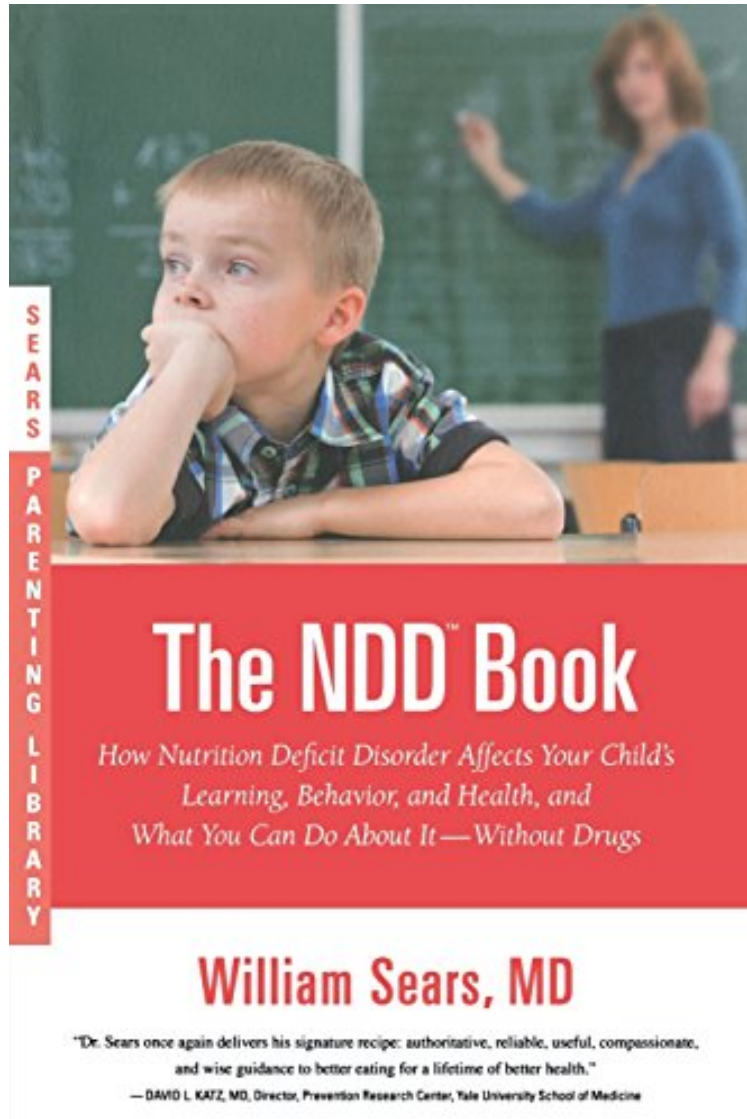


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The N.D.D. Book: How Nutrition Deficit Disorder Affects Your Child's Learning, Behavior, and Health, and What You Can Do About It--Without Drugs (Sears Parenting Library)

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William Sears : The N.D.D. Book: How Nutrition Deficit Disorder Affects Your Child's Learning, Behavior, and Health, and What You Can Do About It--Without Drugs (Sears Parenting Library) before purchasing it in order to gage whether or not it would be worth my time, and all praised The N.D.D. Book: How Nutrition Deficit

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3 of 3 people found the following review helpful. If your child has ADD, please read thisBy lolaI believe nutrition plays a huge part in health, learning and behavior. I would strongly recommend a parent read this book before trying the medication route for their children.5 of 5 people found the following review helpful. The N.D.D. BookBy juan duranI have never taken the time to write a review on anything I buy. I feel inclined to write a review on this book. Most of the information I knew and had adapted already in our household. However, this book went beyond and detailed information in a way that I can explain it to my children. I loved it so much I have ordered to other book from the Sears library of books. Great book on basic stuff we should be feeding our kids.2 of 2 people found the following review helpful. Makes SenseBy Concerned GrandmotherI found The NDD Book to be very informative and certainly fits with what I see in so many children. I am pleased there are books being written to help explain to parents what is going on in their children's health (or lack thereof), answers you won't usually get from the medical profession. This book was so easy to read and understand and has the practical help for changing diets with the menus and recipes included!

The Sears Parenting Library's latest addition is an exploration of how nutrition affects the brains and behavior of youngsters. N.D.D., or Nutrition Deficit Disorder, as coined by Dr. Bill Sears, is based on the idea that if "you put junk food into a child's brain, you get back junk behavior and learning." Dr. Sears will explore the latest scientific research on the effects of nutrition on the brain. He will present case studies of his own patients who were diagnosed as "N.D.D." and showed major improvement in learning and behavior with diet change. Instead of simply medicating his patients, Dr. Sears looked for a better solution--in fact, with better nutrition, many of his patients were able to greatly reduce or even stop their medication. The book will also provide parents with a prescription, shopping and meal tips, and recipes to make implementing a healthier lifestyle that much easier.THE N.D.D. BOOK will be a must-have for all parents who want to help their children become healthier, happier, and better prepared to learn.

"Filled with practical tips for parents, The NDD Book could help stem the rapid rise of behavioral medications in children while improving the functioning of their developing bodies and brains, ultimately resulting in smarter, happier, and healthier kids. Dr. Sears's dietary and nutrient recommendations offer real alternatives for parents looking for a non-drug approach for the 'D' disorders."-Kenneth A. Bock, MD, author of *Healing the New Childhood Epidemics: Autism, ADHD, Asthma, and Allergies* "In The NDD Book, Dr. Sears once again delivers his signature recipe: authoritative, reliable, useful, compassionate, and wise guidance to better eating for a lifetime of better health."-David L. Katz, MD, Director, Prevention Research Center, Yale University School of Medicine "Dr. Sears once again has taken a complex problem in pediatrics and underscored the importance of nutrition in helping to alleviate this problem. He has a talent for making difficult concepts easier to understand by parents and the lay public. An excellent book."--Allan Walker, M.D., Professor of Nutrition and Pediatrics, Harvard Medical SchoolAbout the AuthorWilliam Sears, M.D., is the father of eight children as well as the author of more than 30 books on childcare. He received his pediatric training at HarvardMedicalSchool's Children's Hospital and Toronto's Hospital for Sick Children. Dr. Sears is an Associate Clinical Professor of Pediatrics at the University of California, Irvine, School of Medicine and has practiced pediatrics for more than three decades.