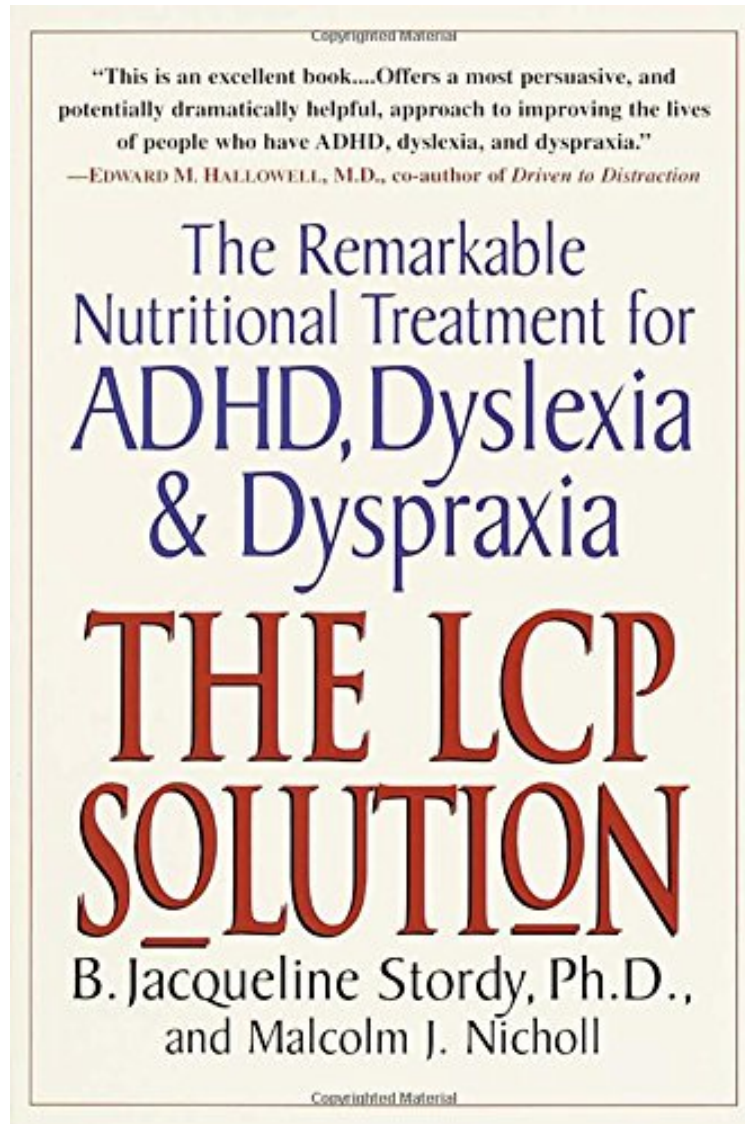


## The LCP Solution: The Remarkable Nutritional Treatment for ADHD, Dyslexia, and Dyspraxia

B. Jacqueline Stordy, Malcolm J. Nicholl

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#405392 in Books B Jacqueline Stordy 2000-09-05 2000-09-05Original language:EnglishPDF # 1 8.30 x .80 x 5.50l, .70 #File Name: 0345438728354 pagesThe LCP Solution The Remarkable Nutritional Treatment for ADHD Dyslexia and Dyspraxia | File size: 50.Mb

**B. Jacqueline Stordy, Malcolm J. Nicholl : The LCP Solution: The Remarkable Nutritional Treatment for ADHD, Dyslexia, and Dyspraxia** before purchasing it in order to gage whether or not it would be worth my time, and all praised The LCP Solution: The Remarkable Nutritional Treatment for ADHD, Dyslexia, and Dyspraxia:

6 of 7 people found the following review helpful. Something to Think AboutBy J. WeirThis is an interesting point of

