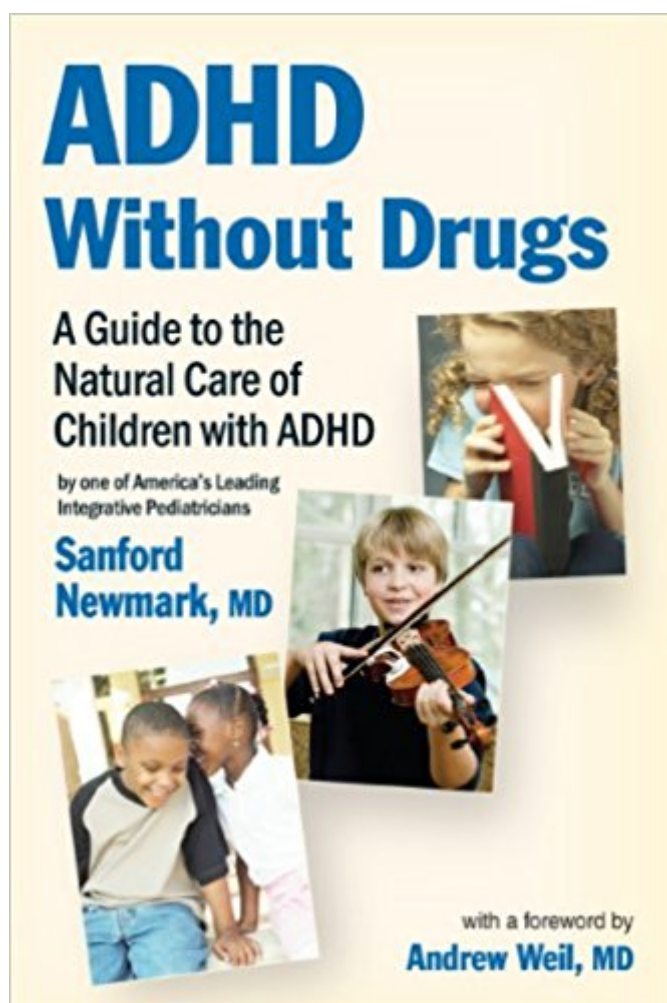


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# ADHD Without Drugs - A Guide To The Natural Care Of Children With ADHD ~ By One Of America's Leading Integrative Pediatricians



## Synopsis

FROM THE FOREWORD BY ANDREW WEIL, MD ~ For 20 years, Dr. Sandy Newmark has specialized in successfully treating children diagnosed as having ADHD using methods other than psychostimulant medications. Now he has put his best advice into this book for all parents, educators and other physicians to read. He explains how to treat the whole child, not just the symptoms of ADHD, using safe and natural methods. For any child diagnosed with ADHD, even those already taking medication, this book will prove invaluable for their health, happiness, and success. I strongly recommend this book to all parents, relatives, and friends of children with ADHD, as well as the teachers, doctors, and other professionals who work with them. Before going to the pharmacy, we can use an integrative approach to help these children succeed and fulfill their true potential. Dr. Newmark tells us just how to do that. ~ Excerpted from book's foreword by the renowned Dr. Andrew Weil.

## Book Information

Paperback: 256 pages

Publisher: Center of the Difficult Child; First Edition edition (April 30, 2010)

Language: English

ISBN-10: 0982671407

ISBN-13: 978-0982671405

Product Dimensions: 6 x 0.8 x 8.9 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 42 customer reviews

Best Sellers Rank: #59,280 in Books (See Top 100 in Books) #44 in Books > Health, Fitness & Dieting > Mental Health > Attention Deficit & Attention Deficit Hyperactivity Disorders #75 in Books > Parenting & Relationships > Special Needs > Disabilities #213 in Books > Health, Fitness & Dieting > Psychology & Counseling > Pathologies

## Customer Reviews

Dr. Newmark has finally crafted the book that I have long been wishing for: a wonderful self-help guide for parents looking for a thoughtful and sciencebased natural approach to treating ADHD. This integrative/holistic style reduces or eliminates the need for stimulant medications and offers sound advice about diet, sleep, nutrients, herbs and other key modalities. The book radiates a balanced wisdom that comes so rarely from practicing physicians today. --Scott Shannon, MD, Child and Adolescent Psychiatrist; author of Please Don't Label My Child; editor of Handbook of

