



A.D.D.: The Natural Approach

Nina Anderson, Howard Peiper

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Children with ADD are given powerful drugs to cope with their condition, but the drugs often have dangerous side effects. Without medication, though, how can these children be helped? In their new book, Nina Anderson and Dr. Howard Peiper provide a creative solution for ADD. The authors first explain how ADD is triggered by a central nervous system imbalance, and then offer a variety of natural therapies, including proper nutrition. A unique chapter addresses the treatment of related ailments such as fatigue and depression.

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