



Delivered from ADHD: Overcoming ADHD in Children and Adults

T S Gill MD, Paramjeet Singh MD

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This book covers a broad range of issues concerning a common clinical condition known as Attention Deficit Hyperactivity Disorder-also better known by the popular acronym ADHD. The book establishes the validity of the diagnosis by tracing the history of ADHD symptoms recognized from antiquity, through the 19th century and up to the modern day advent of effective treatment with different medications. A diverse and wide ranging discussion laid out in a question answer format provides interesting information to the reader while delving into non-pharmacological treatment options such as biofeedback, meditation, physical exercises as well as other interesting treatment options. The role of the "migration gene" and it's link to ADHD is also discussed pointing out the evolutionary survival value of some ADHD traits. For the benefit of the treating clinicians, pharmacological treatment options are also discussed based on the real world clinical experience of the authors in treating hundreds of ADHD and ADD patients over the last 20 years. This is a book that will be useful for many years for the seasoned clinicians as well as patients, parents and guardians of those that suffer from ADHD.

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