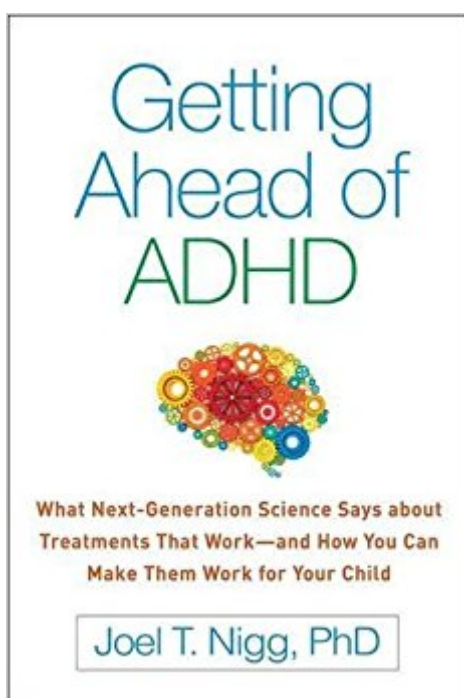


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# Getting Ahead Of ADHD: What Next-Generation Science Says About Treatments That Work—and How You Can Make Them Work For Your Child



## Synopsis

Does toxic pollution cause attention-deficit/hyperactivity disorder (ADHD)? What about screen use? Are alternative treatments worth exploring? Can dietary changes help? From leading ADHD researcher Joel T. Nigg, this book presents exciting treatment advances grounded in the new science of epigenetics--how genes and the environment interact. Distinguishing unsupported, even dangerous, approaches from bona fide breakthroughs, Dr. Nigg describes specific lifestyle changes that have been proven to support the developing brain. Vivid stories illustrate ways to maximize the positive effects of healthy nutrition, exercise, and sleep, and minimize the damage from stress and other known risk factors. The book helps you figure out which options hold the most promise for improving your child's symptoms and overall well-being--and gives you step-by-step suggestions for integrating them into daily life.

## Book Information

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## Customer Reviews

"How can you stay abreast of the rapidly growing research base on ADHD and its treatment, when even clinical professionals can't keep up? Simple--read this book! Dr. Nigg is a foremost clinical scientist with a talent for making complex ideas digestible. He explains what is currently known about the causes of ADHD, and, more important, offers numerous insights and recommendations for how to find the best treatment for your unique child."--Russell A. Barkley, PhD, ABPP, ABCN, author of *Taking Charge of ADHD* "Thank you, Dr. Nigg! As a parent of a child with ADHD, I found this book tremendously valuable as well as enjoyable to read. It

condenses the best current research into practical advice. After using some of this advice, I see a noticeable reduction in my child's irritability. I will definitely recommend this book to other parents who are looking for expert guidance."--Laura S., Michigan "Dr. Nigg presents a new understanding of ADHD that reveals how both genes and environment shape the disorder. He reviews the pros and cons of diet, exercise, and other novel treatments, helping you choose among a wide range of options for your child. Misinformation about ADHD abounds--this book separates facts from fiction."--Stephen V. Faraone, PhD, Distinguished Professor of Psychiatry and of Neuroscience and Physiology, State University of New York Upstate Medical University "This refreshingly commonsense book is outstanding in several ways--it is timely, relevant, comprehensive, balanced, and practical."--L. Eugene Arnold, MD, MEd, Department of Psychiatry and Behavioral Health (Emeritus), The Ohio State University College of Medicine "As a parent who has read every book on the subject, I tried everything to help my son with ADHD. I made him feel like a lab rat and wasted time, energy, and money. If I could turn back time, this one book would sit on my nightstand. It is so nice to have a vision for a bright future alongside realistic, meaningful actions we can take right now. Getting Ahead of ADHD gives me the confidence and tools I need to make wise decisions."--Marie B., Oregon "Extraordinary! This book offers an efficient summary that brings you up to speed on the science of ADHD. Dr. Nigg helps you make decisions for your child based on science, rather than fads or the latest trends in the media. I will recommend this book to all parents in our clinic."--Julie Sarno Owens, PhD, Professor of Psychology and Co-Director, Center for Intervention Research in Schools, Ohio University "Nigg presents a wide-ranging and practical approach for parents facing a child's diagnosis of ADHD. Parents will find reassurance, hope, and step-by-step action plans in this coherent guide to the current and evolving science on ADHD." (Publishers Weekly 2017-07-17)

Joel T. Nigg, PhD, is Professor of Psychiatry and Behavioral Neuroscience at Oregon Health & Science University. A leading expert on ADHD, he has conducted scientific research and worked with children and their families on diagnostic assessment and treatment planning since the 1990s.

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