

## ADD/ADHD drug free: natural alternatives and practical exercises to help your child focus

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### Abstrak

Although attention deficit disorder and attention deficit hyperactivity disorder (ADD/ADHD) affect between 3 to 5 per cent of school-age kids, they remain the most misunderstood problems facing young children today. While medications like Ritalin and Cylert are traditionally prescribed to treat these disorders, they often come with worrying side effects and can cause weight loss, insomnia, and may even slow growth in younger children. Finally, "ADD/ADHD Drug Free" gives frustrated parents a long-awaited natural alternative. The first book to feature activities for children that will help them cope with their disorder by strengthening brain functioning, this life-changing guide shows parents, teachers and counselors how they can improve learning and behavior effectively and without medication. Timely and thoroughly researched, this is the one guide that will help thousands of children become more focused, more attentive, and more successful in school and in life, without jeopardizing their health.