

by Dr. Ron Receveur

A Parent's NATURAL REMEDY **Guide to** ADHD

- ▶ Frustrated & Overwhelmed with Your Child's ADHD?
- ▶ Proven Methods to Help Your Child Nurture The "Gifts" of ADHD, and curb the "Curses."
- ▶ Treat ADHD naturally without using drugs



End Your ADHD Frustrations Once & Forever!

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Table of Contents

[Introduction](#)

How to Use this Book's Comment Tools

Chapter 1 – Understanding ADHD

[Curse or Gift?](#)

[More Boys than Girls?](#)

[Under or Over Diagnosed](#)

[What Caused This?](#)

[What Exactly is ADHD?](#)

[Diagnosis Criteria](#)

[Curb the Curses, Nurture the Gifts!](#)

[Success Stories](#)

[Why Natural Treatment?](#)

[When Medication is Necessary](#)

[Know your Options!](#)

Chapter 2 – Managing Behaviors with Behavior

[Not all Behavior Therapies are Created Equal](#)

[No Behavior Management Plan is an Island](#)

[Putting Things into Proper Perspective](#)

[Behavior Management Overview](#)

[Behavior Management Plan](#)

[Token Economy Variation](#)

[Tips from the Experts](#)

[More Tips for Success](#)

[What we can Learn from the Schools](#)

[Other Behavioral Therapies](#)

Chapter 3 – ADHD Kid Friendly Nutrition

[Leading Diet Factors in the Curses of ADHD](#)

[ADHD Nutrition & Finicky Eaters](#)

[The Power of Protein](#)

[Amino Acid Imbalance](#)

[Good Carbs, Bad Carbs](#)

[Zinc](#)

[Iron](#)

[Magnesium](#)

[Calcium](#)

[Vitamin D](#)

[Omega 3 Fatty Acids & Other Fats](#)

[Antioxidants](#)

[B Vitamins](#)

[Sugar](#)

[Beverages](#)

[A Word about Supplements](#)

[Food Allergies and Toxins](#)

Table of Contents is Cont'd Page 4

Chapter 4 – The Mind – Body Connection

[How Exercise Can Benefit Your ADHD Child](#)

[Aerobic Exercise](#)

[Sports & Other Activities for the Body & Mind](#)

[Get Back to Nature](#)

[Yoga](#)

[More Stress Reduction](#)

Chapter 5 – Back to School

[What Can Parents do About School](#)

[What to Do When Asked to Follow Up at Home](#)

[Right Brain Child, Left Brain School](#)

[Tips for Success](#)

[Special Services – "IEP 101"](#)

[Lightening up the Homework Blues](#)

[Creativity, ADHD & School](#)

[Homeschooling](#)

[Your Child's Mileage May Vary](#)

Chapter 6 – On the Home Front

[Five Gifts of ADHD – "Nourish the Gifts"](#)

[Creativity](#)

[Exuberance](#)

[Emotional Sensitivity](#)

[Ecological Consciousness](#)

[To be Heard, Really Heard can make All the Difference](#)

[Tips for Making Life Easier for You and Your ADHD Child](#)

Conclusion

Introduction

As you may know if you read my report, two of my children are affected by ADHD. After my second son was diagnosed (my first son was never officially diagnosed) with ADD / ADHD, and a friend's son committed suicide (yes, he was taking medication), I went on a *mission* to read everything I could get my hands on to see what treatments were available other than a lifetime of drug therapy.



I wanted to do what was best for my kids, as I know you do or you wouldn't be taking the time out of your busy (and probably nerve-wracking day if your child is hyperactive), to read this.

A bit about my qualifications besides being a parent who loves his kids and would do anything to find the best solutions to ease their struggles and put them on a path to

success. I'm a dentist of 27 years with a strong pharmacology background; before becoming a dentist, working towards my Bachelor of Arts degree in chemistry opened my eyes wide to how the brain works, and how chemicals affect the brain – the good and the not so good.

This book and other works I've published are a result of pouring over countless medical journal articles, research papers and books written by psychologists, university researchers, parents and physicians.

In case you're thinking, "How on Earth does a father with *two* ADHD kids and his own dental practice, do all this research – I can't even read my copy of Reader's Digest!?" The credit's not mine.

The only reason I could accomplish this task is that my eldest is grown and my wonderful wife managed our younger son while I researched. Since that time and before writing this book, his hyperactivity has greatly diminished – although not his enthusiasm I'm happy to say (another reason why after trying meds, we opted out).

