

# Nature's Ritalin for the Marathon Mind

Nurturing Your ADHD Child  
with Exercise

Stephen C. Putnam



Foreword by W. Mark Shipman, M.D.

# Natures Ritalin For The Marathon Mind Nu

**Ed Bowker Staff,Staff Bowker, Ed**

## **Natures Ritalin For The Marathon Mind Nu:**

**Nature's Ritalin for the Marathon Mind** Stephen C. Putnam, 2001 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 Nature s Ritalin for the Marathon Mind shows how in a great many cases doses of medication can be decreased or eliminated in favor 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 The author notes that in some cases medication is essential and that any change in treatment should be done in consultation with a physician However he shows that exercise is a far better solution for many children one that can be safely tested because it is a natural part of life Journal of Asian Martial Arts ,2006 Books In Print 2004-2005 Ed Bowker Staff,Staff Bowker, Ed,2004

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