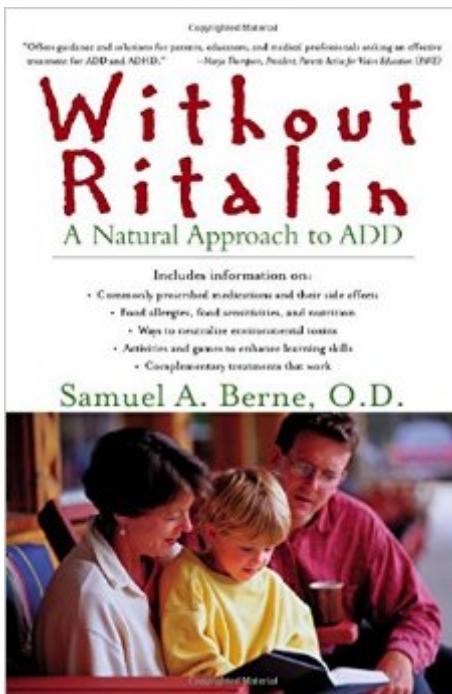


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# Without Ritalin : A Natural Approach To ADD



## Synopsis

Safe and effective holistic treatments proven successful for more than 3,000 patients We spent \$373 million on Ritalin and its generic counterparts in 1996; today, some 4 million children are taking the drug daily. Is it any wonder that parents are searching for safe, nontoxic, drug-free alternatives? In *Without Ritalin*, Dr. Samuel Berne explains the approach with which he has successfully treated more than 3,000 ADD/ADHD-diagnosed patients, including information on detoxification, nutrition, and developmental learning programs and activities.

## Book Information

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Average Customer Review: 3.2 out of 5 starsÂ  [See all reviewsÂ](#) (4 customer reviews)

Best Sellers Rank: #2,696,741 in Books (See Top 100 in Books) #76 inÂ  Books > Parenting & Relationships > Special Needs > Hyperactivity #401 inÂ  Books > Health, Fitness & Dieting > Children's Health > Learning Disorders #1611 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System

## Customer Reviews

I was glued to every page of this book and would love to distribute it to every educator, dr office, and optometrist in the county! My stepdaughter, now 18, was diagnosed ADHD in KG and now Bi-polarism. She takes 11-14 pills a day, is in Special Education classes, and sees a psychiatrist, she also has to attend anger management classes, and has been to juvenile jail because of her 'troublesome' history!! She has NEVER been tested for food and preservative allergies or metals and vitamin deficiencies (all talked about in this book.) Such NON-evasive tests and discovery of 'hidden toxins' in our homes could have been the culprit. If we only read this book years ago we could have led her to lead an entirely different life. If we only knew then what we know now. I truly believe had her doctor checked her diet and other environmental factors that should not be taking pills 'until she learns to act her age!' As her psychiatrist put it! The fact that not being able to concentrate could be due to eye and focusing problems makes every bit of sense to me! Dont let

the other review scare you from this book...it will open your eyes (no pun intended) to a possible drug free and 'normal' life for your child! Read it for your self! I rented it from library, NOW I'm buying it so I can have it on hand at all times!

Without Ritalin is an excellent resource for parents if they are seeking alternatives to drug therapy for A.D.D. I had no idea vision was more than a 20/20 reading on a eye chart. The fact that convergence insufficiency could be a cause of A.D.D was an incredible revelation for us. Once we found a behavioral optometrist, he was able to improve the convergence problem, and our daughter's learning improved dramatically within a few months. I am glad Dr. Berne wrote this book!

CC

From the title, I thought this was a review of well researched, documented alternate therapies for ADHD, as my son could not tolerate his ritalin therapy. Instead the author would have you believe that almost no child had ADHD and that soaking in an herbal bath is just the ticket. Perpetuates the myth that ADHD is just overdiagnosed and that children are being overly medicated because of a conspiracy by drug companies, CHADD, and/or physicians. Expected a little more from a health care professional but should have questioned how relevant when saw it was written by an optometrist. Found the book to be a way of grandstanding the new field of behavioral optometry without giving any practical advice.

Page 4 and already I'm extremely annoyed with this author! He uses quotes like this "This form of treatment not only suppresses a child's creativity and uniqueness, it also robs humankind of their special gifts." Yeah, um, way to dramatize it!

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