

BOOK REVIEW

Say Good-bye To ADD and ADHD

by

(Devi S. Nambudripad, MD., DC., L.Ac., PhD. (acu.)

Book Review by

Mala Moosad, RN, L.Ac., ND, Ph.D.

The book *Say Good-bye to ADD and ADHD*, second edition by Devi S. Nambudripad, M.D., DC, L.Ac., Ph.D., couldn't have come out at a better time. Now more than ever the people of the world are concerned about the future of their children who suffer from attention deficit hyperactive disorders. "According to neurologist Dr. Fred Baughman, 500,000 children were diagnosed ADHD in 1985 and today the number has peaked between 5 and 7 million in the U.S.

ADHD report.com reported that in Australia, a country of just 19 million people, where it's estimated that at least 50,000 children are now on drugs prescribed for ADHD. Another shocking statistics was also reported by the same group: "University of Queensland figures show that legal use of dexamphetamine in Australia has risen from 8.3 million tablets prescribed in 1984 to 38.4 million tablets in 2001. Over the same period Ritalin prescriptions rose from 1.5 million tablets to 19.3 million."

Internationally Recognized ADHD Authority, Russell A. Barkley, Ph.D. has listed a number of statistics concerning ADHD in his book, *Taking Charge of ADHD*:

A classroom with 30 students will have between 1 and 3 children with ADHD.

Boys are diagnosed with ADHD 3 times more often than girls.

Emotional development in children with ADHD is 30% slower than in their non-ADD peers. This means that a child that is 10 years old will have the emotional development of a 7 year old, a 20 year old will have the emotional maturity of a 14 year old.

One fourth of children with ADHD have serious learning disabilities such as: oral expression, listening skills, reading comprehension and/or math.

65% of children with ADHD exhibit problems with authority figures. This can include verbal hostility and temper tantrums.

75% of boys diagnosed with ADD/ADHD have hyperactivity.
60% of girls diagnosed with ADD/ADHD have hyperactivity.

50% of children with ADHD experience sleep problems.

Teenagers with ADHD have almost four times as many traffic citations as non-ADD/ADHD drivers. They have four times as many car accidents and are seven times more likely to have a second accident.

21% of teens with ADHD skip school on a regular basis, and 35% drop out of school before finishing high school.

45% of children with ADHD have been suspended from school at least once.

30% of children with ADHD have repeated a year in school.

Statistics are scary and show that in spite of improved medical care and better living, ADHD is still on the rise.

Medical researchers everywhere are still searching for causes leading to ADHD, but so far, no one has been able to find a definite cause. ADHD appears to run in families and approximately one half of parents with ADHD will have a child with the disorder. Except this finding, no one has determined precise diagnostic procedures to pin point ADHD or specific treatments using traditional methods or pharmacopeia to cure ADHD. Amphetamines and methylphenidate are used in treatment of ADHD and seem to be somewhat effective for a few percentage of children, adolescents, and adults who suffer from this disorder. But for individuals who are sensitive to these drugs, there is nowhere to turn except suffer the consequences.

Say Good-bye to ADD and ADHD opens up a new world of hope to parents and others who are desperately searching for a breakthrough treatment for their children who are suffering from attention deficit hyperactive disorders. According to the author of the book, Devi S. Nambudripad, the main cause of attention deficit hyperactive disorders is food and environmental sensitivities.

According to Dr. Nambudripad most cases of ADHD she had seen are allergy-based. These children are likely born with inherited allergic tendencies. After birth, allergies begin to affect these children gradually as they become exposed to different allergens from their foods and surroundings. A child's brain is still growing and developing before the age of three. The toxins from the allergens affect the brains of these children because their growing brains are—the weakest tissues of their bodies (and the most susceptible). Various activities occur during the growing period of the brain. For instance, blood and lymph circulate to carry an adequate amount of nutrients to the brain, and nerve energy circulates supervising the growth stages of the brain. However, when certain toxins (from various allergic reactions and overexposures of chemicals) find their way into the body they can also easily find their way to the brain, which is a highly active area of the body during this period of growth. Because of this, we say that allergies affect the weakest tissue of the body. The weakest tissue of the body is also the most active area of the body because the body is supporting this area with increased circulation to help it grow and become strong. Usually a child gets exposed to a number of allergens at one time (immunization drugs, virus attacks, allergic foods, environmental allergens, etc.). This creates a cumulative

reaction and creates a massive confusion in the child's brain and nervous system, throwing the body into a panic stage.

