

## Fast Facts for Media About

# ADHD Without Drugs:

## A Guide to the Natural Care of Children with ADHD

by Sanford Newmark, MD

### TOP THREE REASONS WHY THIS BOOK IS IMPORTANT:

1. **EFFECTIVE & NATURAL NON-PHARMECEUTICAL TREATMENTS ARE SIMPLY UNKNOWN TO MOST PHYSICIANS AND PARENTS:** Good research that shows the astounding results proper nutrition and common supplements have in significantly diminishing or eliminating ADHD symptoms are largely unknown to most pediatricians and the general public and yet are very effective treatments.
2. **WE NEED TO REVERSE THE RATIO:** The majority of children diagnosed with ADHD are prescribed medication to treat it when, based on scientific research, the majority can be helped with natural treatments and only a minority need prescription medication. Parents are confused about how to best help their child with ADHD.
3. **AN INTEGRATIVE APPROACH IS RARE:** Integrative pediatricians are not available in every community, and insurance plans rarely cover complementary or alternative medicine. As a result, most families do not have equal access to the whole spectrum of medicinal wisdom it encompasses.

### STORY IDEAS:

- Top 3 Must-Do's for Parents of Children with ADHD
- Summer Med Holiday – How to Pull it Off Smoothly and Perhaps Permanently
- Food: Often the Instigator or Eliminator of ADHD-Like Behaviors
- One Supplement Your ADHD Child's Brain Needs Now
- Is It Really ADHD? Top 10 Problems Most Often Misdiagnosed as ADHD

### TOPICS DR. NEWMARK IS AN EXPERT SOURCE:

- ADHD
- Autism
- Integrative Pediatric Medicine

### FIND MEDIA RESOURCES AT

[www.ADHDwithoutDrugs.info](http://www.ADHDwithoutDrugs.info):

- Dr. Newmark's complete [biography](#) and [curriculum vitae](#)
- [About Dr. Newmark's book](#) – foreword, introduction, table of contents
- Image of book cover
- Image of Dr. Newmark
- Dr. Newmark's blog

To interview Dr. Newmark, contact Susan McLeod, publicist

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