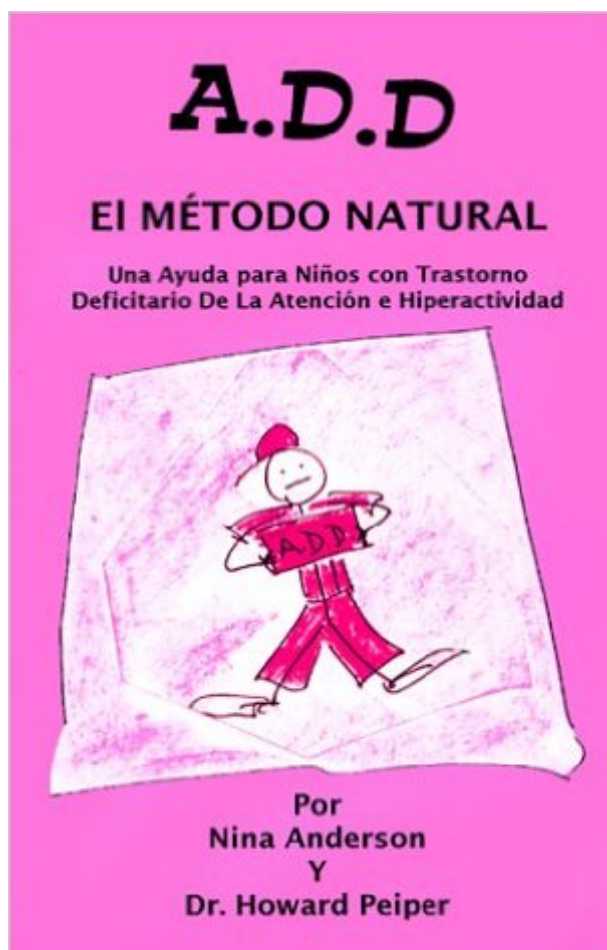


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# A.D.D. El Metodo Natural (Spanish Edition)



## Synopsis

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. Spanish edition.

## Book Information

Paperback: 54 pages

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Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (1 customer review)

Best Sellers Rank: #2,854,910 in Books (See Top 100 in Books) #93 in [Books > Health, Fitness & Dieting > Children's Health > Allergies](#) #235 in [Books > Libros en espaÃ±ol > Salud, mente y cuerpo > Desordenes y Enfermedades](#) #423 in [Books > Health, Fitness & Dieting > Children's Health > Learning Disorders](#)

## Customer Reviews

It was very refreshing being able to find this book in Spanish, especially at such a reasonable price. I was looking for a book that would explain some of the simple ways to help children affected by ADD. These natural methods are of great help if you are looking for a drug-free approach, such as diet change. I also believe that this book could have been improved by offering advice to caregivers on how to modify children's behavior. In conclusion, this book is a good buy at a great price!

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