Complementary and Alternative Therapies in Mental Health

If I had one book to read about ADHD, this is it. It is well-written, practical and filled with the uncommonly good common sense of an experienced and compassionate clinician with fair-minded and rigorous reviews of the state of the science. --Kathi Kemper, MD, MPH; Director, Center for Integrative Medicine; Professor of Pediatrics, Social Science Health Policy, and Family and Community Medicine, Wake Forest University Baptist Medical Center

Parents are keenly interested in finding non-drug, holistic strategies that support their child's natural healing systems and that help build healthy brains. This excellent new book artfully blends the best of conventional and complementary options for kids with ADHD. Over years of clinical practice and scientific study, Dr. Newmark has developed a balanced, safe, natural approach that I will wholeheartedly recommend for all of my patients with ADHD.

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Sanford Newmark, MD, is a physician with 23 years of experience in pediatrics. He received his medical degree in 1984 from the University of Arizona College of Medicine and three years later completed his pediatrics residency there. For the next 14 years, Dr. Newmark practiced general pediatrics but took special interest in behavioral problems such as ADHD and autism. In 2000, he graduated from the two-year fellowship program in integrative medicine at the Program in Integrative Medicine at the University of Arizona, which was founded by and continues to be led by Dr. Andrew Weil. Dr. Newmark was the first graduate from this program to practice general pediatrics and is now part of the program faculty. For five years, he was Director of the Center for Pediatric Integrative Medicine, a Tucson, AZ, clinic for children with a wide variety of medical issues. In 2009 he relocated to California to join Whole Child Wellness, an integrative pediatrics practice near San Francisco. Dr. Newmark lectures frequently on ADHD, autism, and integrative medicine, and has contributed three chapters to academic integrative medicine textbooks. Dr. Newmark has been married to his wife, Linda, a psychologist, for 36 years. They have two children.

Very informative with out preaching. We use drugs to help our son, but this title is a little misleading as this author advocates trying everything you can to help, rather than just using drugs. Its an easy read, but has plenty of good tips and advice to help parents with their ADHD kids.

One of the best books out there on natural approaches to improving attention and behavior. Must have! Kathi Kemper, MD

I like that the author is an MD. He uses research as the basis for his recommendations. His approach is a common-sense one. First, work on nutrition; eliminate foods with artificial colors, artificial flavors, and artificial preservatives as much as possible. A research study in the Lancet journal concluded that artificial colors (dyes) make ALL children hyperactive; England forbids the use of certain artificial colors in foods, however, the USA has not taken similar action. Omega 3s have been proven to help kids with ADHD. Check your child's serum ferritin levels (CBC-serum ferritin test) and zinc levels to see if supplementation is needed. Use magnesium-rich foods and possible supplementation. For sleep issues, melatonin and valerian is recommended. The best insight was to try common-sense methods first. If your child shows improvement, great. If these methods fail, then ADHD medications are prescribed. [additudemagazine.com](http://additudemagazine.com) is a great website with information about ADHD. Dr. Newmark has 2 webinars, to which you can listen for more

information.

Awesome book. Lots of natural options to try instead of pharmaceuticals.

This book presented a variety of possible methods for addressing ADHD. In each case, the author discusses the pros and cons and does not claim any miracle cures. He explains the studies that were done to validate various approaches and also includes examples from his practice. Despite the title of the book, he does discuss situations when medications may be helpful and is not categorically against them. Unlike many books of this type, where all the content may be found in the first few chapters and the remaining chapters are all just a rehash to fill out the book, each chapter of this book addresses a unique subject in a concise manner. I found the content very useful and we have already applied several of the ideas successfully. Finally, I really appreciated the down-to-earth and non-pompous fashion in which the material was presented--it's clear the author understands first hand how difficult dealing with ADHD can be.

Some good information on nutritional support for ADHD. Good resource, although maybe not realistic in implementation with young children. How many supplements and dietary changes can you really enforce with young children. We will take one suggestion at a time and see if we get results. While good, not worth the price, much less the full sticker price.

I have read a multiple of books on ADHD and this was the first that presented concrete alternative medicine supportive therapy recommendations. My top 2 book for ADHD.

As an integrative pediatrician, this book is one that I can recommend to my patients. It is easy to read and Newmark does a great job explaining the science in a way that is easy to understand. Great tips and suggestions for parents to try before heading down the prescription path.

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