



The A.D.D. Nutrition Solution: A Drug-Free 30 Day Plan

Marcia Zimmerman M.Ed. C.N.

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The first scientifically proven, effective, all-natural nutritional alternative to the much-prescribed drug Ritalin

Attention deficit disorder is a nutritional deficiency, not a psychological condition. This is the revolutionary discovery Marcia Zimmerman made during her ten years of research as a nutritional biochemist. That conclusion led her to develop a diet that addresses the specific needs of the 17 million adults and children suffering from ADD. Her easy-to-follow thirty-day plan has been proven just as effective as Ritalin in relieving the symptoms of ADD.

Learn:

- How women should boost their nutrition before conception to prevent ADD in their children.
- Why boys are much likelier to be tagged as ADD than girls
- How to get a reliable ADD diagnosis
- Reasons why parents prefer a diet plan to prescription drugs for ADD children
- The effects of brain allergies on attention span
- Foods to avoid that may exacerbate ADD
- Fats and oils we all need to stay focused
- Calming effects of carbohydrates
- Concentration-enhancing protein
- Why to stay away from simple sugars
- The dangers of artificial food ingredients, and much more

This important book will help us curb the epidemic growth of ADD in this country and change the way we treat those who have it now by addressing its source instead of merely treating its symptoms.



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Fannie Garcia:

That publication can make you to feel relax. This kind of book The A.D.D. Nutrition Solution: A Drug-Free 30 Day Plan was colourful and of course has pictures around. As we know that book The A.D.D. Nutrition Solution: A Drug-Free 30 Day Plan has many kinds or style. Start from kids until teens. For example Naruto or Private investigator Conan you can read and feel that you are the character on there. Therefore , not at all of book are make you bored, any it offers you feel happy, fun and loosen up. Try to choose the best book for yourself and try to like reading in which.

Jennie Groth:

As a pupil exactly feel bored to help reading. If their teacher requested them to go to the library as well as to make summary for some guide, they are complained. Just minor students that has reading's soul or real their leisure activity. They just do what the professor want, like asked to go to the library. They go to at this time there but nothing reading really. Any students feel that looking at is not important, boring along with can't see colorful pics on there. Yeah, it is to be complicated. Book is very important for you personally. As we know that on this period, many ways to get whatever we wish. Likewise word says, ways to reach Chinese's country. So , this The A.D.D. Nutrition Solution: A Drug-Free 30 Day Plan can make you truly feel more interested to read.

Gail Boutwell:

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