



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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Jack Young:

People live in this new morning of lifestyle always make an effort to and must have the spare time or they will get lot of stress from both day to day life and work. So , once we ask do people have time, we will say absolutely yes. People is human not a robot. Then we request again, what kind of activity have you got when the spare time coming to you of course your answer will unlimited right. Then do you try this one, reading publications. It can be your alternative with spending your spare time, the actual book you have read is usually The A.D.D. Nutrition Solution: A Drug-Free 30 Day Plan.

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The book untitled The A.D.D. Nutrition Solution: A Drug-Free 30 Day Plan contain a lot of information on the idea. The writer explains her idea with easy technique. The language is very clear to see all the people, so do not necessarily worry, you can easy to read this. The book was published by famous author. The author will bring you in the new period of literary works. You can read this book because you can please read on your smart phone, or program, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can open their official web-site in addition to order it. Have a nice go through.

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