



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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From reader reviews:

Jenna Springer:

Spent a free a chance to be fun activity to do! A lot of people spent their leisure time with their family, or their friends. Usually they undertaking activity like watching television, about to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your own personal free time/ holiday? Could possibly be reading a book may be option to fill your free of charge time/ holiday. The first thing that you ask may be what kinds of guide that you should read. If you want to test look for book, may be the publication untitled Overcoming ADHD Without Medication: A Guidebook for Parents and Teachers can be fine book to read. May be it might be best activity to you.

Kathy Lloyd:

Typically the book Overcoming ADHD Without Medication: A Guidebook for Parents and Teachers has a lot of knowledge on it. So when you check out this book you can get a lot of gain. The book was published by the very famous author. The writer makes some research before write this book. This book very easy to read you will get the point easily after looking over this book.

Eric Kyler:

Are you kind of occupied person, only have 10 or maybe 15 minute in your moment to upgrading your mind expertise or thinking skill perhaps analytical thinking? Then you have problem with the book when compared with can satisfy your short period of time to read it because pretty much everything time you only find publication that need more time to be go through. Overcoming ADHD Without Medication: A Guidebook for Parents and Teachers can be your answer because it can be read by anyone who have those short time problems.

Jenna Quintana:

What is your hobby? Have you heard this question when you got scholars? We believe that that question was given by teacher to the students. Many kinds of hobby, Every individual has different hobby. And you know that little person including reading or as reading become their hobby. You need to understand that reading is very important in addition to book as to be the thing. Book is important thing to increase you knowledge, except your own teacher or lecturer. You get good news or update regarding something by book. A substantial number of sorts of books that can you go onto be your object. One of them is Overcoming ADHD Without Medication: A Guidebook for Parents and Teachers.

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