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Heading: **Holistic Health Care May Offer
Lower Costs**

Holistic Health Care May Offer Lower Costs

Although Ritalin may sometimes be the best choice for treating ADD/ADHD. Let us not forget there are other options that may be just as - or more - effective. Granted, the alternatives may take more effort, money and time (such as serving meals with healthy foods, giving vitamin and mineral supplements, and seeking psychological counseling). However, the alternatives may far outweigh the adverse side effects of the drugs.

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