**ADHD …. What if Medication Isn't the Only Solution?**

**Three Alternatives to Attention Deficit Hyperactivity Disorder Treatment**

ADHD affects both children and adults and creates problems with impulsivity, concentration and hyperactivity. Since ADHD symptoms are so vast and unique to each individual, the treatment of ADHD mainly focuses on symptom relief through the use of medication. However, medication is not the only answer.

Dr. James Greenblatt takes a unique perspective on treating the body and ADHD. He proposes that since ADHD is a neurological disorder, the affected individual needs to learn to fix the biological imbalances that are causing their symptoms. He argues that vitamins and supplements are crucial to ADHD management and people can experience symptom relief by maintaining a diet suited to their specific needs such as consuming enough omega- 3 fatty acids to help balance the body and decrease symptoms. Dr. Greenblatt uses this functional medicine approach to truly help those with ADHD. His program  “Psychiatry Redefined” offers a course on how to apply his method through the use of his book “Finally Focused.”

Dr. Gabor Mate also offers an alternative approach to ADHD treatment. In his book “Scattered Minds,” Mate is able to share how he approaches mitigating ADHD symptoms. Mate has ADD himself, and his work reflects his efforts to illustrate ADD as reversible, and merely a neurologic development delay.

Dr. Lidia Zylowska researches mindfulness meditation as an effective ADHD treatment. Zylowska has discovered that the core ADHD symptoms such as inattention, hyperactivity and impulsiveness can all be reduced by practicing mindfulness. Zylowska teaches clinicians how to implement her method through her book “Mindfulness for Adult ADHD: A Clinician's Guide”

Medication may be the first treatment option for ADHD but it does not mean that it will be the best choice for every individual.

Resources Mentioned

1. Dr. James Greenblatt: https://www.psychiatryredefined.org/
2. Dr. Gabor Mate: https://drgabormate.com/book/scattered-minds/
3. Dr. Lidia Zylowska: https://lidiazylowska.com/book/