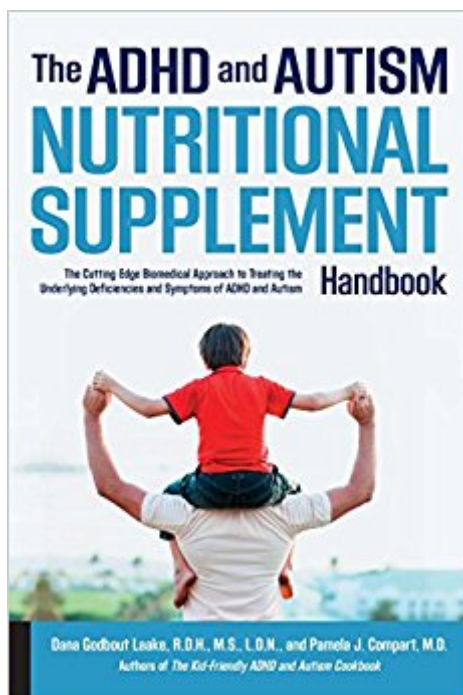


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# The ADHD And Autism Nutritional Supplement Handbook: The Cutting-Edge Biomedical Approach To Treating The Underlying Deficiencies And Symptoms Of ADHD And Autism



## Synopsis

More than 90 percent of children diagnosed with ADHD or autism have nutritional or metabolic inefficiencies. Find out if your child is one of those suffering from this condition today, and learn how you can drastically improve your child's symptoms and wellbeing with *The ADHD and Autism Nutritional Supplement Handbook*. In this groundbreaking new book, doctor-nutritionist team Pamela Compart, M.D. and Dana Laake, R.D.H., M.S., L.D.N., authors of the bestselling *The Kid-Friendly ADHD and Autism Cookbook*, reveal how to properly and safely implement supplements and dietary changes to affect and counter the symptoms of autism. Through their proven, symptom-by-symptom treatment method, you'll learn exactly what regimens work best in helping your child's brain and body thrive, resulting in improved behavior, attention, mood, language, cognition, and social interaction.

## Book Information

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## Customer Reviews

“Lost in the landscape of ASD, PDD, ADHD and a jungle of other labels for children's problems? The best path favors not labels but logical questions shared by practitioner and parent. Does this child have a special unmet need to get and/or avoid something which, if addressed, will favor Nature's buoyant impulse toward healing? This book guides you among the options and up the steps of that path with clarity, precision, wisdom and wit.”  
— Sidney M. Baker, M.D., F.A.A.P., Founder and CVO of Autism360.org Author of *Detoxification and Healing*, co-author of *Autism: Effective Biomedical Treatments*  
“This is a much needed

serious yet readable and usable guide to leveraging diet and nutrition to maximize progress for those with ADHD and autism. Critical topics are covered and the reader will be armed, not only with practical advice, but also with genuine understanding and the ability to make much better decisions.

—Martha Herbert, M.D., Ph.D., Assistant Professor of Neurology at Harvard Medical School, Pediatric Neurologist at the Massachusetts General Hospital, Affiliate of the Harvard-MIT-MGH Martinos Center for Biomedical Imaging, Director of the TRANSCEND Research Program, Author of *The Autism Revolution*

“This book provides invaluable information on diet and supplements, as well as nutrient and medication interactions. From years of experience and sound research, these clinicians outline specific supplements that can positively impact your child’s health and development. If you read only one guide this year, make it this one.”

—Nancy Hofreuter O’Hara, M.D., M.P.H., F.A.A.P., Center for Integrative Health, Wilton, CT.

Dana Laake, R.D.H., M.S., L.D.N., is a licensed nutritionist in Kensington, MD. Within her practice, Dana Laake Nutrition, she provides preventive and therapeutic medical nutrition services. An honors graduate from Temple University (health sciences, dental hygiene), she received her master’s degree in nutrition from the University of Maryland.

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Pamela Compart, M.D., is a developmental pediatrician and a functional medicine physician in Columbia, MD. She is the co-author of *The Kid-Friendly ADHD and Autism Cookbook* and *The ADHD and Autism Nutritional Supplement Handbook*, and is founder and director of HeartLight Healing Arts, Inc., an integrated health care center providing comprehensive traditional and complementary medicine services for children and adults. You can find her at <http://www.heartlighthelalingarts.com>.

I’m a seasoned autism biomedical mom. My son was diagnosed 7 years ago and we started biomedical almost as soon as he was diagnosed. This is my go to book that is used several times a week to reference. Well worth the read and money

If you want to be educated on supplements for your child to recover and become the child he or she deserve to be or become well, this is the book for YOU! No lie, I gained So Much Knowledge from this One Book. Its in plain language and understandable. It gives you the effects or examples of your child deficiencies and what supplements to recover the deficiency. Example, my kids has delayed tooth eruptions, never knew that, that was a deficiency in Vitamin D! I started

supplementing Vitamin D and their baby teeth started coming out as they should've maybe a year ago! That's just One of the Many Supplements that this book inform you about! Their dentist just said, "oh, they will fall out." But she never once told me that they could have a vitamin D deficiency! Furthermore, I didn't want my kids with a mouth full of crowed teeth because their permanent teeth had already came in! Such a relief when you are trying to recover your children! May seem small to some but Not To Me! I count it as A Victory towards recovery!

This book is all that I hoped and much, much more. It offers a really nice breakdown of what supplements will assist with associated behaviors, and appropriate dosage for the age of the child. I love that it includes skin problem (which is huge for us!) and other issues that often come up with ADHD and autism (allergies, asthma etc), since yes, that is the reality, and those can play at part in behavior and more too. This book helps you to see that these issues as further clues to help you solve the gaps in what your child may be lacking, be it probiotics, particular vitamins or minerals, and more. I still have a lot more reading to do, but I am hugely impressed. If you are trying to get your child off ADHD meds, or avoid going down that track, this is a very good resource to support you in doing so! 2/18/2014 Update to our earlier review: Since learning more about biomedical treatments for ADD, autism etc I agree with another reviewer who said this book is ideal if you are new to biomed or have a newly diagnosed child. I would also add, it is great if you DON'T have a good doctor, since in my location, doctors who know about this stuff are pretty well impossible to find.

This book is excellent. I provides you with tons of information about how to implement supplements and vitamins. A must to buy it. Why I didn't buy it before. I t opened my eyes about a new world and gave me confidence at the moment to pick up supplements s for my kids

A must read book for those who has or work with ADHD children. The supplements recommended here also work well for adults who suffer from anxiety, insomnia, distraction, digestive imbalance and more. An integrative approach to ADHD , Autism and health .

If you've ever seen Dana Laake speak on supplements, you'll know she's very knowledgeable on the subject. As a fellow nutrition specialist in autism, I've been looking forward to this book coming out. I love this book, refer to it often, and I recommend it to clients! Dana and Dr. Compart do a great job organizing the subject of supplements/nutrients and laying out what you need to know with

simple charts and bulleted lists. It's well researched and a valuable resource on the subject of supplements for autism and ADHD.

I find myself always going back to this book when ever I need to check a reason behind some of my son's symptoms. It's a valuable book and I strongly recommend it for any parent who has a child with autism.

Very helpful information with recommended brands of supplements. There is also symptom checks for most supplement details.

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