

Association for Youth, Children and Natural Psychology Now Not-for-profit NJ 501 c(3) Corporation.

The Association for Youth, Children and Natural Psychology presents positive non-pharmaceutical self-help and professional therapies for adults, youths and children.

February 26, 2009 (FPRC) -- The Association for Youth, Children and Natural Psychology presents positive non-pharmaceutical self-help and professional therapies for adults, youths and children. The Association for Youth, Children and Natural Psychology has recently been incorporated as a 501 c(3) not for profit association

There is much that can be done to improve mental health without having to resort to medications and pharmaceuticals. Doctors tend to overprescribe pharmaceutical treatments, and many are looking for a 'quick fix' for themselves and their children.

Did you know that exercise has proved to be more effective in moderate to mild depression than medications in both the short and long-term therapeutic effects and in the recurrence rate?

Did you know that most ADHD medication prescribed for children retains its effectiveness only 1-2 years?

Did you realize that the symptoms of bipolar disorder can be reversed through lifestyle changes, in a gradual way?

The pharmaceutical industry is big business, and much money goes into marketing drugs by trained sales persons. These are not necessarily interested in the welfare of you or your children, but rather, they are interested in high profits.

Also, did you realize that much can be accomplished for both depression, bipolar disorder, eating and other disorders through cognitive-behavioral therapy, coaching and, for children, tutoring and mentoring?

The Association for Youth, Children and Natural Psychology provides education on natural, non-supplemental self-help and professional therapies. Please visit our website and see what you can do to help yourself and your children!!! Thank you!

Contact Information

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Keywords

[depression](#)
[bipolar disorder](#)
[ADHD](#)

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