



**The N.D.D. Book: How Nutrition Deficit Disorder  
Affects Your Child's Learning, Behavior, and  
Health, and What You Can Do About It--Without  
Drugs (Sears Parenting Library)**

*William Sears*

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The Sears Parenting Library's latest addition is an exploration of how nutrition affects the brains and behavior of youngsters. N.D.D., or Nutrition Deficit Disorder, as coined by Dr. Bill Sears, is based on the idea that if "you put junk food into a child's brain, you get back junk behavior and learning."

Dr. Sears will explore the latest scientific research on the effects of nutrition on the brain. He will present case studies of his own patients who were diagnosed as "N.D.D." and showed major improvement in learning and behavior with diet change. Instead of simply medicating his patients, Dr. Sears looked for a better solution--in fact, with better nutrition, many of his patients were able to greatly reduce or even stop their medication. The book will also provide parents with a prescription, shopping and meal tips, and recipes to make implementing a healthier lifestyle that much easier.

THE N.D.D. BOOK will be a must-have for all parents who want to help their children become healthier, happier, and better prepared to learn.

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