In her book, Dr. Nambudripad describes the NAET® method of diagnosing and treating ADD and ADHD and other associated disorders. Anyone who suffers from ADHD or other allergy related diseases or conditions should read and utilize the methods described in this book. NAET® treatment can eliminate ADHD that was triggered by vaccines, drugs, foods, environmental factors, chemical toxins (including carpet cleaning chemicals, pesticides, and toxins from heavy metal), and toxins from bacterial, viral, and parasitic infestations. This book can be a guide to those who are desperate to understand the abnormalities they see in their children or as adults themselves, and it can assist them in finding the help that they need. This book reveals the secrets of a remarkable breakthrough in medical history. This new treatment, NAET® (Nambudripad's Allergy Elimination Techniques), approaches health care from a new intelligent viewpoint, a viewpoint that can finally make a breakthrough.

Say Good-bye to ADD and ADHD is filled with so much common sense, that it simply cannot be ignored by parents and ADHD adults who want to reclaim their lives and live normally again. In an allergic person the brain and central nervous system react to foods (egg white, milk casein, milk albumin, wheat products, gluten, candida, refined starches, fatty acids, minerals, amino acids, chocolate, turkey and serotonin), heavy metals, chemicals, immunizations and other substances as if they were poisons, when, in most cases these substances are neutral, or even beneficial to the body. With the help of this book we can now reprogram our brains or our children's brains for perfect health. This is done by eliminating and/or neutralizing the adverse effects and side effects of allergens, and subsequently improving and restoring brain function.

This book also gives the reader a good overview of NAET®, how it works and how it can be used to treat many different conditions. Excellent case studies and testimonials are included throughout the book which can help the reader gain a greater understanding of ADHD, the NAET® process and the help NAET® has to offer.

NAET® has a relationship with Oriental Medicine, and these origins are explained in this book. The meridians and the nutrients that strengthen the meridians are described as well.

While the whole world is still struggling to find a way to diagnose ADHD, this author has come up with a very simple method that can be learned and mastered by anyone and practiced anywhere. Attention deficit hyperactive disorder has the possibility of hundreds of different triggers. Identifying these triggers is essential to treatment and many of these triggers are identified and explained in this book. Categories

of allergens are thoroughly discussed and include inhalants, ingestants, contactants, injectants, infectants, physical agents, genetic factors, mold and fungi, and emotional stressors. This book describes these classes of allergens then explains how to test and find out what their own personal triggers may be.

Chapter six in this book describes Neuromuscular Sensitivity Testing (NST) with clear illustrations and photographs for thorough understanding by the reader. NST is one of the diagnostic procedures that helps the NAET® practitioner to pinpoint the trigger rapidly and effectively. Descriptions of self-testing as well as surrogate testing are included.

Chapter 9 is filled with various self-help techniques to balance the brain of the child or ADHD adults. Special home-help instructions with diagrams are given along with detailed acupuncture massage points that can also be done at home. Points for resuscitation are given that are not only helpful in unexpected emergencies but also to calm a child when he/she is experiencing restlessness, irritability or a temper tantrum.

Chapter 10 is devoted to the order of the NAET® treatments. It also is filled with suggestions of what to eat and what to avoid while going through the treatments in order to draw maximum benefits. It educates the reader about hidden food additives and chemicals in everyday foods that may be harming the children without our knowledge. The detailed glossary section in this book is an excellent resource for parents as well as for practitioners.

It is highly recommended that anyone who suffer from attention deficit disorder or attention deficit hyperactive disorder or who knows someone with this disorder read this book. Its contents offer hope and an effective solution for the sufferer. Reading this book is also a must for all NAET® practitioners and specialists.

Reprints:

NAR Foundation
6714-32 Beach Blvd.
Buena Park, CA 90621