While researching ADHD/ADD, medications and a wide array of natural treatments, I began to see patterns. The more I dug (like a dog after a bone) the more apparent it became...

The natural remedies with the most proven success were surprisingly simple, as natural as you can get, completely safe, and readily available. If you have a grocery store near you, a park or other green setting and patience, you have *everything* you need within easy reach to make a huge difference in your child's life – and make your life a lot easier.

If reading this book helps you to take an all-natural approach to ADHD/ADD or decrease the amount of medication given, if it provides enough information that helps improve your lives, then my mission has been accomplished.

You see, what started as a labor of love for my own children grew to a labor of love for all the other children and their families who might benefit from what I learned.

Please keep in mind when you read this book that the goal is to **nourish our children's gifts**, many of which are directly related to ADHD/ADD, and to ease the struggles.

When you use these various treatments, remember we are treating the curses of ADHD, not the gifts – unlike medication, the natural treatments outlined within these pages will not take away your child's creativity, enthusiasm or sensitivity; however, they will diminish hyperactivity and help your child to focus.

You'll also find many quick tips for everyday situations like problems getting ready for school, doing homework, finicky eating, organizing, and so forth.

No one treatment is meant to be stand-alone. If you read the book through, you will see how they work together. By the same token, if you need help fast, you'll find many suggestions and treatments that alone will make a difference in you and your child's day.

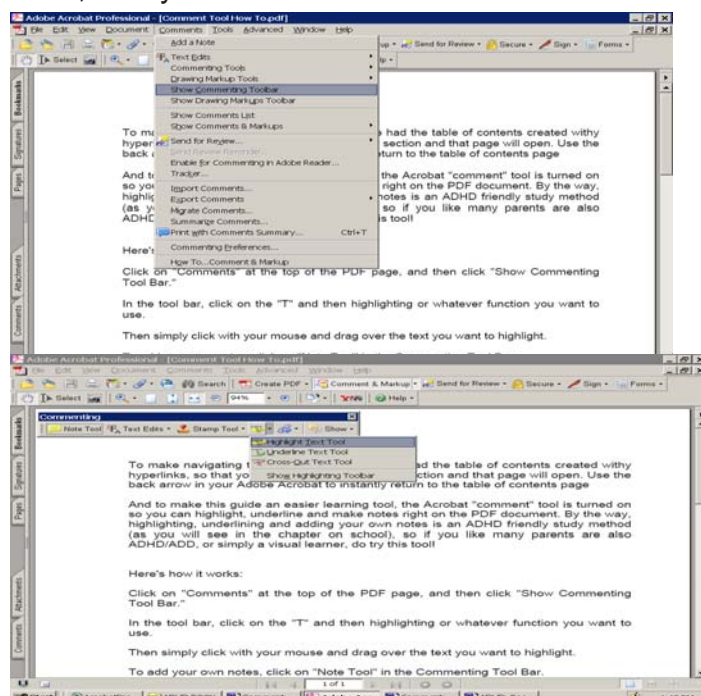
To make navigating this book easy for you, I've had the table of contents created with hyperlinks, so that you can click on a chapter or section and that page will open. Use the back arrow in your Adobe Acrobat to instantly return to the table of contents page

And to make this guide an easier learning tool, the Acrobat "comment" tool is turned on so you can highlight, underline and make notes right on the PDF document. By the way, highlighting, underlining and adding your own notes is an ADHD friendly study method (as you will see in the chapter on school), so if you like many parents are also ADHD/ADD, or simply a visual learner, do try this tool!

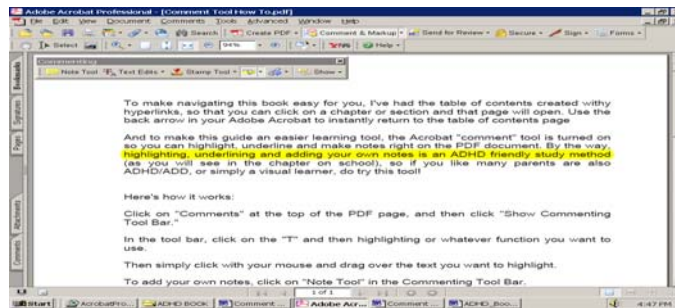
Here's how it works:

Click on "Comments" at the top of the PDF page, and then click "Show Commenting Tool Bar."

