



# un-Broken Children: Removing Labels Restoring Health & Wellness

*Mary M Ernsberger M.Sc.*

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1 in 6 children, between the ages of 4 and 17, have been diagnosed with some type of mental, emotional or behavioral disorder. The diagnosis most often given is ADHD - Why? What is causing this off the chart rise in diagnosis? Are there natural alternatives or are parents limited to a handful of pharmaceuticals? Un-Broken Children is one mom's journey to understand this diagnosis and the root cause behind it and, hopefully, prevent other parents from going through the same struggles. Through research and education, she has identified a number of drug-free alternatives available for the treatment of many of these disorders.

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Spent a free time and energy to be fun activity to accomplish! A lot of people spent their spare time with their family, or their friends. Usually they carrying out activity like watching television, going to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? Might be reading a book can be option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of e-book that you should read. If you want to attempt look for book, may be the publication untitled un-Broken Children: Removing Labels Restoring Health & Wellness can be great book to read. May be it is usually best activity to you.

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