

Title:

8 Steps For Coping With And Healing Attention Deficit Disorder (ADD)

Word Count:

854

Summary:

Attention deficit disorder is a serious disorder and it is not going away. It causes depression

1. Education. ADD can manifest itself in several different ways all depending upon the areas of

Keywords:

ADD, attention deficit disorder, hydration, nutrition, anxiety, treatment, medical condition,

Article Body:

Attention deficit disorder is a serious disorder and it is not going away. It causes depression

1. Education. ADD can manifest itself in several different ways all depending upon the areas of

2. Get medical help. Do not wait. ADD can rob the sufferer of quality of life. Go to a doctor

3. Nutrition. Eat a well balanced diet. Take multi-vitamins and drink plenty of water. Multi-v

4. Hydration. The brain is 85% water and when the water intake is insufficient the brain will

5. Plan. Plan your day. ADD sufferers tend to be the biggest procrastinators. They can't focus

6. Realize. Realize that ADD is not retardation. ADD does not mean someone is slow or unlearned

7. Learn. Learn the art of memorization and studying. For ADD sufferers studying and mental ta

8. Meditation, controlled discipline and prayer. Stress and anxiety have been shown to play a

These eight steps are essential for the attainment of the proper quality of life for ADD sufferers

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>