



## Nature's Ritalin for the Marathon Mind: Nurturing Your ADHD Child with Exercise

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By Stephen C. Putnam

Upper Access Inc., U.S. Paperback. Book Condition: new. BRAND NEW, Nature's Ritalin for the Marathon Mind: Nurturing Your ADHD Child with Exercise, Stephen C. Putnam, ADHD is a childhood epidemic. By some estimates, 5 percent or more of the school-age children in the U.S. have been diagnosed, and most of them are being treated with powerful prescription drugs. Scientists have now discovered that a simple, basic human activity-exercise-has the same positive influence on the brain without the negative side effects. This book shows how, in a great many cases, doses of medication can be decreased or eliminated in favour of a regular schedule of exercise, with vast improvements in the quality of life for the children and their families. The author describes in detail the scientific basis for exercise as therapy, how to determine the optimal schedule, and how to help children become motivated to obtain the appropriate level of exercise without parental nagging. If you are the parent of a hyperactive child, this may be the most important book you will ever read. This is not an 'anti-Ritalin' book. It has been widely hailed by proponents of both alternative and mainstream physicians and researchers.



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