



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

*Stephanie Moulton Sarkis PhD*

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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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