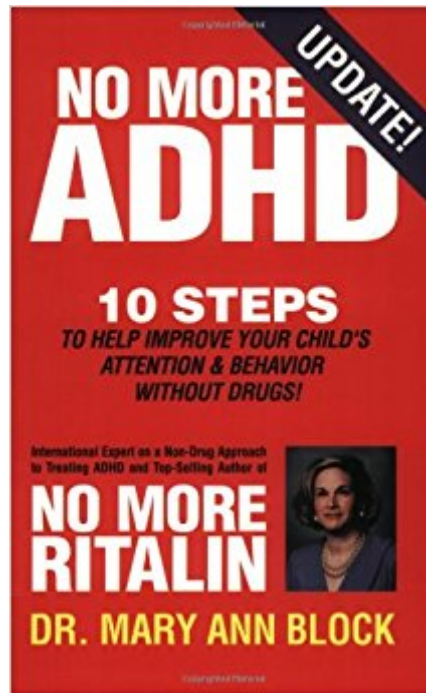




The book was found

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

My son has benefited from Dr. Block's 10-Step program. He now lives a wonderful, drug-free life. -- Patricia Weathers , Mother and National Activist Against the Psychiatric Drugging of Children
This is a must read for parents who are concerned about their children. -- Julian Whitaker, M.D. , Top-Selling Author of Shed 10 Years in 10 Weeks and Director of the Whitaker Wellness Institute

Dr. Mary Ann Block is a licensed osteopathic physician and top-selling author of the books, No More Ritalin, and No More Antibiotics and her third book, Today I Will Not Die which chronicles how she helped her mother survive terminal lung cancer. Dr. Block is an international expert on the treatment of ADHD without drugs and a recognized healthcare leader for her natural and practical approach to children's health. Dr. Block, a tireless advocate for children, has been traveling the country speaking to parent and professional groups, on national news programs and at legislative hearings on the dangers of the psychiatric drugging of our children. Dr. Block is the medical director of The Block Center, an international clinic for adults and children with chronic health problems in the Dallas/Fort Worth area.

I initially thought that I was buying the prequel, No More Ritalin, so when No More ADHD showed up it was quite the surprise. Clearly from this exhibit of my inattention to detail you might see why I was buying this book in the first place! Needless to say, I read and overall it's a good book. However, it seems to be the updated version It's a good book and a quick read but regardless I feel like it has a lot of filler content. Which I suppose is understandable in an already brief book. I definitely think that I started to see less cognitive deficits and have been able to stay focused more easily. I'm going to stick with it see how it goes; maybe next time I won't accidentally order the wrong book.

A book that teachers, administrators, law makers, and parents should read. And if they don't get it, then student should read it.

This book is excellent, I think our society looks for quick fixes and drug companies prey on that, this has so much make sense info. I wish everyone who is on add or other meds could read it and wise up I have!

Important info on ADHD including nutrients.

The information the book gave was great. I would recommend to anyone looking for that kind of information I gave it to my daughter so she could read it.

I am fortunate to live in the area and first met Dr. Mary Ann Block when she held a free informational seminar at her office. This book is an honest account of how parents can take responsibility for helping to resolve their child's or their own ADD/ADHD symptoms and is based on her years of success in using this treatment protocol. As with so many symptoms for which there are Rx treatments, it is convenient for them to be labeled as a disease - this helps ensure that insurance will cover the treatment and provides a nice short term to describe the constellation of symptoms. But as with many other "diseases", Rx treatments rarely get to the root of the source of the symptoms. This book can help you do that. I am also very fortunate that I also had this same constellation of symptoms - I realized this when I was researching my son's problem - I figured out that whatever he had - I had too. By removing the foods to which we are intolerant (e.g., gluten) and allergic (dairy, soy, eggs, etc.) and adding the nutrients that were deficient in our bodies due to the damage to our guts from the gluten, we have resolved many of our symptoms. Dr. Block provides a tremendous service to the community with her website and through these books - in hindsight I could have saved thousands of dollars had I started here - it took me several years to learn that conventional doctors don't have a clue about this. I don't believe there is a "cure" per se for ADD/ADHD, since IMHO it's not a real disease, BUT this approach can help to heal your body and minimize the symptoms. So, no this book won't help you "cure" ADD/ADHD, but it can dramatically improve your quality of life and that of your child. It does take discipline and the healing is not overnight - it's taken years for the offending things to do the damage, so it can take some time to heal - our body has to rebuild the damaged cells etc. It is also a permanent lifestyle change and that is naturally difficult for us as humans, but it is possible and well worth the effort.

Yes I would recommend this book to other parents trying to find ways other than through medication to help with the struggles of ADHD.

Very informative

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