



Overcoming ADHD Without Medication: A Guidebook for Parents and Teachers

Association for Natural Psychology

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A practical guidebook on how parents and teachers can help children overcome symptoms of Attention Deficit Hyperactivity Disorder - ADHD - without stimulants or other medication.

There is much circumstantial, observational as well as scientific evidence that non-pharmaceutical methods of treating ADHD, including self-help, are not only of much value, but can effectively take a child out of the classifiable range.

Psychiatric medication addresses symptoms, but do not cure the illness itself. Lifestyle changes help almost all children to improve. Engaging in artwork, outdoor activities and nature helps many children with ADHD to focus. Many children with ADHD are visually-oriented.

Overcoming ADHD Without Medication was developed through years of research, field work in the public school system, and in working with individual students. The concepts presented here are effective, field-tested and can help most children to overcome symptoms of ADHD without ever needing to take psychiatric medications.

Professionals whose work is highlighted in *Overcoming ADHD Without Medication* are,

- Reading coach
- School psychologist
- Special education teachers
- Early childhood teachers
- Art teacher and professor
- Certified ADHD coach
- Clinical psychologists
- Educational authors
- Clinical studies
- University professors, researchers

Supplemental information from David Rabiner, Ph.D., Duke University on ADHD and Medication, Childhood Depression; Daniella Barroqueira, Ph.D., on Art and ADHD; *Iowa State University research* on violent video games, ADHD and aggression in children/teens. Information from Virginia State University researchers is included in an article entitled *Children's Television Impacts Children's Executive Functions and Contributes to Later Attention Problems*. Music and ADHD for parents and school principals is also highlighted.

A public school art teacher who had Attention Deficit Hyperactivity Disorder as a teen, and who was on methylphenidate (Ritalin) and dextroamphetamine (Adderall) while in middle and high school shares his experience in successfully coming off psychiatric medications permanently.

Some of the non-pharmaceutical methods covered in *Overcoming ADHD Without Medication*, in addition to

lifestyle changes and prevention, are art and art therapy, green therapy, nutrition, positive teaching methods and adjustments, positive adjustments in music, positive parenting adjustments, and neurofeedback. The need for love, nurturing, as well as personal attention, is also highlighted.

The book on ADHD is well-referenced, has an extensive bibliography and index, 15 photo-illustrations, six charts and graphs, as well as a recommended reading and resources section. We hope that it helps your child to be successful in school and in life.

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Willie Hodges:

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Diane Wilson:

What do you think about book? It is just for students since they are still students or this for all people in the world, what the best subject for that? Just simply you can be answered for that query above. Every person has different personality and hobby per other. Don't to be pressured someone or something that they don't desire do that. You must know how great in addition to important the book Overcoming ADHD Without Medication: A Guidebook for Parents and Teachers. All type of book is it possible to see on many resources. You can look for the internet methods or other social media.

Clyde Okane:

As people who live in typically the modest era should be up-date about what going on or details even knowledge to make these people keep up with the era that is always change and progress. Some of you maybe will probably update themselves by reading through books. It is a good choice in your case but the problems coming to you actually is you don't know what kind you should start with. This Overcoming ADHD Without Medication: A Guidebook for Parents and Teachers is our recommendation so you keep up with the world. Why, because book serves what you want and wish in this era.

Yolanda Sartain:

This Overcoming ADHD Without Medication: A Guidebook for Parents and Teachers are generally reliable for you who want to certainly be a successful person, why. The key reason why of this Overcoming ADHD Without Medication: A Guidebook for Parents and Teachers can be one of the great books you must have is actually giving you more than just simple examining food but feed you actually with information that probably will shock your preceding knowledge. This book will be handy, you can bring it all over the place and whenever your conditions both in e-book and printed ones. Beside that this Overcoming ADHD Without Medication: A Guidebook for Parents and Teachers giving you an enormous of experience for example rich vocabulary, giving you tryout of critical thinking that we realize it useful in your day pastime. So , let's have it and enjoy reading.

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