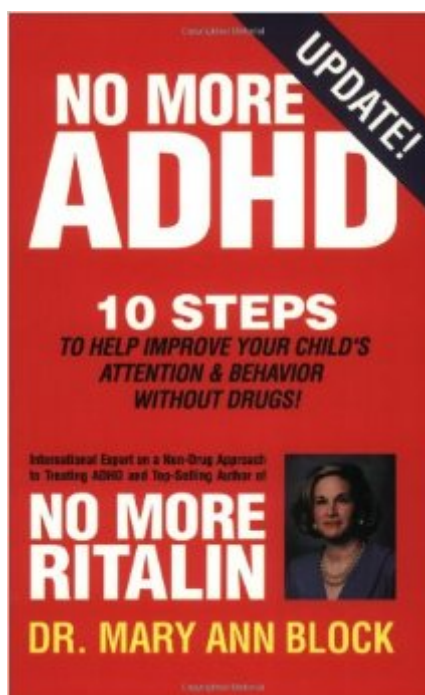


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# No More ADHD



## Synopsis

In her new book, *No More ADHD, 10 Steps To Help Improve Your Child's Attention and Behavior WITHOUT Drugs*, Dr. Mary Ann Block, top-selling author of the groundbreaking book, *No More Ritalin*, reveals the truth about the ADHD diagnosis and helps parents, step by step identify and improve their child's true health and learning problems. Dr. Block takes the reader on a shocking journey behind the scenes of the medical profession to expose the origin of the ADHD label and explains how children's attention and behavior symptoms can be the result of real and explainable health and learning problems. While others are debating the pros and cons of the psychiatric drugging of children, Dr. Block has spent her medical career working in the trenches, helping to get children off these drugs and to keep them off. A mother who knows all too well how the medical system can fail a child, Dr. Block was compelled to go to medical school at the age of 39 to save her daughter after doctors made her child seriously ill with a wrong diagnosis and inappropriate use of drugs. Today she brings to her patients the understanding and knowledge of a physician and the sensitivity and respect of a parent. What Dr. Block learned as a mother and a physician is in this book and may help bring hope and comfort to other parents. With the facts in hand and an understanding of the issues, this book may help to guide parents, step by step, to identify and improve their child's health and learning problems and to a future with No More ADHD.

## Book Information

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## Customer Reviews

I recently saw Dr. Mary Ann Block on the CBS news program "48 Hours" and liked what she said about looking for the underlying causes of attention and behavior symptoms instead of giving risky drugs to cover the symptoms. So I got her book and I read it in one night. It was that good and that important. Dr. Block just plain makes sense and it was so exciting to finally get some practical information, I couldn't stop reading. I now understand all the possible factors that can be causing the ADHD symptoms and would never consider using drugs when there are so many safer and more reasonable options available. If anyone tells you that you or your child has ADHD, and you are fortunate enough to find this site and be reading this review, then, let me tell you, you have found the right book to read. It is No More ADHD by Dr. Mary Ann Block.

I have two children that were diagnosed ADD and ADHD in 3rd grade. I went along with the program of Ritalin and then Adderal (until I learned what it can do to their livers over time and how taking these drugs can lead to depression and the need for anti-depressants which can then really lead to more problems) and then I pulled the kids off the medications. I didn't tell the teachers, lol, until a year and a half later. But by then I had read the book and was going through the process of elimination to discover what was creating the problems with my kids. It takes some time and going to her website is a big help: [...] but this book was a life saver. I was so helped by it that I bought copies and made teachers and counselors, even my kids principal read the book. Not only did it educate them but it empowered them to work with me on things to be done at school to find the source for my children's lack of attention in class. Between removing the processed foods, sugars and doing the other things suggested in the book, we were able to overcome what looked like ADHD and ADD symptoms. So does this book educate? Most definitely. Is there help out here that doesn't require one to poison our children with chemicals? Absolutely! My kids are 16 and 14 today and doing great.

Dr. Block has put together an insightful analysis of the roots of the epidemic of ADD/ADHD labeling, while offering proven effective interventions for people seeking to address the causes that produce the symptoms associated with those labels. There are many physical, emotional, and environmental factors that contribute to inattentiveness and hyperactivity. Common discipline methods and drug treatments often aggravate these underlying imbalances and stressors, even if they temporarily create conforming/compliant behavior. While this book has improved on the scope of the author's previous book "No More Ritalin," I'd like to see a further expansion toward examining emotional and subtle energy factors that relate to ADD/ADHD symptoms, as these interact with

biochemical/environmental factors addressed in the present book. Unfortunately, there are many parents and caretakers who are unwilling to make changes in their current habits of feeding, nurturing, and disciplining children. The more healthy options that can be presented, the better, since this increases the chances that parents and educators will try some beneficial approach. Dr. Block has done a solid job of exposing the fallacies and negligence of the established medical paradigm surrounding the ADD/ADHD issue.

Dr. Block's book "No More ADHD" is similar to her book "No More Ritalin" in content. "No More ADHD" is an excellent book that is easy to read and understand. The author reveals that things such as hypoglycemia/low blood sugar, allergies and sensitivities often cause ADHD-like symptoms. This book is very important because it shows that our children do not need to be drugged to be helped and that there are alternatives.

This book got us started down a path of discovery. Our son is no longer on ADHD medicine and gets good grades in school. It's the diet Dummy, who knew? Our Son now eat his vegetables and nothing synthetic. Within a month we saw a difference and took him off his Adult dose of meds. Today he is Med free and scores very well in school. It is not difficult, you just have to be consistent. Thank you Dr. Block for setting us up for success.

The first section of this book explains quite plainly that ADHD is a set of symptoms but has no actual medical diagnosis like cancer or diabetes. Therefore, when you treat it with amphetamines, which is what these drugs are, you aren't really treating the cause of the problem. It clearly explains the risks and dangers of these drugs. It goes into some of the fundamental problems with a large portion of the medical and psychiatric professions. It will be very insightful for many people who blindly trust these people who have big degrees and impressive titles. And best of all, she is a doctor so she has credibility to speak to this issue. Then it explains in chapters 3 - 10 methods of diagnosing and handling the symptoms using various natural means such as dietary changes, handling allergies, stomach issues and learning barriers. It is relatively short and is written clearly so it is not difficult to read. Even if you don't completely solve the problem with the book, you can see a specialist or find another book entirely on a subject in one of the chapters to fill in with more details. I highly recommend it!

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