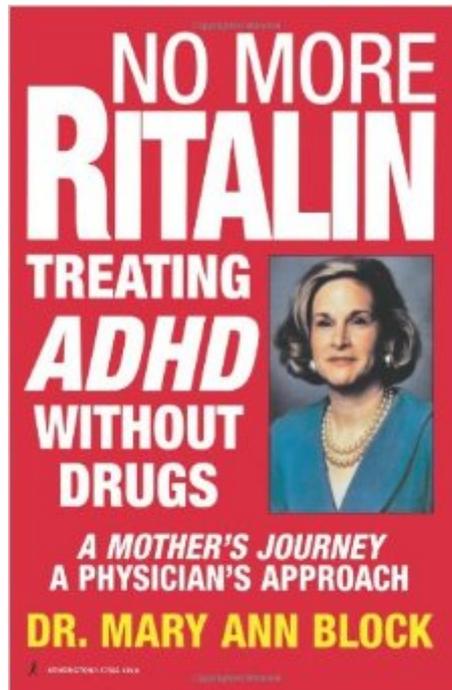


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# No More Ritalin: Treating ADHD Without Drugs



## Synopsis

Every year in the U.S., over two million children are given the drug Ritalin to combat Attention Deficit and Hyperactivity Disorder (ADHD). Now, Dr. Mary Ann Block shows why Ritalin may be very dangerous to a child's health--and offers parents safer and more effective alternatives. Using thorough research and actual case histories from her clinic, Dr. Block provides powerful evidence that a drug-free approach works.

## Book Information

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Average Customer Review: 3.9 out of 5 stars [See all reviews](#) (22 customer reviews)

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## Customer Reviews

This book surprised me with how much good information was put in such a small package. It presents extensive why ritalin and similar medications are over-prescribed and several important health issues (like food sensitivities, hypoglycemia) that may cause ADD-like symptoms. It also lists commonly prescribed meds, explains what they are, and potential side effects. Plus, the book is well researched, with specific reference notes documenting its statements. I think that any parent even considering placing a child on medications should take the time to read this very small book, FIRST. Any one in a position to advise parents about this issue, such as teachers or counselors, will find this to be a useful and quick reference to keep on hand.

I had both of my sons on ritalin, but after I read this book I took my kids off the drug. Everyone should know there are alternatives to drug therapy. I am now actively trying to find allergens that can be causing my sons to display add symptoms. I have found that sugar in one of my sons causes his writing and thought pattern to worsen. It is a wonderful book.

If your child's doctor has diagnosed him/her with ADD/ADHD then this book is for you. Dr. Block gives excellent alternatives to the causes of the symptoms that doctors are "diagnosing" as ADD/ADHD. I feel better equipped to find the causes for my son's symptoms rather than putting him on Ritalin as a quick fix. I highly recommend this book to frustrated parents everywhere.

This book is a must read to all parents before putting their kids on ritalin. It gave me so many more options other than drugs. We talked to doctors and tried some of the options and it's working without ritalin. Thanks for the info.

You really begin to understand that ADHD was a fictitious illness, No wonder Before his death, father of ADHD admitted it was a fictitious disease Learn more:

[http://www.naturalnews.com/040938\\_ADHD\\_fictitious\\_disease\\_psychiatry.html#ixzz3eD4RHtQE](http://www.naturalnews.com/040938_ADHD_fictitious_disease_psychiatry.html#ixzz3eD4RHtQE)

I enjoyed reading this book and it helped me learn about osteopathy. At times i felt I was reading an info-mercial for osteopathy. The book also gave several other possibilites for having ADHD symptoms. It is very compelling though not super detailed. I would recommend this book to EVERY parent of a child diagnosed with ADHD. I would also highly recommend reading another book that would provide the other side of the argument

Dr. Mary Ann Block has an ax to grind about tradition medicine and especially medication for ADHD. For the first 55 of 127 pages, she grinds this ax ad nauseam. She gives us quarter and, at best, half truths about side-effects, research studies and the sincerity of physicians, psychologists and educators. She is simply singing to the anti-ADHD and anti-medication choir, who, I'm sure, find it an operatic masterpiece. Finally she gets down to some excellent points and procedures that we all should look at when dealing with ADHD: Hypoglycemia, allergies, asthma, and learning disabilities. She gives some good checklists, especially for hypoglycemia. These things need to be ruled out before going straight to the medicine cabinet. However, she could have brought out these points in a much more positive manner than her needless diatribe.

My daughter has ADHD and I am totaly against prescribing drugs to anyone, but even more so to young children. Dr. Block's book is a masterpiece and an important tool for ALL parents, even if their child does not have ADHD. Reading it restored my faith that there are doctors out there who

care about more than making money. Her extensive research and life's work should serve as an inspiration to us all. She explains everything in very simple terms, that everyone can understand, and then backs it up with an impressive bibliography. Her belief that we need to desolve the roots of the problem and cure our children, is something that most doctors have seemed to have forgotten. They would rather use drugs to treat only the symptoms, and then prescribe more drugs to treat the side-effects from the first drug. It is about time that someone stands up for our health. I sincerely feel that every doctor should read this book and have copies of it in their waiting room. James Hardie, Brandon, Manitoba, Canada James@bookfiles.com

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