



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.

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