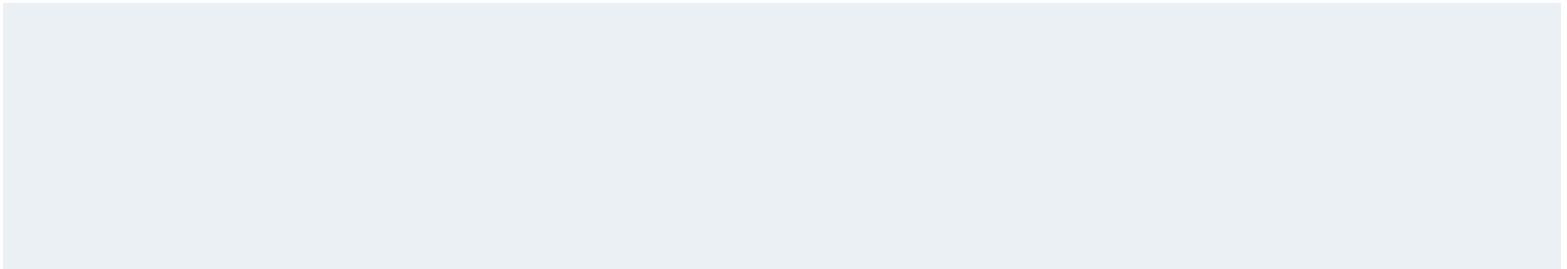


# ADHD Intensive

## Module 2: Increasing Focus

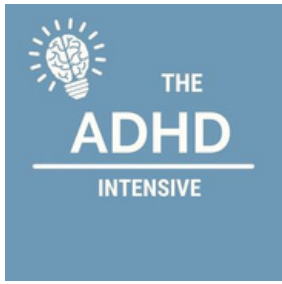
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### INTRO



### Connection



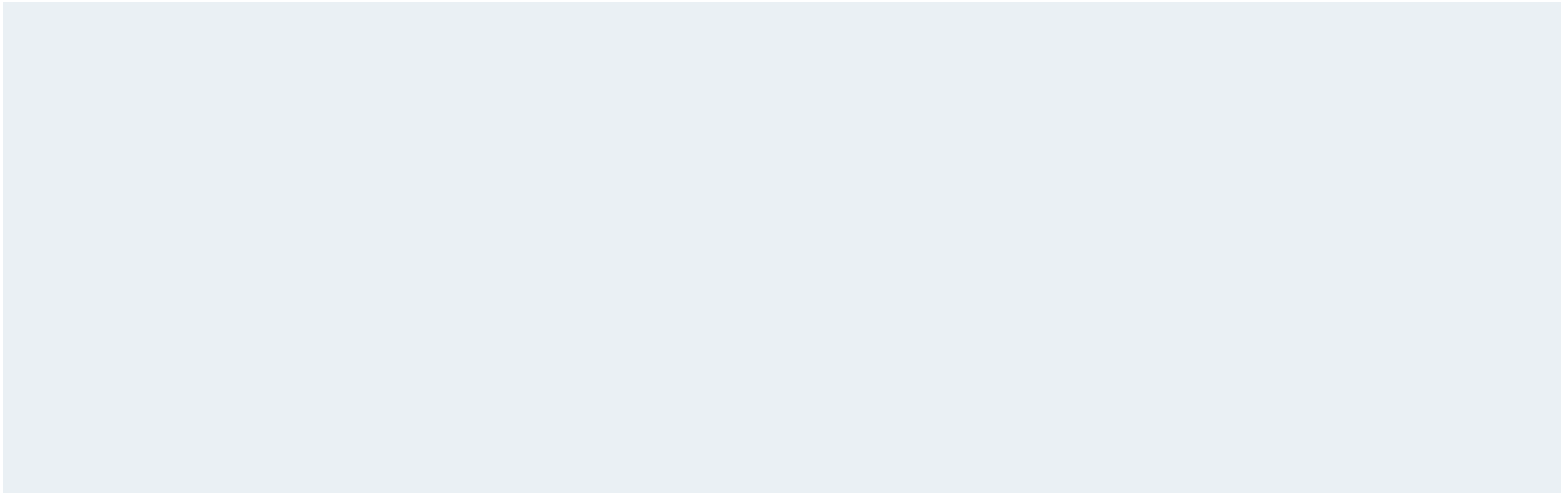


# ADHD Intensive

## Module 2: Increasing Focus

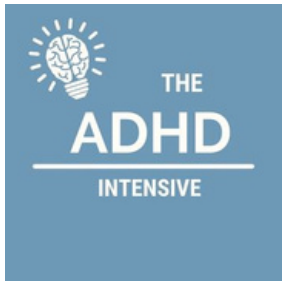
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Environment: Daily Structure



