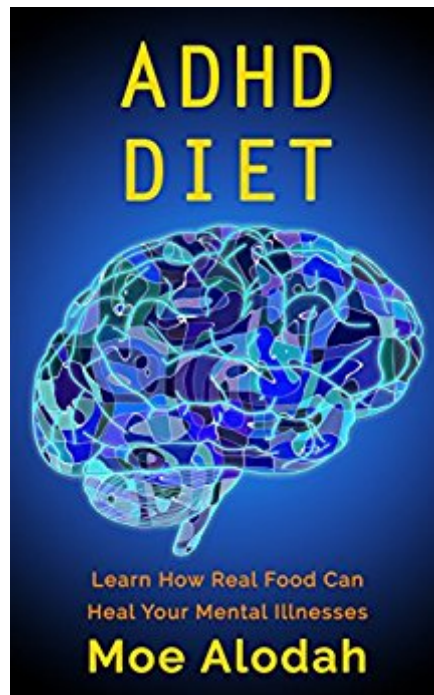


The book was found

# ADHD DIET: Learn How Real Food Can Heal Your Mental Illnesses



## Synopsis

Understand That Special Diet Can Be Very Helpful for Individuals with ADHD Donâ™t Treat the Symptoms Only but Get to the Root of the Cause! Sadly, many people think that individuals who suffer from mental disorders such as ADHD, ADD, Anxiety, and Depression are something has to do with the mind or the brain regarding psychological illness only. However, many scientist and doctors who think âœoutside the boxâ• firmly believe now that there are physiological factors which contribute to behaviour problems like ADHD and ADD. You need to understand that children and adults who struggle with mental disorders very likely have issues physically and the principal suspect is the digestive system. And food quality can be the primary cause of digestive problems which lead to mental disorders ultimately. In the ADHD Diet Book you will: Learn how ADHD disorder is as much as physical as mental Realize why ADHD Diet can help significantly Understand the ADHD symptoms so you can start evaluating your diet and correct it with the help of my book Have a better understanding that the sooner you recognize the symptoms the better for helping ADHD Children Discover the remedies for ADHD without drugs Appreciate how real foods and How ADHD Diet can be helpful not only to ADHD children but ADHD Adults too

## Book Information

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## Customer Reviews

This book has focused on the special diet that will tremendously help people with ADHD. And I find this very helpful and this is the first book that did not focus too much on the condition. Rather it has focused on another essential aspect, the right diet. And as the book said, it's not really about treating the symptoms, what is more important is that the root cause must be known and treated too. And the topics here proved that and more. I think the topics on how to understand the symptoms better is also relevant because knowing the symptoms will help make understanding better. And the one about discovering the remedies for ADHD without drugs will also be beneficial to all concerned.

This book is exceptionally written. It really outlines ADHD as well as the different types. The author does a great job in suggesting foods that help the body maintain an essential balance. You need to know all signs and symptoms of how and when ADHD starts to develop or when you become prone to it. Also you should know the causes of ADHD occurrence hence to avoid these in future.

ADHD is a real condition. This book is an interesting read as it uses food / diet as one of the ways to manage the condition of ADHD. For the most part of the book, it provides a good insight of what ADHD is about; especially the symptoms and telling the difference

ADHA stands for Attention Deficiency Hyperactivity Disorder. This ailment is prevalent in kids as well as adults. A lot of people take a while to realize they have ADHD while some get to know the symptoms soon. Kids too are either inattentive, hyper or impulsive and that could be a sign of ADHD. This book by Moe Alodah is a real eye-opener for millions around the world. However, if you<sup>TM</sup>ve been diagnosed with ADHD, you need to take care of your diet and follow that routine religiously. No processed food with artificial colouring and flavouring as that will worsen your ADHD. What you eat affects you physically, emotionally as well a mentally. This book will tell you everything you wanted to know about ADHD. Read it as its truly informative.

This is such a thorough and up to date way to treat ADHD. It supports all of the most up to date scientific information. I was able to pick up many tips and techniques which I'm going to use with my son. Thank you author for bringing all the best information together into one book!

Awesome! This book is exceptionally written. It really outlines ADHD as well as the different types. The author does a great job in suggesting foods that help the body maintain an essential balance! I would definitely recommend! Worth purchasing book!

A great book. It helped my son greatly. I can see lots of behavioral change in him. This book is a complete guide on how to fight ADHD. It explains the causes of ADHD and what diet and medicines you should give to your child. My child was evaluated with ADHD when he was 5 years. It made me worried. So I bought some books to know more about this and how to cure it. Out of the 4 books I have purchased this one was the best and the procedures it provided worked too. Now I can say 80% of the strange behaviors my child was showing before has eliminated. And I am happy this book guided me in the right way.

This book is a complete guide on how to fight ADHD . it explains the causes of ADHD and what diet and medicines we should give to our child . it is very informative and very helpful. I would recommend to anyone who interested in to learn how real food can heal your mental illnesses.

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