



# Diagnosis and Alternative Therapies for Attention Deficit Hyperactivity Disorder

*Dr. Pamela A. Popper*

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The medical profession is quick to attribute behavioral problems to neurological problems that should be treated with drugs. However, other groups are just as guilty of oversimplifying the situation. Nutritionists believe that the problem is based on nutrient deficiency and fixable with improved diet and elimination of certain food additives. Mental health professionals believe the answer lies in counseling, cognitive therapy, psychotherapy and other methods. Homeopaths are anxious to use homeopathic remedies. All of these people are right to an extent - all of these factors are possibilities when dealing with an ADHD child. But a different combination of factors is at play in each child who presents himself with symptoms of ADHD. My research and experience with clients has caused me to conclude that, as a nutritionist, I can be an effective contributor to the treatment of some but not all children. This book discusses not only the nutritional factors and remedies for ADHD children, but also addresses the other factors and remedies that should be used in conjunction with dietary changes.

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