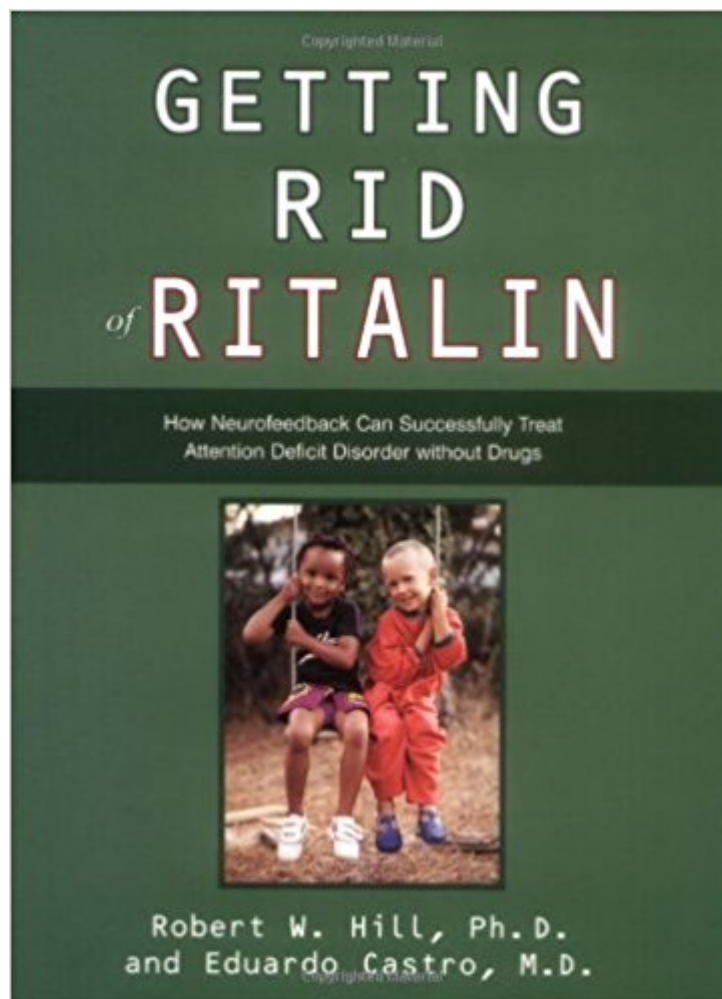


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# Getting Rid Of Ritalin: How Neurofeedback Can Successfully Treat Attention Deficit Disorder Without Drugs



## Synopsis

Getting Rid of Ritalin: How Neurofeedback Can Successfully Treat Attention Deficit Disorder Without Drugs

## Book Information

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## Customer Reviews

I picked this book up because I was seeking to learn more about neurofeedback, and now it is one of my favourite works on ADD and brain care. I appreciated the background given by the authors on how they arrived at their current position; their range of experience is reassuring. Neurofeedback is only a fraction of this book. I enjoyed the introduction to "low-arousal hypothesis" in the chapter on what causes ADD. The authors address forms of ADD both with and without the hyperactivity component. The chapters on nutrition and toxins were thorough, although it's always a little disappointing to read those lists of "Things to Not Eat." I felt the chapter on television and video games was important as well -- documentation that that stuff slows down your brain. My biggest complaint, if you can even call it that, was that I skipped over some parts I felt I already knew. But the book is clearly organized so that it's pretty easy to figure out which parts you do (or don't) need to read. Overall, I think this book is very well-informed and very readable. They provide more references to back up their statements than many books I've read. I'll definitely recommend it to anyone who expresses an interest in reading more about ADD, and it will stay on my list of neurofeedback resources.

Too often parents might suspect something is not quite right with their child's attention, focus, and impulse control without knowing why. And all too often the medical doctors are willing to diagnose by prescription, let's try this medication if he improves then this is what he has. This is an excellent resource with a very comprehensive checklist to help parents understand all facts about their child's behaviors as well as an excellent reference for available options, from medication to toxicity testing to alternative and more effective treatment than medication. Before condemning your child to a life-long regiment of taking medication at least know the facts. Also an excellent book for any medical practitioner that is willing to actually read the endless research and case studies showing how non-medical treatment are actually proving more effective than medication without any of the negative side effects.

Any professional who works with ADD and ADHD kids will be happy to read GETTING RID OF RITALIN. Dr. Robert W. Hill not only knows what he is typing about, but he crafts his words with energy and directness. Bob is readable! His thesis is that Ritalin and other addictive and dangerous drugs are not needed to help ADD children, even when the kids are wildly hyperactive. What IS needed is succinctly explained in simple, practical words: EEG biofeedback (aka Neurofeedback); dietary management; avoidance of certain chemicals; allergy treatment and other medical advice buttressed by Physician Castro's medical expertise; and behavioral modification. The book is supported by an extensive bibliography; a practitioner list is given along with diets and other detailed information. As a professional who wrote "HOW TO LIVE WITH YOUR SPECIAL CHILD" almost 40 years ago and who has worked with ADD/ADHD and other misbehaving and mislearning kids for 40 of my 68 years, I was delighted with this warm, practical book. HIGHLY RECOMMENDED...

Finally a treatment that addresses the causes of ADD! Neurofeedback actually improves brain functioning, whereas Ritalin treats symptoms temporarily and does nothing to deal with the root of the problem. "Getting Rid of Ritalin" provides a wealth of useful information on the complicated issues of ADD and offers an exciting, effective solution in Neurofeedback. It is impressive that Drs. Castro and Hill examine issues that are often overlooked, such as how toxic substances, bad nutrition, and television can all contribute to ADD. This book is both interesting and extremely useful!

Drugs are effective for some people with ADD. Or so I've been told. I tried Ritalin, Welbutrin,

Adderall, Zoloft, Lexapro, Neurontin and others in various combinations. My ADD did not improve but I experienced a host of side effects including dizziness, insomnia, headache, increased irritability, loss of physical abilities and back pain. Getting Rid Of Ritalin explains how neurofeedback works as an alternative to drugs. Neurofeedback trains the brain to regulate itself. The book is easy to read and filled with common sense. The author uses a scientific approach and shows a personal concern for those who suffer from ADD. There are insights that help to explain symptoms and how they can be improved. One of the best things about this treatment regimen (neurofeedback) is that it has virtually NO side effects! Neurofeedback has helped me. I am in a better mood, more organized and less irritable. According to Robert Hill- drugs, even when they work, are only a temporary solution. After a while they lose their effectiveness. And I can testify to how expensive they are. Before you spend thousand on brain scans and psycho-active drugs try letting your brain heal itself with neurofeedback.

This is the perfect book about ADD and neurofeedback. Very well written. An exciting read. I am a school nurse and a neurofeedback provider. I'm recommending this one to my client's parents and the teachers in my school. Great insights and creative analogies.

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