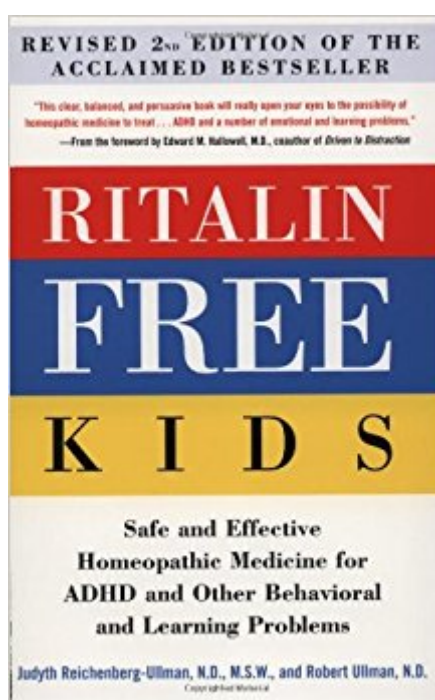


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# Ritalin-Free Kids: Safe And Effective Homeopathic Medicine For ADHD And Other Behavioral And Learning Problems



## Synopsis

Does your child really need drugs to get through the school day? More than six million children in the United States are taking stimulant medications—including Ritalin—to treat behavioral and learning problems such as attention deficit/hyperactivity disorder (ADHD). But there may very well be a better way to manage your child's emotional and learning problems, and you owe it to yourself and your child to find out. Ritalin-Free Kids offers you a safe, effective, and natural alternative to stimulants. "Before you give your child stimulants, read this book." From the preface by Edward Chapman, M.D., clinical instructor, Harvard Medical School "I recommend this book to all parents searching for an alternative treatment to ADHD. The Ullmans demonstrate that every child can benefit from care tailored to their unique characteristics and temperament."

Charles Moore, M.D., child and adolescent psychiatrist, New England Medical Center "As a physician who evaluates many inattentive and overactive children, I feel that we, as a society, are using stimulant medications far too often for the treatment of ADHD. I was very impressed by Ritalin-Free Kids and definitely recommend it."

Richard Solomon, M.D., director, Allegheny Behavioral and Child Development Services, Allegheny General Hospital, Pittsburgh, Pennsylvania "This clear, balanced, and persuasive book will really open your eyes to the possibility of homeopathic medicine to treat . . . ADHD and a number of emotional and learning problems."

From the foreword by Edward M. Hallowell, M.D., coauthor of *Driven to Distraction* Visit the authors' Web site at [www.healthyhomeopathy.com](http://www.healthyhomeopathy.com).

## Book Information

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## Customer Reviews

As its title indicates, this book strongly argues against the use of the drug Ritalin in the treatment of attention deficit disorder (ADD). The key to the authors' viewpoint lies in Chapter 3, headed "An Epidemic of ADD or a Matter of Overdiagnosis?" They point out that children, like the rest of us, live in "an extremely overstimulated society," with Nintendo replacing outdoor play, movies and TV stressing violence, and beepers providing instant and overly urgent communication. Children respond to the resulting stresses differently from adults and accordingly require different treatment. Because the authors are homeopathic physicians, they not unexpectedly prefer homeopathic solutions to the problem? a "whole person approach" that in some cases may be combined with traditional treatments. In any event, they make a reasonably convincing case for the idea that drugs can be both misapplied and overused and that chemical panaceas are not always the best answer. Recommended for public libraries.?Natalie Kupferberg, Ferris State Univ. Lib., Big Rapids, Mich. Copyright 1996 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

If the current trend continues, eight million American children will be taking stimulants for ADD by the turn of the century. --This text refers to an out of print or unavailable edition of this title.

By slowly, but steadily removing gluten, ALL dairy, anything "white", ie; sugar, flour, etc., corn syrup...it's all in this book for you. It isn't going to be an easy, quick, overnight process, but start slow with one thing first, like gluten. There so many options now at any grocery store, and the food is good.!! Then move on to riding of dairy. I know that the grocery store, "Sprouts", sells cheese made with yogurt (lactose free is fine). Just don't tell your child, and they may never know...! I HIGHLY recommend this book :- ) ....good luck to you all, and let's keep our kids off drugs...PERIOD!!!

Good info. Should be read by parents before putting children on medication as first resort.

Good information on ADHD. Very easy to understand and put principals to work for your little ones who have this problem

This was a great book. It inspired me to not only find a homeopath got my daughter with adhd, but for the whole family.

Book is for my daughter in law, she has not given me any feedback on the book. Apparently it is outdated.

This book does an excellent job of telling the reader THAT kids can be Ritalin free with homeopathic medicine, but it doesn't really explain HOW. I already knew there were homeopathic treatments for ADD, etc. I didn't need this book to tell me that. What I needed was a book to tell me what those treatments are, how they work, etc. A "how to" manual, if you like. This book is not that and is of no use to me.

