



**The N.D.D. Book: How Nutrition Deficit Disorder
Affects Your Child's Learning, Behavior, and
Health, and What You Can Do About It--Without
Drugs (Sears Parenting Library)**

William Sears

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The Sears Parenting Library's latest addition is an exploration of how nutrition affects the brains and behavior of youngsters. N.D.D., or Nutrition Deficit Disorder, as coined by Dr. Bill Sears, is based on the idea that if "you put junk food into a child's brain, you get back junk behavior and learning."

Dr. Sears will explore the latest scientific research on the effects of nutrition on the brain. He will present case studies of his own patients who were diagnosed as "N.D.D." and showed major improvement in learning and behavior with diet change. Instead of simply medicating his patients, Dr. Sears looked for a better solution--in fact, with better nutrition, many of his patients were able to greatly reduce or even stop their medication. The book will also provide parents with a prescription, shopping and meal tips, and recipes to make implementing a healthier lifestyle that much easier.

THE N.D.D. BOOK will be a must-have for all parents who want to help their children become healthier, happier, and better prepared to learn.

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From reader reviews:

Paul Day:

Why don't make it to be your habit? Right now, try to ready your time to do the important act, like looking for your favorite book and reading a book. Beside you can solve your short lived problem; you can add your knowledge by the reserve entitled The N.D.D. Book: How Nutrition Deficit Disorder Affects Your Child's Learning, Behavior, and Health, and What You Can Do About It--Without Drugs (Sears Parenting Library). Try to make the book The N.D.D. Book: How Nutrition Deficit Disorder Affects Your Child's Learning, Behavior, and Health, and What You Can Do About It--Without Drugs (Sears Parenting Library) as your buddy. It means that it can be your friend when you experience alone and beside those of course make you smarter than in the past. Yeah, it is very fortunated in your case. The book makes you a lot more confidence because you can know everything by the book. So , we should make new experience and also knowledge with this book.

Ronna Rutledge:

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Robin Adams:

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Preston Garza:

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