view. We tried this solution years ago for my son and it didn't work, but he didn't have the patience to work with me on this. He needed something with immediate and certain results by the time we looked at this. I tried this solution for me and it helped a lot. I had to experiment with different brands though. Some brands were totally ineffective, but I did find one that worked for me somewhat. I'm still taking it years later! I'm revisiting this idea for my son at this point to see if it can't be part of an overall nutritional support plan for him. He is older now and might be more receptive. As far as the book, it is well thought out and documented, however a bit tedious to read for those of us that like to get to the point. LCPs are probably worth a try. I don't see how you could hurt anyone, and LCPs are reputed to be beneficial for your overall health. Don't stop with the first brand you try if you don't get results. Everyone is different and each manufacturer does their own thing. 4 of 4 people found the following review helpful. Omega-3s the BrainBy SnoggerThe LCP Solution offers some studies cases on the topic of nutrition brain development. It is a lot of reading when you want to just get to the answer - what foods work; what foods don't. Good book if you are willing to read through all the studies stories. 1 of 1 people found the following review helpful. Are you Omega-3 deficient?By L. MichalekThis is one book where I have truly learned how nutritionally deficient in a particular nutrient a person can become. Before reading this book, I had not even thought of whether my children were consuming enough Omega-3's in their daily diet.The LCP Solution gives an excellent history of how as humans we have deviated from the normal staple of food our species once had consumed. Past humans depended on the intake of fish, but today with fast food and so many other options, fish is not normally put on the dinner table daily. In my house, we are lucky if we have fish every other week.Further chapters delve into the details of exactly why Omega-3 is necessary for our bodies and more specifically our mind. Deficiencies can not only produce skin disorders but also mind disorders, which are manageable through the supplementation of Omega-3's back into our daily diet.Real-life stories are included as well as relevant studies and research. The medical and homeopathic communities are beginning to fully embrace the topic. In fact, my son's ADHD Pediatrician, as well as his regular Pediatrician both recommend Omega-3 supplementation.Omega-3 supplementation has become a nutritional priority in my house because of The LCP Solution. And I am very happy to report that my 11 year old's eczema has completely resolved, his language arts and reading skills have increased, and his ADHD has become manageable. I am not professing that you will have such miraculous results, but this book is definitely worth a read.Visit Dr. Stordy's website which includes new research, resources, book reviews, stories, and you can subscribe to her newsletter. [...]

This important new book documents a major breakthrough in the treatment of the three most widespread learning disabilities--ADHD, dyslexia, and dyspraxia ("clumsy child syndrome"). Although these conditions have reached epidemic proportions, treatment has been limited to ineffective behavioral therapies or the controversial prescription drug Ritalin. Now Dr. B. Jacqueline Stordy, a leading researcher in the field, reveals a stunning new treatment based on a simple nutritional supplement: LCP (long chain polyunsaturated fatty acids). The LCP Solution is the first book to describe this new natural treatment and to explain how children (and adults) can incorporate it into their daily lives.As a member of a family with a long history of dyslexia, Dr. Stordy discovered in a pioneering experiment that dyslexic and dyspraxic children who began taking a dietary supplement consisting of LCP experienced dramatic transformations in the quality of their lives. At the same time, parallel studies conducted at Purdue University came up with similar results with children who had ADHD. The effect of this dietary supplement was nothing short of revolutionary: after only a few weeks, dyslexic and ADHD children became calmer, more focused, easier to teach, while dyspraxics improved significantly in dexterity and balance, showing markedly less anxiety.In The LCP Solution, Dr. Stordy documents how this life-changing treatment came about and explains step-by-step how sufferers of each of the three major conditions can use it to change their lives at home, at school, and at work. Illuminating, vividly presented, and authoritative in its findings, this book will revolutionize our approach to learning disabilities. LCPs are natural, simple to use, and amazing in their benefits. If you or someone you love suffers from a learning disability, this book is essential reading.

"This book is must reading not only for those suffering from ADHD and related disorders, but also for everyone interested in optimal brain health at any age."--CHRISTIANE NORTHRUP, M.D. Author of Women's Bodies, Women's WisdomFrom the Inside FlapThis important new book documents a major breakthrough in the treatment of the three most widespread learning disabilities--ADHD, dyslexia, and dyspraxia ("clumsy child syndrome"). Although these conditions have reached epidemic proportions, treatment has been limited to ineffective behavioral therapies or the controversial prescription drug Ritalin. Now Dr. B. Jacqueline Stordy, a leading researcher in the field, reveals a stunning new treatment based on a simple nutritional supplement: LCP (long chain polyunsaturated fatty acids). The LCP Solution is the first book to describe this new natural treatment and to explain how children (and adults) can incorporate it into their daily lives. As a member of a family with a long history of dyslexia, Dr. Stordy discovered in a pioneering experiment that dyslexic and dyspraxic children who began taking a dietary supplement consisting of LCP experienced dramatic transformations in the quality of their lives. At the same time, parallel studies conducted at Purdue University came up with similar results with children who had ADHD. The effect of this dietary supplement

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