

## Without Ritalin : A Natural Approach to ADD

Samuel A. Berne



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#### Safe and effective holistic treatments proven successful for more than 3,000 patients

We spent \$373 million on Ritalin and its generic counterparts in 1996; today, some 4 million children are taking the drug daily. Is it any wonder that parents are searching for safe, nontoxic, drug-free alternatives? In *Without Ritalin*, Dr. Samuel Berne explains the approach with which he has successfully treated more than 3,000 ADD/ADHD-diagnosed patients, including information on detoxification, nutrition, and developmental learning programs and activities.

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#### **Carrie Francis:**

Spent a free the perfect time to be fun activity to do! A lot of people spent their down time with their family, or all their friends. Usually they carrying out activity like watching television, going to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? Can be reading a book could be option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to try out

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