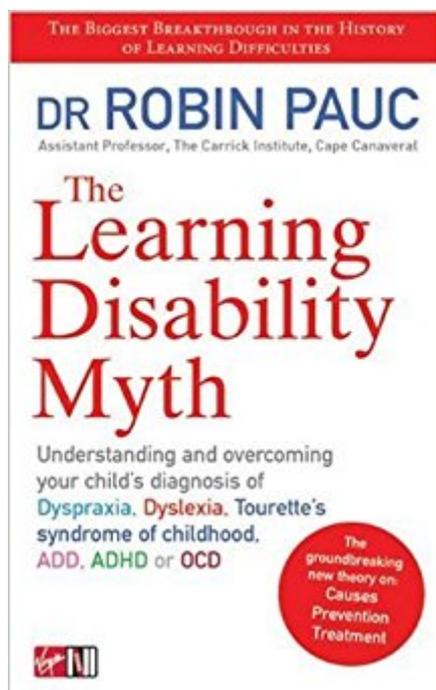


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# The Learning Disability Myth



## Synopsis

At least one child in five experiences some form of learning difficulty, however, learning difficulties as we understand them do not exist; they are not diseases, just symptoms. These symptoms never appear alone and are treatable and avoidable. Here, an expert in child neurology approaches learning difficulties of childhood; including dyslexia, ADD, OCD, ADHD, dyspraxia and Tourette's syndrome; from a truly groundbreaking perspective. All human babies are born prematurely and develop special, new brain cells four months after birth. Every human's development in the womb and particularly in these early stages of life can, therefore, be affected by developmental delay, which can blight childhood and marginalize a child at school. Since our brains continue to grow, however, the symptoms can also be treated. This book explains the background to human developmental delay and offers advice on how to get the best assessment for your child and an explanation of what the examination must include; the effects; good and bad; of certain foods on the brain; exercises and computer programs that you can use to expand your child's neural function; and case histories of children on whom this plan has worked. In the single biggest breakthrough in the history of learning difficulties, this guide explains the cause of developmental delay syndromes using simple, easy-to-follow tips to show how to greatly reduce the risk of a child suffering from them, and gives advice on what can be done to treat those children that do.

## Book Information

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## Customer Reviews

Dr. Robin Pauc is a specialist in child neurology and runs his own private practice. He is the author of The Brain Food Plan.

We went to visit Dr Pauc after reading this book so he could look at our 8 year old with a moderate to severe tic disorder . We have a lot of respect for alternative medicine and the east meets west approach to the body and healing so have absolutely no problem with Dr Pauc's title (or lack of it as some say). He sees patients from all over the world. We saw every reason to visit and try diet, supplements and exercises before considering traditional medicine which was the only suggestion our neurologist in the US gave us. We really feel we are getting to the root cause of our son's Tourette's and not focusing on only the symptoms. A few months on from our visit with Dr Pauc, and incorporating his advice into all of our lives (diet, the right supplements and specific exercises) our son's tics are 10% of what they used to be. A few months ago he couldn't hold a book or get his coat on and now we rarely see a tic. With Tourette's you never know what is around the corner so we're waiting for longer term results before we breathe easily.

This is so true of my family. I'm 62 I wish this was around when I was young. Hope it can help my children and grandchildren.

Very insightful

After reading the book , we visited Robin Pauc, We have been following his very simple but very effective diet, supplement plan and daily exercises (less than 10 minutes) for 2 months now. Even though it is too early to comment , we can see success. We are talking about a child with mild specific learning difficulties here. I really support this book and his approach rather than going for western medicine approach. Robin's approach does not include any medicine other than supplements (fish oil and vitamin) and natural diet.he tries to understand root cause and solve it , so it may take time , but it is the solution, rather than quick but temporarily western medicine approach with possible side effects. Since i met him personally I can say he does not run behind money. I really recommend reading this book for any parent, teachers , grand parents.

While I do not agree with all of Pauc's assertions or believe that this is a miracle that can cure every child based on the dubious evidence of a a few testimonials, I do believe the exercise and dietary information in this book may be helpful. If you read past the notion of 'cure' and have realistic

expectations, you may be pleased to find an approach that moves beyond labeling and symptom management to one that just might make some improvements in the brain function of your child. The theory is that the brain continues to develop and make new connections all the time and that we can have a positive impact on its' function largely with exercises, food and nutritional supplements. I imagine the level and degree of improvement must widely vary from child to child. So while I am wary of those who pedal hope to people who are desperate, I am cautiously optimistic that this book really does have something to offer - improved brain function may not be a 'cure' but I certainly do want my child to have the benefit of it.

Pauc's "the Learning Disability Myth" is fast, clear and easy to read. Using all the latest neurological research, he cuts through the educational jargon that gives a name to your child's difficulties, but would not get rid of what is actually causing the symptoms. Taking a health history of the child, and looking at the symptoms, he shows how to design an exercise program that will change the function of the brain. Combined with restructuring the connections in the brain he urges providing the chemical support the brain needs by the simple method of changing the child's diet. Unlike most books on the subject which fail to take advantage of the research by neurologists that the brain is plastic, he suggests methods to give your child the best organized brain possible. Pauc lets you know that a label is not a life sentence and that you can help your child.

Excellent book. It is sound and very informative. We have implemented many of his ideas with great success. I recommend highly to anyone with a child suffering from any of the disorders mentioned.

The copy I received was NOT the 2010 edition, that I ordered. I received the 2006 edition, 213 pages. Many of the foods mentioned were European brands, or brands that I never heard of. The sweeteners did not mention stevia, there was no mention of the gluten free or casein free diet, ETC. On an interesting note there was a mention of Jamie Oliver, the TV Chef who "in 2005 came (to the) UK" had a show "Jamies School Dinners" To get children to eat healthy lunches, "taught cafeteria ladies" to cook "healthy, properly cooked meals in several London schools": like the show that was here in the US this past summer on my comcast lineup .... ANYWAY, I was hoping for updated, cutting edge, new info. I buy a lot of books about how to over come Autism etc. AND I wanted something new... but I got the old edition NOT the 2010.... so I am only giving it one star, because it is not the book I ordered!

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