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The LCP Solution: The Remarkable Nutritional Treatment for ADHD, Dyslexia, and Dyspraxia

B. Jacqueline Stordy, Malcolm J. Nicholl

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This important new book documents a major breakthrough in the treatment of the three most widespread learning disabilities--ADHD, dyslexia, and dyspraxia ("clumsy child syndrome"). Although these conditions have reached epidemic proportions, treatment has been limited to ineffective behavioral therapies or the controversial prescription drug Ritalin. Now Dr. B. Jacqueline Stordy, a leading researcher in the field, reveals a stunning new treatment based on a simple nutritional supplement: LCP (long chain polyunsaturated fatty acids). The LCP Solution is the first book to describe this new natural treatment and to explain how children (and adults) can incorporate it into their daily lives.

As a member of a family with a long history of dyslexia, Dr. Stordy discovered in a pioneering experiment that dyslexic and dyspraxic children who began taking a dietary supplement consisting of LCP experienced dramatic transformations in the quality of their lives. At the same time, parallel studies conducted at Purdue University came up with similar results with children who had ADHD. The effect of this dietary supplement was nothing short of revolutionary: after only a few weeks, dyslexic and ADHD children became calmer, more focused, easier to teach, while dyspraxics improved significantly in dexterity and balance, showing markedly less anxiety.

In The LCP Solution, Dr. Stordy documents how this life-changing treatment came about and explains step-by-step how sufferers of each of the three major conditions can use it to change their lives at home, at school, and at work. Illuminating, vividly presented, and authoritative in its findings, this book will revolutionize our approach to learning disabilities. LCPs are natural, simple to use, and amazing in their benefits. If you or someone you love suffers from a learning disability, this book is essential reading.

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