In the tool bar, click on the drop down menu arrow to the right of the "T" and then "Highlight" or whichever function you want to use. Or just to highlight, you need only click directly on the "T."

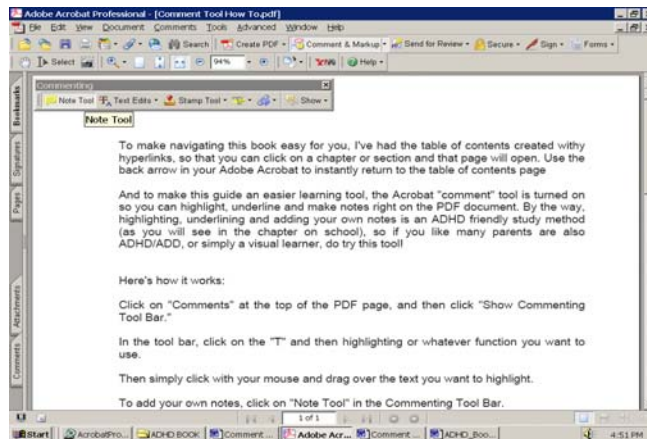


Then simply left click with your mouse at the beginning of the text, dragging over the text you wish to highlight. Release and you'll have a yellow highlight. To erase, right click anywhere on the yellow and choose delete.

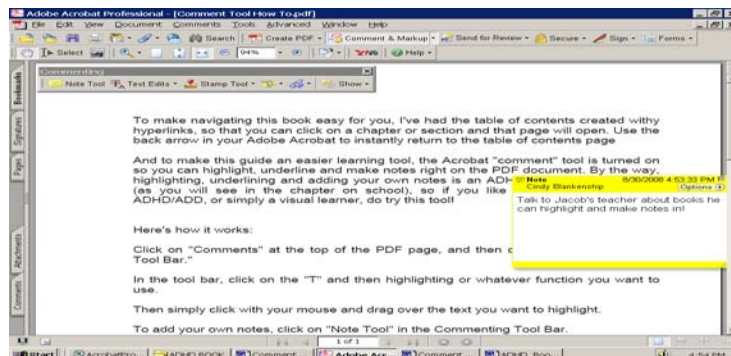


To add notes, click on "Note Tool" in the Comment Tool Bar.

Then click in your text where you want to insert your note.



A box will pop up. Click inside the box and type your note. To close the box, click on the "X." Your note will be saved and a small yellow icon will appear where you clicked in the text to insert.



To read your note, all you need do is mouse over the icon!

If you think of something later you want to add, left clicking once on this icon will open the note box so you can edit your note. Close the box, and your changes are automatically saved.

This works with any book that has the comment tool enabled, and I think you'll find it very helpful.

You're also welcome to print this book.

I truly hope this guide makes the positive difference in your life that it has made for my family.

Sincerely,

Dr. Ron Receveur

In Conclusion...

You made it! I know this was a lot to digest, but remember you don't have to do it all overnight. You've made a good start, and now take your time implementing as you see fit. Remember to look for opportunities to change your thinking from "Curing my child of this disorder" or "There's something wrong with my child" to ADHD is a difference, a label or a set of traits that if channeled, will serve my child well in life.

Every curse of ADHD has a gift. This doesn't mean that as a parent you make no effort to build skills in the areas of weakness. It means you spend more time focusing on and helping your child to build on existing strengths and passions.

I can't stress enough how important is for you to not underestimate your ADHD child's gifts and passions. Emphasize the positive aspects of ADHD to your child and to others, and your child will bloom.



Remember, ADHD kids think lightening speed fast and tend to score high on IQ tests. It's just that they are more interested in the big picture than the details, which is why they make great business leaders, entrepreneurs, inventors and creative artists instead of clerks, office managers, programmers and editors.

No matter how worried you have been about your child's future or frustrated over yet another phone call from the teacher, please do not underestimate your ADHD child's capabilities.

However, also remember to be patient and understand that an ADHD person's wiring is different and that remedies, such as outlined in this book, are needed to empower him or her to succeed at non-ADHD, left-brain type of challenges, such as school,

straightening a bedroom, remembering belongings needed for outings (like bringing a bathing suit to the pool!), paying attention in spite of distractions...

I'll leave you with one of my favorite quotes:

"If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured or far away." — Henry David Thoreau

My best to you and your child,

Dr. Ron Receveur

P.S. – Don't forget to register on the ADDMoms.net Chat Forum. It's quick and free.

<http://www.addmoms.net/forums>