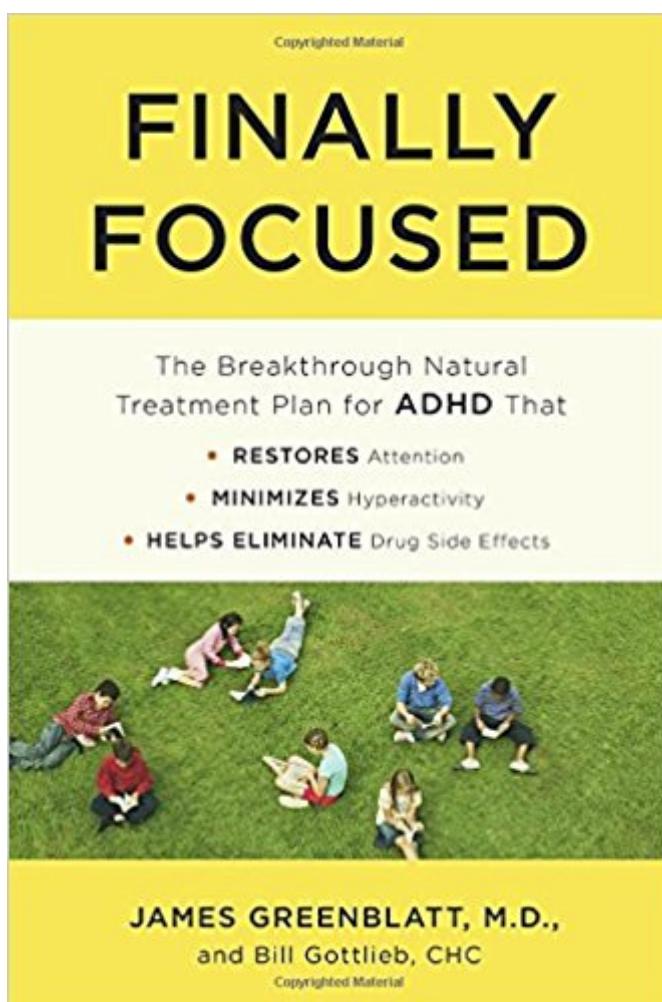


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# Finally Focused: The Breakthrough Natural Treatment Plan For ADHD That Restores Attention, Minimizes Hyperactivity, And Helps Eliminate Drug Side Effects





## Synopsis

DISCOVER THE ADHD SOLUTION FOR YOUR CHILDDr. James Greenblatt has seen thousands of children and adults struggling with the symptoms of ADHD — hyperactivity, inattentiveness, impulsiveness, and often irritability and combativeness. Rather than simply prescribing medication for their ADHD symptoms, he tailors remedies to his patients' individual needs, detecting and treating the underlying causes of the disorder. Finally Focused provides proven natural and medical methods to easily treat problems such as nutritional deficiencies or excesses, dysbiosis (a microbial imbalance inside the body), sleeping difficulties, and food allergies, all of which surprisingly can cause or worsen the symptoms of ADHD. Using Dr. Greenblatt's effective Plus-Minus Healing Plan, parents will first understand the reasons behind their child's symptoms, and then be able to eliminate them by addressing the child's unique pattern of biological weakness. Adults with ADHD can do the same for themselves. And if conventional medication is still necessary, this integrative approach will minimize or even eliminate troublesome side effects. Using Dr. Greenblatt's expert advice, millions of children and adults with ADHD finally will get the help they need to achieve true wellness.

## Book Information

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## Customer Reviews

“Finally Focused is one of the smartest books on ADHD in many years. It is filled with a clear, effective, science-based program that gives you all the building blocks to treat ADHD naturally and effectively. I highly recommend it.” — Daniel G. Amen, MD, Founder

of Amen Clinics and New York Times bestselling author of Healing ADD and Change Your Brain, Change Your Life. "Finally Focused offers up a powerful and compassionate alternative to the current reality that two thirds of ADHD patients are taking powerful medications, the long-term consequences of which have never been evaluated. James Greenblatt's work honors the notion of 'above all, do no harm,' and does so while achieving impressive results."

— David Perlmutter, MD, #1 New York Times bestselling author of Grain Brain and The Grain Brain Whole Life Plan

JAMES GREENBLATT, MD, is board-certified in both child and adult psychiatry, and has treated thousands of children and adults with ADHD over the past 30 years, using a unique, science-based approach that combines both natural and medical therapeutics. During his career, Dr. Greenblatt has trained and supervised medical professionals in integrative strategies for depression, anxiety, obsessive-compulsive disorder and schizophrenia, and currently serves as chief medical officer and vice president of medical services at Walden Behavioral Care in Waltham, Massachusetts. Dr. Greenblatt is also on the clinical faculty of Tufts Medical School and Dartmouth's Geisel School of Medicine. His previous books include Breakthrough Depression Solution, Answers to Binge Eating, and Answers to Anorexia. BILL GOTTLIEB, CHC, is the author of 16 health books that have sold 3 million copies and been translated into 10 languages, a health journalist whose articles have appeared in Prevention, Men's Health, Bottom Line Health and many other magazines and periodicals, a health coach certified by the American Association of Drugless Practitioners, and the former editor-in-chief of Rodale Books and Prevention Magazine Books.

