms section below). Other problems children with ADHD may have to cope with include: sleep disorders. low self-esteem. learning difficulties, and. Sections: Medications Psychotherapy Self-Help. The best treatment for adults with attention-deficit hyperactivity disorder (ADHD) is based on a multimodal, multidisciplinary approach, which includes medication and psychotherapy (and/or ADHD coaching). Specifically, medication reduces impulsivity, inattention, and hyperactivity. That is, ADHD medication helps you to focus, work, and learn. However, research has found that medication alone doesn't address every symptom of ADHD. That's because, as the common saying goes, "pills don't teach you skills."