



Natural Relief for Adult ADHD: Complementary Strategies for Increasing Focus, Attention, and Motivation With or Without Medication

Stephanie Moulton Sarkis

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For some people with attention deficit/hyperactivity disorder (ADHD), medication may not be the right answer, and for others, medication alone may not be enough. *Natural Relief for Adult ADHD* offers an accessible, research-based guide on the most effective non-medication treatments for ADHD.

If you have ADHD, you may find it hard to stay focused on one thing and have trouble with time management and organization. You may also act on impulse—often with negative results. Whether you're in treatment, on medication, or are looking for alternative ways to get your symptoms under control, this book will provide you with sound, complementary strategies to increase your focus, get organized, and stay motivated.

In the book, you'll find a ton of information on how to manage your ADHD, such as body awareness techniques to prevent sensory overstimulation common in ADHD; working memory training; massage, acupuncture, acupressure, chiropractic treatment; how food additives can affect ADHD symptoms, particularly certain pesticides; how to incorporate organic food into the diet while on a budget; and much, much more.

If you are looking for proven-effective alternative treatments to get your ADHD under control and take back your life, this book will be your go-to guide.

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Jennifer Shipley:

On this era which is the greater person or who has ability in doing something more are more precious than other. Do you want to become among it? It is just simple strategy to have that. What you are related is just spending your time almost no but quite enough to get a look at some books. On the list of books in the top collection in your reading list is Natural Relief for Adult ADHD: Complementary Strategies for Increasing Focus, Attention, and Motivation With or Without Medication. This book that is qualified as The Hungry Hills can get you closer in becoming precious person. By looking right up and review this book you can get

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