

Alternative & Complimentary Treatments for ADHD

High- Quality Nutrition- is highly under-leveraged in ADHD treatment. What you eat is integral to a healthy functioning body and brain. Most people with ADHD benefit from eliminating sugar, fried foods, high fructose, high glycemic, and simple carbohydrates from their diet.

**Download Your Free
Guide to Natural
Treatment for ADHD**



iACTcenter

Holistic ADHD Life Coaching

- Specialized life coaching tailored for individuals with ADHD has been a beneficial and supportive practice for over 25 years, addressing their specific needs effectively.
- Psychoeducation involves enhancing self-awareness and understanding one's thoughts and brain functions, proving to have a positive impact on overall health and well-being, particularly for those with ADHD.
- Mindfulness Training is recognized as an effective approach for managing ADHD, improving focus and reducing anxiety commonly associated with the condition.
- Engaging in regular exercise can elevate mood by releasing essential neurochemicals like dopamine and serotonin, crucial for individuals with ADHD. Finding an activity that suits you best is key, as it can work similarly to medication.
- Quality sleep is vital for optimal brain function, as highlighted by Mathew Walker in his book "Why We Sleep." Insufficient sleep negatively affects various cognitive functions such as attention, memory, mood, and reasoning abilities.

Herbs

Zinc

Omega- 3 fatty acids

Iron

Magnesium

Korea Ginseng

Vitamins

Valerian Root and Lemon Balm

Ginkgo Biloba

This information is NOT intended as a substitute for medical advice. Always talk to your doctor before trying new supplements.