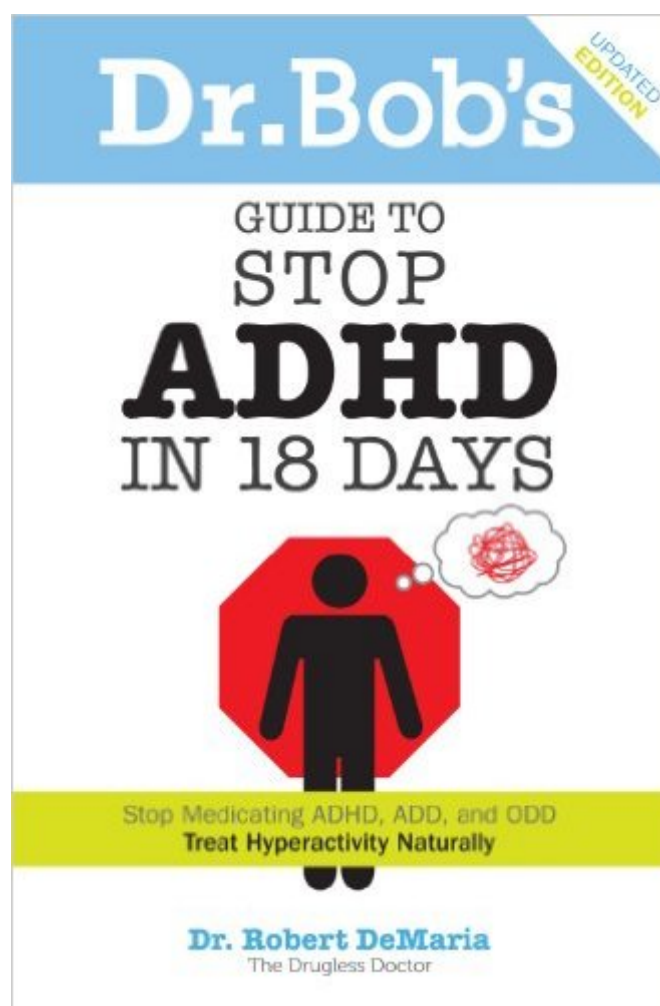


The book was found

Dr. Bob's Guide To Stop ADHD In 18 Days



Synopsis

This how-to guide can rid children and families off medications and detrimental foods - junk foods loaded with sugar, preservatives, dairy products, and trans- fattyacids - so that children and families can enjoy optimal health. "This user-friendly book has the potential of setting families free from the nightmare of ADD, ADHD, and ODD. Using drugs on kids isn't solving the problem. Follow Dr. Bob's directions and witness the change is can bring to you and your loved ones." Bruce West, D.C.

Publisher, Health Alert

Book Information

Paperback: 198 pages

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Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (86 customer reviews)

Best Sellers Rank: #170,787 in Books (See Top 100 in Books) #61 in [Books > Health, Fitness & Dieting > Children's Health > Learning Disorders](#) #121 in [Books > Health, Fitness & Dieting > Mental Health > Attention Deficit & Attention Deficit Hyperactivity Disorders](#) #150 in [Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy](#)

Customer Reviews

Advice in this book is not very different from any other 'alternative medicine' book. A good diet will help anyone and ADHD patients will benefit from this advice like anyone else. But I am not convinced that diet alone will fully cure ADHD. Author has widely criticized pharmaceutical companies, food manufactures and media for distorting our perceptions and falsifying food labels - I agree with many things he says but it is equally disturbing to see that title of this book is misleading in the same way. Even if everything in this book is correct and you followed his advice to the last letter, stopping ADHD in 18 days is a very very exaggerated claim. Diet based treatments will take a longer time than this. I have been following a similar food plan since I was diagnosed with ADHD a few months ago. Cutting sugar, simple carbs and processed foods helps in reducing hyperactivity but have little or no impact on more serious side of ADHD which is impulse control or behavior regulation. For many people, hyperactivity is what they see on the outside so they will notice a

difference if junk food and sugar intake is reduced or eliminated but ADHD still remains. This book doesn't talk about ADHD at all - author could have replaced the word 'ADHD' with another modern day disease and could still have sold the book. It would have been great if detailed information was available on foods suitable for different ADHD subtypes etc but I doubt author knows much about ADHD and the underlying causes because he has made some unsubstantiated and generalized statements about research on ADHD in the book. I agree with him that medication is NOT the answer but dismissing medication without any solid reasoning doesn't make sense.

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