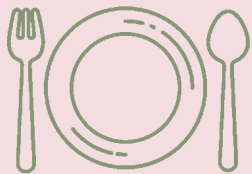


ADHD & HEALTH



DID YOU KNOW:

- ADHD CAN INCREASE INCREASE FOOD SENSITIVITY?
- ADHD CAN INCREASE THE RISK OF DEMENTIA?
- ADHD CAN INCREASE DIGESTIVE ISSUES?
- ADHD CAN DECREASE LIFE EXPECTANCY UP TO 10 YEARS?
- MORE THAN 50% OF YOUR DOPAMINE IS CREATED IN YOUR GUT?



FOODS THAT SUPPORT ADHD:

- BLUEBERRIES • PROPER WATER INTAKE • WALNUTS
- DARK CHOCOLATE • FISH OIL • FLAX SEED • SPINACH

OTHER THINGS TO CONSIDER:

- MORNING ACTIVITY SUPPORTS BRAIN FUNCTIONING
- REGULAR SLEEP ROUTINE IMPROVES DAILY FUNCTIONING
- STRESS REDUCTION EXERCISES REDUCE OVERWHELM
- SLEEP HYGIENE CAN HELP WITH WEIGHT LOSS

Need support with maintaining your healthy ADHD lifestyle?

Book your introductory session at

www.CarleenRoss.com/make-an-appointment



All That I AM

Positive Psychology Practitioner

www.CarleenRoss.com

