



Special-Needs Kids Go Pharm-Free: Nutrition-Focused Tools to Help Minimize Meds and Maximize Health and Well-Being

Judy Converse

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Advice for parents interested in nutrition strategies for enhanced health and less dependence on medications for special-needs children.

This expert and practical guide advises parents of special-needs children on how to maximize the impact of nutrition in order to lessen the need for pharmaceuticals. Informed by the latest research and the author's thriving nutrition-for-kids practice, it presents condition-specific information on how to harness the power of specific foods, ingredients, and nutritional supplements to help special needs kids enjoy improved health, growth, functional ability, and well being.

Suitable for children with ADHD, asthma, allergies, chronic inflammatory conditions, autism, learning disabilities, mood concerns, sensory processing disorder, and other neurodevelopmental problems. A non-invasive and holistic approach that complements existing therapies, this book aims to help each child reach his or her full potential.

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