

The Drugless Doctor: How to Control ADHD Naturally in 18 Days

Summer vacation is in full swing, but it's never too early for parents to gear up for the first school bells, especially those who have children diagnosed with ADHD. Dr. Bob, "The Drugless Doctor," wants to share with readers riveting tips for an all-natural guide to control ADHD in 18 days.

"Families and parents need to understand the caliber of America's growing epidemic with prescription drug use for children. In a drug-oriented society, prescription medications are not the answer; they simply mask symptoms," says Dr. Bob, D.C., ., founder of . "Ritalin, Adderal, and other behavior-modifying medications do not cure symptoms of hyperactivity in children. Before school begins, it's time parents looked at the cold hard facts and eliminate the true impeding factors. It's time to implement a new lifestyle."

Dr. Bob is a national care practitioner ignited by firsthand experiences to make a continual effort to listen to the holistic body and make changes for a healthier future. With thousands of patient research alongside family of his own, Dr. Bob has compiled a list of imperative tips to stop ADHD in 18 days.

Dr. Bob recommends the following tips:

1. Modify consumption of detrimental foods. Sugar and partially hydrogenated fats have a huge impact on not only the body but also the mental state. Understand that man-made fat or artificially altered natural fats found in our environment are detrimental to our health. These products are damaging to youth, especially sugar, as it depletes essential minerals for proper fat metabolism.

2. Normalize improper fat metabolism. The primary reason for child hyperactivity are fatty acids—the major building blocks of all fats—and Americans need to feed their children the right kind of fat to develop the brain. Essential fatty acids must be eaten, digested and processed through specific steps for proper integration resulting in optimal body function.

3. Communicate with the teacher. Activity in the classroom might ignite children to be pushed into a hyperactive/ADHD diagnosis, so make sure to deliberate with the teacher to understand the teaching environment. With the current state of the school system, it might be wise to get a tutor and to assess every aspect of the schooling methodologies.

5. Patience is a virtue. Make slow and deliberate lifestyle modifications. Implementing an entirely new health regiment is not a simple task. It's crucial to have patience and to communicate and cooperate with the lifestyle modifications.

The updated edition of *Dr. Bob's Guide to Stop ADHD in 18 Days* will include an expanded index alongside the latest updates. For more information, visit .

Dr. Robert DeMaria is a catalyst for health and well-being. As owner of the Drugless Doctor brands, Dr. Bob's techniques have restored optimal health to thousands of patients without the need for prescription medication. His research and daily experiences can be seen throughout his seven books, including the best-seller *Dr. Bob's Drugless Guide to Balancing Female Hormones*. Dr. Bob has consulted for FedEx, VitaMix and other national brands and has appeared on multiple media portals, including ABC Family, TBN, Fox 8 Cleveland, and WFAN NYC.