



AdHD Generation: Holistic Ways to Support Children

By Cecilia Zuniga

Trafford Publishing. Paperback. Book Condition: New. Paperback. 296 pages. Dimensions: 9.0in. x 5.9in. x 0.8in. This holistic parenting book is aligned with current research and with the shifts that are apparent today in support of healthier living, a greener planet, and a peaceful world. It not only honors children's individuality and wholeness; it is filled with safe, effective, and reliable facts and holistic parenting tools that honor all aspects of children's being: their physical, mental, emotional, spiritual, and energetic bodies. This easy-to-read guidebook also has step-by-step, do-able practices that can be used immediately to strengthen overall family relationships so that parents and kids can settle into an open, flowing, and more loving space with each other. In *ADHD Generation*, Dr. Lopez Zuniga challenges modern society's medical approach to children's functioning, proposing that its heavy reliance on intrusive drugs is both insufficient and dangerous for developing youngsters. Given the risks of stimulants and other prescription drugs, it is time to recognize the value of a holistic approach that includes a nurturing parent-child relationship, healthy lifestyle choices, and full support for children to grow into well-balanced adults. **BOOK SUMMARY:** Part One of the *ADHD Generation* guidebook: sifts through the history, causes, treatment issues,...



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Reviews

This publication is wonderful. I actually have go through and i am sure that i am going to going to study once more once more down the road. I am easily could get a enjoyment of studying a written book.

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The ebook is not difficult in read through easier to comprehend. Of course, it is perform, nonetheless an interesting and amazing literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Dr. Haylee Grimes PhD**