I never (well, RARELY) write reviews, but had to for this book. After YEARS of slowly collecting bits and pieces of knowledge, experience, etc. with different supplementation ideas, I was still confused and overwhelmed. Facebook forums are great for sharing stories, but how to know what you should believe? For example, I had heard a lot about Magnesium, and how it has been so helpful to so many, but there are so many different types - I never did figure out which one was the best. I didn't understand WHY it was helpful, how much I should give, what type, what brand, etc. Dr. Greenblatt does a perfect job explaining in easy-to-understand terms, but still clinically (with tons of references to studies performed worldwide), WHY ADHD kids' brains may be responding the way they do, and how it could be corrected. Obviously, every child is different, but he lays it out in a step-by-step format, so you can start with the #1 thing he has seen results from (adding a Magnesium supplement), and work your way through. He explains different tests that can be run for various

problems (gut imbalances, food intolerances, vitamin & mineral deficiencies (or imbalances), etc.). If the test reveals a problem, he has a suggestion for how to resolve it. It is everything I have been searching for in one manageable source. I am looking forward to seeing what kind of results can be achieved. My boy (11) has been on ADHD meds for two years, as has been necessary for school. It worked great for keeping him on task and focused, but the side effects of moodiness when they wear off, and lack of growth (and appetite) are enough that we are taking him off for the summer. This book came at the perfect time, we can try out these natural methods and not have to worry about school suffering in the meantime. I will try and remember to update this review if I see any results from any of the recommendations.

I can't get comfortable with giving my kid a pill that could CAUSE side effects that are the reason he/she is taking the pill in the first place. This is a good book to help you explore some better strategies for treatment. I did my research and the author is not a quack but a recognized authority on natural treatment plans. I don't buy into the spiritual woo-woo pie in the sky fixes and that is not what this book is about. I can't speak to the results yet but the book really looks at the big picture and attacks the problem on all fronts with methods you can start today without a trip to the doctor or spending a dime (except for the cost of the book!).

What I liked about this book is that it talks about many things I had not heard about before in other books or on the internet. I knew about paying attention to food allergens and sugar, but I had never heard about lithium or probiotics as a treatment. So I would say read this book even if you think you already know about natural ADHD treatments.

I was very skeptical to read this book as I have read many, "Cure ADHD" books. This one was different. In each chapter it laid out specific and scientific reasons why certain vitamins, diets and medication help ADD and ADHD. I found a couple of things in opposition to advice given in other chapters, like the one chapter on going gluten free and then the other chapter focusing on making sure they had enough carbs and grains. The gluten free chapter seemed more faddish than science, but since it was just one chapter, I could overlook it. I did order a box load of vitamins and have not been able to tell if it is helping or not, but I liked how he gave instructions for a time table, even when talking about cutting out foods, that if it has not changed at this point, it is not that causing the issue. I would recommend this book to any parent with a child or an adult with ADD/ADHD.

This book is a great tool for parents (adults would benefit too) of children with ADHD. I love that Dr. Greenblatt offers an alternative to treatment methods providing a nutritional approach along with helpful information if you also choose to treat with medication. This book is clearly written and easy to understand. I would recommend this read for parents, educators and mental health professionals.

A must read if you have a child with ADHD and need something beyond the diagnosis. Finally Focused provides an excellent resource for helping kids with ADHD, with and without medication. What seemed intimidating at first became encouraging after reading this book. Dr. Greenblatt's approach is well researched, practical and very helpful for parents and physicians alike!

James Greenblatt and Bill Gottlieb present a natural treatment plan for ADHD in Finally Focused. This book is an excellent source for anyone searching for alternative methods to treating the symptoms of ADHD without resorting to medication. Part I of the book details the Plus-Minus Healing Plan created by Dr. James Greenblatt. In the first eleven chapters, he details the effects of adding various minerals to one's diet. He gives first hand accounts of patients who use the minerals mentioned and shows how these minerals help alleviate specific ADHD symptoms. In addition to including case studies, he explains in depth exactly how the specific mineral treats the symptom/s and goes as far as explaining the differences in an ADHD brain versus the brain of someone who does not have ADHD. For those who need further convincing, the ample evidence he provides to support his treatment plan is such that one should have no qualms about at least trying the program. A multitude of scientific studies are provided, which can be difficult to wade through at times. The second part of the book is a brief two chapters and addresses prescriptions commonly used to treat ADHD and also discusses the use of behavioral therapy. I found this book to be a great reference, and I particularly appreciate the Step-by-Step Action Plan for Healing ADHD provided at the end of each chapter which recaps the highlights of the chapter.\*I received this book from Blogging from Books for review.

Very interesting book. I am trying these techniques and hoping to see improvements

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