This is one of those books that stuck with me years after reading it and I felt compelled to write a review. Chapter 2- Life in Overdrive is a great blue print of common ADHD behavior from a toddler to adulthood. Additionally, Chp 12 & 13 offers coaching techniques which focuses on the individual. p 102 "those are only your behaviors, not the real you." Part 3 Real Stories of Real People-Successful Homeopathic Treatment of ADD - offers some insight on how specific Homeopathic Medicine helped their child. I found in my experience that it would have been better to go to the practitioner 1st before reading Part 3 because it was too easy to reiterate some of the behaviors mentioned in the book which masked the child's unique characteristics. After the initial visit then I would have read Part 3 to see if the recommended homeopathic medicine matched the child's characteristics. Nevertheless, the practitioner does a great job asking questions that relate to the child. Note: Years ago when I read the book some of the sources recommended on p288 required an address and telephone numbers to be updated.

I've been using/studying homeopathy for 8 years. Using homeopathy is not a quick fix, and you will find that it may be necessary to use different remedies over a period of time as you start eliminating symptoms. With 1 child on the autistic spectrum and another child with dyslexia and ADHD, I can say that you have to also include dietary changes and behavior modifications, and various necessary therapies. I found homeopathy an aide to these therapies. In the past 2 years both children have improved so much, that I actually had to argue with the school that my high functioning autistic child was still autistic but the symptoms are more subtle. He has never been on any medications. My ADHD child is on Zoloft, which helped tremendously with his anxiety. With homeopathy remedies, he no longer tantrums, he's patient, has great long term memory and completes long term tasks with wonderful focus. This book has helped me find the other not used

very often remedies to deal with the impulsivity and his slow response to auditory information. It might be that he will always need traditional medication for a chemical imbalance for his anxiety. I find the homeopathics help excelerate the healing process in both my children. This book is the best I've found so far, in eliminating the remaining individual symptoms of ADHD. Last year they were going to put my child on Ritalyn, now the Psychiatrist feels that it's not needed anymore.

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Ritalin-Free Kids: Safe and Effective Homeopathic Medicine for ADHD and Other Behavioral and Learning Problems ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders) ADHD Guide Attention Deficit Disorder: Coping with Mental Disorder such as ADHD in Children and Adults, Promoting Adhd Parenting: Helping with Hyperactivity and Cognitive Behavioral Therapy (CBT) ADHD Medication Abuse: Ritalin, Adderall, & Other Addictive Stimulants (Downside of Drugs) Homeopathic Remedies: A Quick and Easy Guide to Common Disorders and Their Homeopathic Remedies Psoriasis - Treatment with Homeopathy, Schuessler salts (homeopathic cell salts) and Acupressure: A homeopathic, naturopathic and biochemical guide The Insider's Guide to ADHD: Adults with ADHD Reveal the Secret to Parenting Kids with ADHD Alternative Medicine: Homeopathic Medicine, Herbal Medicine and Essential Oils for Total Health and Wellness Essential Oils for Dogs: 100 Easy and Safe Essential Oil Recipes to Solve your Dog's Health Problems (Alternative animal medicine, Small mammal Medicine, Aromatherapy, Holistic medicine) How the Art of Medicine Makes the Science More Effective: Becoming the Medicine We Practice (How the Art of Medicine Makes Effective Physicians) ADHD Diet For Children: Recipes and Diet to Help Your Child Focus, Perform Better at School, and Overcome ADHD For Life (ADHD Diet) Allergy-free Desserts: Gluten-free, Dairy-free, Egg-free, Soy-free, and Nut-free Delights Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) Prostate Problems Home Remedies, How To Fight Prostate Problems At Home, Get Rid Of Prostate Problems Fast!: Back On Track - Fighting Prostate Problems At Home Books For Kids: Natalia and the Pink Ballet Shoes (KIDS FANTASY BOOKS #3) (Kids Books, Children's Books, Kids Stories, Kids Fantasy Books, Kids Mystery ... Series Books For Kids Ages 4-6 6-8, 9-12) The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! Gluten Free: Gluten Free Diet for Beginners: Create Your Gluten Free Lifestyle for Vibrant Health, Wellness & Weight Loss (Gluten-Free Diet, Celiac Disease, Wheat Free, Cookbook Book 1) Parenting ADHD Now!: Easy Intervention Strategies to Empower Kids with ADHD The Autism &

ADHD Diet: A Step-by-Step Guide to Hope and Healing by Living Gluten Free and Casein Free (GFCCF) and Other Interventions How trace element selenium affects men's health: Discover how selenium can affect: prostate problems, eczema problems, asthma breathing, and 9 other health problems

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