



Getting Ahead of ADHD: What Next-Generation Science Says about Treatments That Work—and How You Can Make Them Work for Your Child

Joel T. Nigg PhD

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Does toxic pollution cause attention-deficit/hyperactivity disorder (ADHD)? What about screen use? Are alternative treatments worth exploring? Can dietary changes help? This book explores exciting treatment advances with tremendous promise for improving behavior in kids with ADHD. Leading researcher Joel T. Nigg distinguishes unsupported, even dangerous approaches from bona fide breakthroughs grounded in the new science of epigenetics--how genes and the environment interact. Parents learn which lifestyle changes have been proven to support children's attention and self-control by positively influencing the developing brain. The book is packed with clear information and specific ways to maximize the positive effects of healthy nutrition, exercise, and sleep, and minimize the damage from stress and other known risk factors. Vivid stories illustrate how to integrate Dr. Nigg's practical suggestions into daily life--and how they can help kids succeed.

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