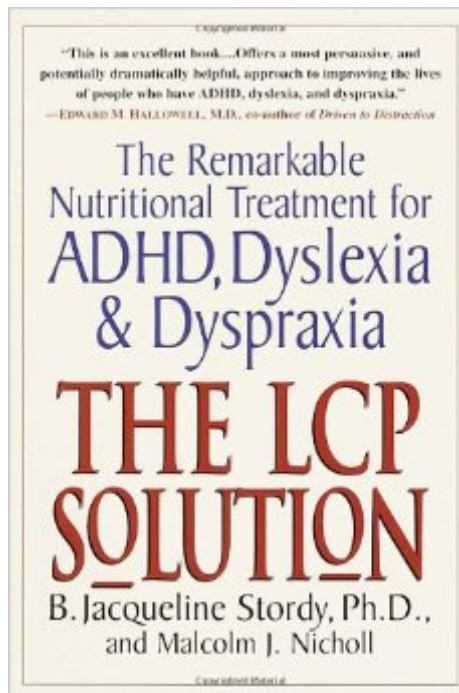


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# The LCP Solution: The Remarkable Nutritional Treatment For ADHD, Dyslexia, And Dyspraxia



## Synopsis

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.

## Book Information

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## Customer Reviews

Is it possible to rate a book higher than 5 stars? When I first read this book, my first reaction was anger. I was mad, because I had never heard of most of the information in this book. This stuff SHOULD be in the public domain. Why hasn't the media reported on any of these studies? Then I thought about it. If this stuff really does work, many companies stand to lose significant billions of dollars in revenue from the sale of ritalin and aderall. My next reaction was great joy. Finally, there was hope. No drugs, and still helpful. This was too good to be true. So, I tried it. First on myself (I was diagnosed as hyperactive and put on ritalin when I was 5 - there was no ADHD yet in those days.). After a week of supplementing, I found I was able to concentrate like never before. Both the quality and quantity of my work have greatly improved. I figured if it helped me, maybe it would help my son. He has sensory integration dysfunction, ADHD, and a few other problems. I started supplementing him on Sunday. When I dropped him off to school the next Thursday, his kindergarten teacher took me aside and asked if my wife and I were doing anything differently with him, therapy wise. At first, I forgot about the LCP's and said no. I asked her why. She said that it had been my son's best week of the school year (it was April). He was concentrating much better. He was able to complete his school work. He was speaking much better and much clearer. He was able to follow directions. He was getting along with the other kids. He had far fewer fits. In her words, it was like we had transformed him into a different child. I then remembered the LCP supplement and told her about it. We came to the conclusion that since that was the only different thing, that must be responsible for the difference.

The nutritional supplements/LCP's described by Dr. Stordy and Malcolm Nicholl have improved the quality of our family life, since they've helped our youngest child, Kelli, so much. Efalex (one of the LCP's described in the book) has helped Kelli progress in speech and other motor activities way beyond our expectations -- with no adverse side effects. Her brain just seems to work better when she is taking LCP's. Our Kelli is now almost 8 years old. She was diagnosed with Apraxia (also called Dyspraxia) about 5 years ago. Because of this apraxia, she was not able to learn to speak by imitating others, as most children do. She had to learn to pronounce every sound and every blend during hundreds of hours of speech therapy. After one year of this therapy, I was getting very discouraged at her slow progress. Then I heard of Dr. Jacqueline Stordy's research and development of Efalex, a homeopathic medicine that helps lubricate the synapses/brain wires by

providing extra amounts of tuna and other oils (this is truly a layman's description!) Kelli began showing dramatic improvements within just 6 weeks of beginning to take Efalex. This book discusses how changes (increased pressures) in our lives could be one cause of the dramatic increase in the number of children now diagnosed with disabilities. The authors present info very concisely on the developing brain's nutritional needs. (I only regret that this book was not available years ago so I would have known how beneficial LCP's are to pregnant and lactating women!) They discuss ways to recognize ADHD, dyslexia and dyspraxia/apraxia), and ways to make life easier for these children and their families.

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