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# ADD/ADHD Drug Free: Natural Alternatives And Practical Exercises To Help Your Child Focus

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*When Medication Isn't the Answer or Isn't Enough*

## ADD/ADHD DRUG FREE

Natural Alternatives and  
Practical Exercises to  
Help Your Child Focus

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## Synopsis

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.

## Book Information

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Attention Deficit & Attention Deficit Hyperactivity Disorders

## Customer Reviews

This is a very balanced approach to ADHD treatment. Although the title of the book would lead one

to believe there is no place for prescription drugs in the treatment of ADHD, this book clearly shows when and also when not to use medicine. The book helps parents of young children not to panic that their active preschooler is hyperactive, but helps the parent to learn about the developing brain and tips to help their preschooler avoid the ADHD label at some later point in his life. The discussion of learning styles is wonderful and especially useful to every parent and teacher. Educating children from the starting point of their learning strengths is beneficial to everyone. The book has a short list of lifestyle modifications to help the child, but this is not the sole focus of the book. The list, though, is worthwhile and should be tried before entering the dangers of medicating a child (or adult). The book clearly states the cold hard fact, that medication alone without behavior modification/ therapy will be unsuccessful in the long run of helping a child/ adult with ADHD. Although I was expecting the book to advocate never using medication, it clearly does not say that, but the book shows that medication alone will never suffice. The book also helps one to see where medication needs to be used in order to make any progress in therapeutic exercises.

This book is a terrific guide to help parents learn better ways of dealing with their unconcentrated child. The book has two parts: an explanation of various behaviors and a workbook section for the best approach suitable to your child. What I liked the most was the strength survey in the middle of the book to determine what type of learner your child is. It was a little too challenging for my seven-year-old son, but my nine-year-old was able to answer the questions without trouble. It will continue to be a great resource as my kids face challenges at school and with friends. Christine Louise Hohlbaum, author of *Diary of a Mother: Parenting Stories and Other Stuff* and *Sahm I Am: Tales of a Stay-at-Home Mom in Europe*, is a freelance writer who lives near Munich with her husband and two children.

The title is somewhat misleading and offers arguably nothing on "natural alternatives... to help your child focus". The practical exercises are great and useful- however there is little for the very young child with ADHD symptoms. The authors are clear that this is not a book for scientists and in a certain sense are not "professionals" which can make the book more approachable for many. For me, it was inadequate. Buy this for the exercises but not to learn more about ADHD and/or its treatment. Although it has its own flaws, *Taking Charge of ADHD* by R. Barkley is a better book.

This is a very readable book. If you are a parent with an ADHD child, or if you are a parent who thinks their child might be diagnosed as such, you should read this book. It will not only help guide

you through the decisions you should make about your child, but it will also give you practical exercises to immediately use with your child. If you are a teacher of "difficult" children, you should also read this book. It will give you very important information about your "difficult" children and provide insight and guidance toward serving such children in the school setting. As a counselor and school administrator, I will be providing copies of this book for my teaching staff.

As a general ed elementary teacher I am so pleased to have this tool. It provides very practical, easy to read, and insightful information for understanding and helping not just ADD/ADHD students, but all "challenging" students. The focus audience is any helper, but I found the tools to be particularly beneficial for parents. The learning style specific activities that make up almost half of the book will be easy for me to duplicate and give to my student's parents. I appreciated the authors' open attitude regarding the ADD controversy. Their opinions do not reflect either side of the debate, but rather serve to simply help our kids be their best based on their individual unique qualities.

Having worked as a Probation Officer for nearly 20 years in 4 separate counties I have dealt with many children that were or should have been diagnosed with ADD or ADHD. Many were medicated and most were ordered to receive family or individual counseling. I wish this book was written many years ago. It would have and should be required reading for all Juvenile Probation Officers and staff of Juvenile Detention Centers. I would highly recommend this book to all foster parents and group home staff that deal directly with delinquent and pre-delinquent children. The unique activities and exercises contained in this book are easily understood and easy to apply. All delinquent and pre-delinquent children should be screened for ADD/ADHD and if diagnosed, their learning style should be assessed and the appropriate activities introduced. If applied by parents or professionals, the activities in this book may be the saving grace for the community, the parents, and the children who suffer from these disorders.

This book gives many anecdotes of children the authors worked with in the Colorado over a period of several years. It seemed to deal mostly with very severe cases of ADHD in underprivileged children. Although it didn't offer me much practical help for my child with a less severe form of ADHD, it was a good "rah-rah" book on telling the upside of the "gift" of ADHD so that was what I mostly took away from it.

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