



Attention-Deficit Hyperactivity Disorder: a natural way to treat ADHD

Basant K. Puri

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Does your child have poor concentration and an inability to relax? Has your child been diagnosed with ADHD? Are you caring for or teaching children with these problems? As an individual who cares for a child, you will be wanting to do your best for that child and help him or her reach their full potential, but sometimes a child's behaviour seems to thwart all your best endeavours. Constant fidgeting, restlessness, failure to pay attention and heedlessness of others can be both exhausting and dispiriting, especially when you know this hides a young person who is intelligent and creative if only you could engage with them. Many children with these problems are diagnosed as having Attention-Deficit Hyperactivity Disorder and are prescribed powerful drugs that help to control (but not cure) the worst of the symptoms, but for which the long-term consequences are unknown. In Professor Basant Puri's groundbreaking new book you will discover a very different way of looking at ADHD. His starting point is the basis of behaviour in the chemistry of the brain and the many factors which influence this. By understanding behaviour at this level it is possible to see how hyperactivity can be reduced and concentration improved in a natural way that is in tune with the needs of the individual. He presents the results of two major new studies, with which he has been involved, that demonstrate the effectiveness of a completely natural way to treat ADHD. Contents 1. A breakthrough 2. What is ADHD? 3. Why does ADHD occur? 4. How can fatty acids help? 5. Stimulant medication versus fatty acids 6. Treating ADHD with fatty acids 7. Everyone can benefit from fatty acids 8. The journey to recovery

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