



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

### **Kathleen says**

Natural Relief for Adult ADHD is a well written book that backs up its ideas with research. It covers the many factors that may affect ADHD in a positive or negative way. Although it was written to help relieve symptoms without medication, the various types of medicines and their effects were still covered as some of them many better work when combined with the other suggestions. Not only does the book address what one should do, it also lists the reasons why one should do it. There were so many aspects I never would have considered as having an effect on ADHD. The book itself is broken up into small chapters to make it easily accessible. I would recommend it for anyone would wants to better understand Adult ADHD and the positive steps that can be taken to alleviate its symptoms. (I received this book in a goodreads giveaway.)

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### **Lisa Powell says**

Had a few handy bits of info -- good summary of what is out there, nice and succinct. Suffered a bit from a slightly derisive (far too strong a word, but on that spectrum) take on the subject.

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### **Sally Hannoush says**

I was excited when I found out I won this book. I have ADHD and am on medication for it-twice a day. I never realized how much of a basket case I was until the joys of missing days off of it due to shortage. Getting all the help I can get is my number one thought. A lot of the information is basic overall health tips so anyone can read this book and get something out of it. It helps explain common problems that other people do not understand about ADHD. There is a section that gives resources on many topics that can help with dealing with ADHD and other life problems even if you do not have this condition. I like the many ideas about activities, diets, management, exercise, and finding out how a lot of other things in life relate to ADHD. I keep hoping back and forth in the book reading things that strike my interest when it does. And to re-read. I also noticed that a lot of these habits or characteristics I could relate to and had no idea that it is a part of a ADHD "profile."

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### **nikki says**

This book was written in clear and succinct parts, really easy to follow. Information is often reinforced as well, which helps with retention. I liked its emphasis on research, while covering many topics as objectively as possible, and providing cost-effective alternatives to more expensive treatments. The frequent suggestions to resources at the back are a great addition.

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## **Sasha Boersma says**

Informative, but not a lot of direction. Was good to share when studies conflicted (ie - 2 studies against acupuncture, one neutral, one pro). But I was looking for more insight.

Lots of tips though, not just for ADHD, but relevant for anxiety, depression, PTSD, and ASD.

Just didn't have as much insight for my situation as I was hoping.

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## **Lauren says**

This a quick easy read about Adult ADHD. I like that the author cites a lot of research within the text which other books I've read on ADHD have failed to do. I knew a lot of the information already so I would only recommend it for people who don't know a lot about the condition yet. It did remind me to watch out for a few problem behaviors and gave me a few new resources to use.

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