

Sanford C. Newmark, MD

Dr. Sandy Newmark is dedicated to helping children with ADHD live happier, healthier lives. A leading integrative pediatrician with 23 years of experience, Dr. Newmark's passion is working together with parents to treat children with ADHD using proven natural remedies.



He is the founder of the Center for Pediatric Integrative Medicine, the author of ***ADHD Without Drugs: A Guide to the Natural Care of Children with ADHD***, and a frequently published author and lecturer on the topics of pediatric integrative medicine, autism and ADHD.

Since 1987, Dr. Newmark has treated hundreds of children with ADHD. Initially using a conventional medical approach, Dr. Newmark was dissatisfied with the limited nature of this approach to treatment – one that rarely cured or even identified the underlying root causes of symptoms. Determined to find better results for his young patients, Dr. Newmark closed his 14-year pediatric practice to study with Dr. Andrew Weil at the University of Arizona in the Arizona Center for Integrative Medicine. Under the auspices of Dr. Weil's full time, rigorous, two-year residential fellowship program, Dr. Newmark discovered his professional community and added an expansive array of effective treatment tools to his pediatric medical kit. In 2001, Dr. Newmark became the first graduate of Dr. Weil's prestigious program to practice general pediatrics, and he now serves as part of the program's faculty.

For the past 10 years, Dr. Newmark has been applying his integrative medical skills to the challenge of understanding the epidemic of children with ADHD, autism, and other behavioral problems. He has been able to fine-tune an effective set of natural treatments that can have a dramatic effect on the symptoms of ADHD. The results are astounding: children with ADHD who feel better, behave better, learn better and can fully express their inborn creativity and energy in positive ways.

Wanting to extend these results to more families than he can see in private practice, Dr. Newmark authored his first book, ***ADHD Without Drugs: A Guide to the Natural Care of Children with ADHD***. In it, he shares his successful treatment strategies in plain language that parents can understand easily and implement immediately. He also dispels the myths and misinformation surrounding ADHD, as he explains the latest research concerning what ADHD actually is, what causes it, and how it can be treated. For those children who do need conventional medical treatment, he presents a research-based evaluation of the benefits and risks of the most common ADHD medications.

Dr. Newmark currently practices at Whole Child Wellness near San Francisco. Married for 37 years to psychologist Linda Ishi Newmark, he and his wife had years of real-life experience parenting a son who was intensely challenging, as well as a daughter with special needs.

Dr. Newmark's book, presentations, and blog are for every adult who cares for or influences the care of children with ADHD: parents first and foremost, plus caregivers, coaches, counselors, educators, pediatricians, psychiatrists, social workers and therapists – every adult who wants to learn new ways of helping children with ADHD succeed. Learn more at Dr. Newmark's blog, www.ADHDWithoutDrugs.info.