



ADHD Alternatives: A Natural Approach to Treating Attention Deficit Hyperactivity Disorder

Aviva J. Romm C.P.M., Tracy Romm Ed.D.

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Attention-deficit hyperactivity disorder (ADHD) is one of the most commonly diagnosed -- and misdiagnosed -- disorders of childhood. In *ADHD Alternatives*, Aviva Jill Romm (a professional midwife and acting president of the American Herbalists Guild) and Tracy Romm (director of a high school for gifted students, many of whom are diagnosed with ADHD) offer a holistic approach to diagnosing and treating ADHD with nutrition, herbal medicine, and targeted parenting instead of Ritalin and other psychostimulant drugs.

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