

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

Stephen C. Putnam



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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

Whispering the Strategies of Language: An Psychological Quest through **Natures Ritalin For The Marathon Mind Nu**

In a digitally-driven world where screens reign supreme and quick transmission drowns out the subtleties of language, the profound strategies and emotional subtleties concealed within words usually get unheard. Yet, situated within the pages of **Natures Ritalin For The Marathon Mind Nu** a interesting literary value blinking with natural emotions, lies an exceptional quest waiting to be undertaken. Written by a skilled wordsmith, this enchanting opus encourages visitors on an introspective trip, softly unraveling the veiled truths and profound influence resonating within ab muscles cloth of each word. Within the psychological depths of this poignant review, we shall embark upon a genuine exploration of the book is core styles, dissect its interesting writing fashion, and succumb to the strong resonance it evokes strong within the recesses of readers hearts.

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