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ADHD Without Drugs: 3 Little Known Types of ADHD Treatment Without Drugs (ADHD Cure - ADHD Treatment Book 1)

Phil Kieran

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Book Description

ADHD Without Drugs - 3 Little Known Types of ADHD Treatment Without Drugs

is a guide on how to **effectively treat ADHD** without the use of drugs.

The book begins by defining what ADHD is. The most vulnerable group is discussed in detail. The **different causes of ADHD** have been explored in this book. The three signs of ADHD, that is, **inattention**, **hyperactivity** and **impulsivity** have also been explained further for a greater understanding.

The next part discusses behavioral therapy for treatment of ADHD. Parents, teachers, therapists and the children themselves are guided on what to do to help the ADHD child change his or her behavior. Children are also guided on *how to follow directions* which will help them see an **improvement in the symptoms**.

Behavioral Therapy in Adults, which might be a bit tricky is also discussed.
The next part explores **Lifestyle Changes** for treatment of ADHD.
These include exercises and schooling. The role of sleep in management of ADHD has been discussed. The teachers are guided on how to treat children with ADHD including special ways on how they should treat them and collaborate with their parents. The role of exercise in treatment of ADHD has been discussed.

The last part of this book discusses the **ADHD Diet**. This includes the *overall diet*, *supplement diet* and *elimination diet*.
Both the child and adult with ADHD have been guided on how to take the right diet and avoid the bad one for effective management of their condition.
The following topics have been discussed:

- **Definition**
- **Behavioral Therapy for Treatment of ADHD**
- **Lifestyle Changes for Treatment of ADHD**
- **ADHD Diet**

This book is the perfect guide to get an overview about the topic.

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From reader reviews:

Peter Mullins:

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