



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

James Greenblatt M.D., Bill Gottlieb CHC

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DISCOVER THE ADHD SOLUTION FOR YOUR CHILD

Dr. James Greenblatt has seen thousands of children and young adults struggling with the symptoms of ADHD—inattentiveness, impulsiveness, hyperactivity, and often irritability or combativeness. However, rather than simply prescribing medication for their ADHD symptoms, he tailors remedies to his patient's individual needs, detecting and treating the underlying causes of the disorder.

Finally Focused will educate readers on proven natural and medical methods used to treat problems such as nutritional deficiencies of magnesium or zinc, dysbiosis (a microbial imbalance inside the body), sleeping difficulties, and food allergies, all of which—unbeknownst to many—can cause or exacerbate the symptoms of ADHD. By exploring each of these possibilities in the effective Plus-Minus Healing Plan and addressing the individual's unique pattern of biological weaknesses, parents will be able to understand the reasons behind their child's symptoms and eliminate them, whether or not they are on medication. And if medication is necessary, his approach will minimize side effects. By utilizing Dr. Greenblatt's expert advice on this often misunderstood disorder, millions of children and adults with ADHD will finally get the help they need to achieve true wellness.

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