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LETTERS

ADHD

A diet helped my daughter

In reference to "Letters," Issue 315

Dear Editor:

I read with interest the ongoing debate about ADHD, as my daughter was diagnosed with it about three years ago. After much thought we did try medication, but as it didn't show any positive results and she was having negative side effects we stopped with it.

About a year ago a doctor told me to put her on a diet. He told me that she is intolerant to wheat and she should eat spelt instead. She is still a girl with ADHD but we saw a big change in her. She is much less impulsive, has more control and is also much happier with herself. Maybe it's worth checking out your kids so that you and your child should have a calmer and happier life.

Good Luck!

M.G.

The Generous Gift

How to respond

In reference to "Truth or Consequences," Issue 315

Dear Editor:

I'm writing in regards to the Issue 315 Truth or Consequences story.

I really enjoyed reading it and marveled at how far this woman was willing to go not to hurt her mother-in-law.

I'm just wondering why she didn't take the size 2X dress to her mother-in-law's house and say the following:

"I love the dress you bought and can't wait to wear it at the bar mitzvah. I came to try it on at your house to see if you can

give me your opinion on how to take it in and make it wearable.

This way, her mother-in-law would see the difference between her size and that of the dress, thus avoiding hurt feelings.

All the best,

R.W.

Puttering Around

Great book material

In reference to "Bytes"

Dear Editor:

Your weekly magazine is truly a great read! Thanks for all the effort and hard work that's involved in giving us readers great reading material! I would like to suggest that you publish all the "Smarts" and "Putter Around the House" in one booklet/book. I would love to remember all these great tips and ideas, but you know how it works with cutting and pasting and storing.

I would be the first one to purchase it, and I bet you a whole lot of other readers would do the same!

Thanks again.

F.F.

P.S. Thanks for Sarah Sander's great articles. She really writes well!

ADHD

A response to a response

In reference to "Letters," Issue 315

Dear Editor:

Thank you T.A. for taking the time to respond to my letter a few weeks ago. You seem to greatly resent having taken the ADHD meds. From your letter it sounds that taking the meds and the subsequent

LETTERS

changes they made to your personality, caused you great distress. In addition, having to take them for a prolonged period of time (you didn't specify how long) caused you even greater distress. You mentioned that your parents did not know the damage that the meds did to you. I have a question for you: When you were taking the meds did you get the support and encouragement from a therapist or coach who truly understands ADHD? (Unfortunately they are few.)

Did your parents get support from a coach who understands ADHD? In my experience, having the support and understanding from a competent professional who understands the ADHD challenges makes all the difference. I would recommend you see a coach who can help you come to terms and accept your ADHD, and who will help you work through your experience having taken the ADHD meds. When you will truly identify with your challenges and ADHD deficits, it will be easier for you to accept them. Only when you accept your ADHD deficits will you start to seek the necessary help to overcome them. When you will truly own your ADHD challenges, you will start to truly own your strengths. *This is a process and will take time.*

You commented that ADHD is not a real physical condition and ADHD meds are not the answer to managing ADHD.

ADHD is a real physical condition; we can see it clearly in brain imaging scans. In brain scans of those who have ADHD, some parts of their brains appear different. This explains what we have been saying for years: "Behavior is brain based." I highly recommend you read books by Dr. Daniel Amen who is an expert in brain imaging.

Obviously, medication can be abused by anyone. Such is the case with many things in life. That is why they are classified as Schedule II controlled substances. That puts strict limits on the amounts of these drugs that manufacturers can produce every year, how they can be prescribed and

how pharmacies store and dispense them. It means that those who take the meds must take responsibility for keeping them locked up in a safe place where no one can get them.

Those with ADHD are wonderfully creative and talented people. My clients do not define themselves by their ADHD. Their ADHD is not a label; rather it is a name for a bunch of challenges that they have.

*Faigy Liebermann, ACC
ADHD Consultant and Coach*

ADHD

The right treatment

In reference to "Letters," Issue 315

Dear Editor:

I just wanted to comment on the back and forth regarding medicating kids with ADHD. Just like any other illness, no two are exactly alike and no two kids respond the same way to treatment. Just because one child is medicated, doesn't mean the other child has to be and vice versa. Some children have an extreme case of ADHD that without being on meds would make them impossible to live with, while some kids can go unmedicated with no harm done. Parents need to evaluate their own children to see what's right for them. While it's great to have a magazine to bring about awareness and discussion, it is not by any means a way of deciding the right treatment for your child.

Ahuwa B.

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