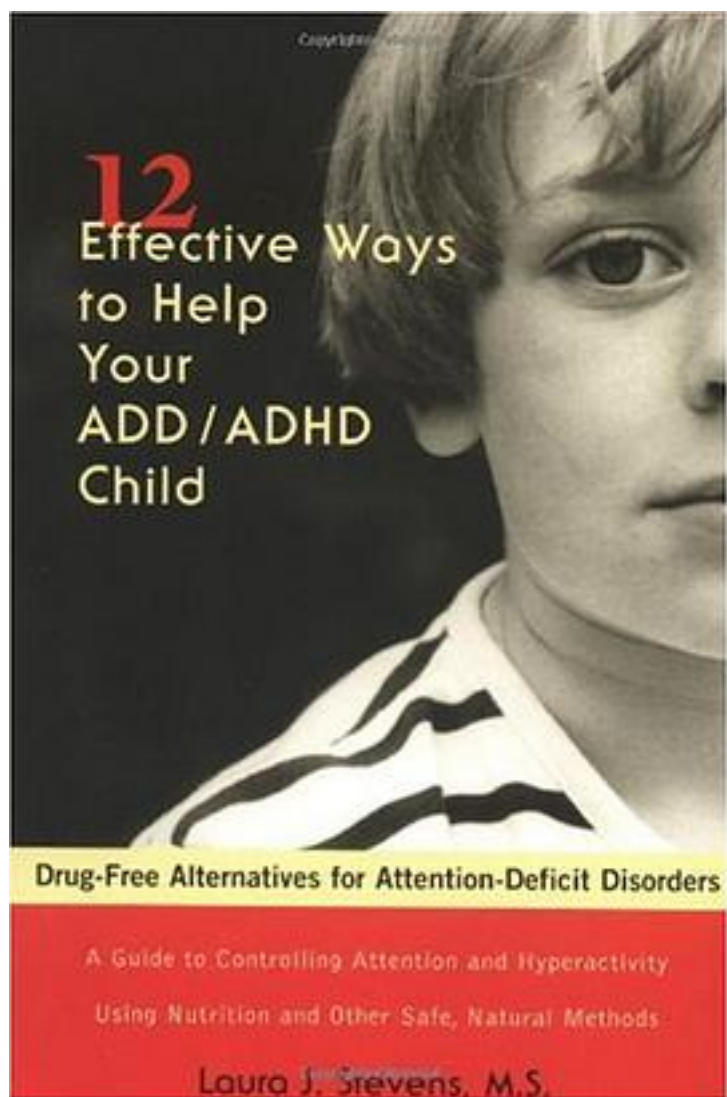


12 Effective Ways to Help Your ADD/ADHD Child



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著者:Stevens, Laura J.

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A parent's guide to effective techniques for combating the difficulties faced in raising a child with ADD/ADHD.

Affecting approximately five percent of the school-age population, Attention Deficit Disorder (ADD)/Attention Deficit Hyper-activity Disorder (ADHD) is the most common behavioral disorder in children. In her book, Laura Stevens offers a series of alternatives to the often-prescribed drugs, which have potential negative side effects.

Helping a child with ADD/ADHD can be a frustrating process that requires an understanding of the various biochemical and nutritional factors involved. This comprehensive guide offers the information parents need to recognize these factors. Included also are dietary suggestions and tips for avoiding allergens.

作者介绍:

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