Creating a Healthy Home Environment





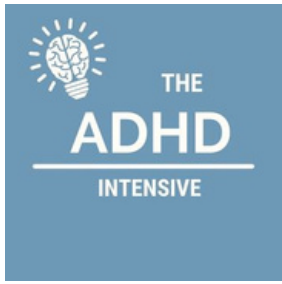
# ADHD Intensive

## Module 2: Increasing Focus

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### Creating a Healthy Learning Environment

### Nutrition

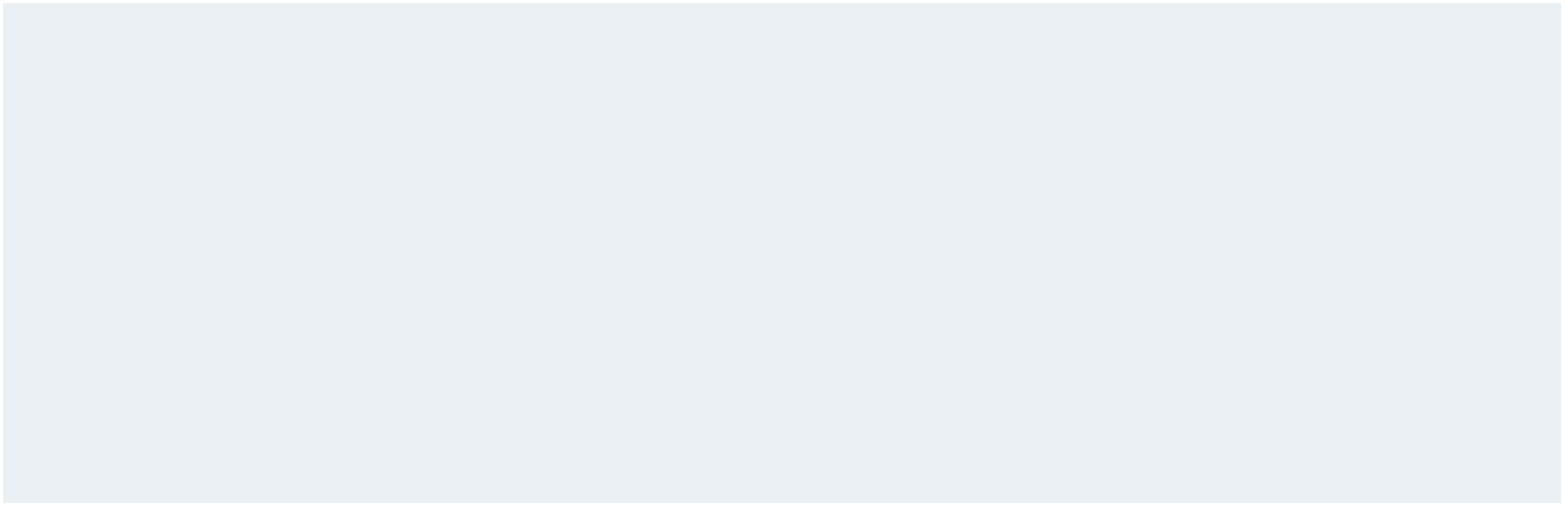


# ADHD Intensive

## Module 2: Increasing Focus

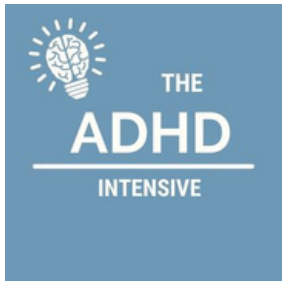
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### Gut Health



### Vitamin & Mineral Supplements



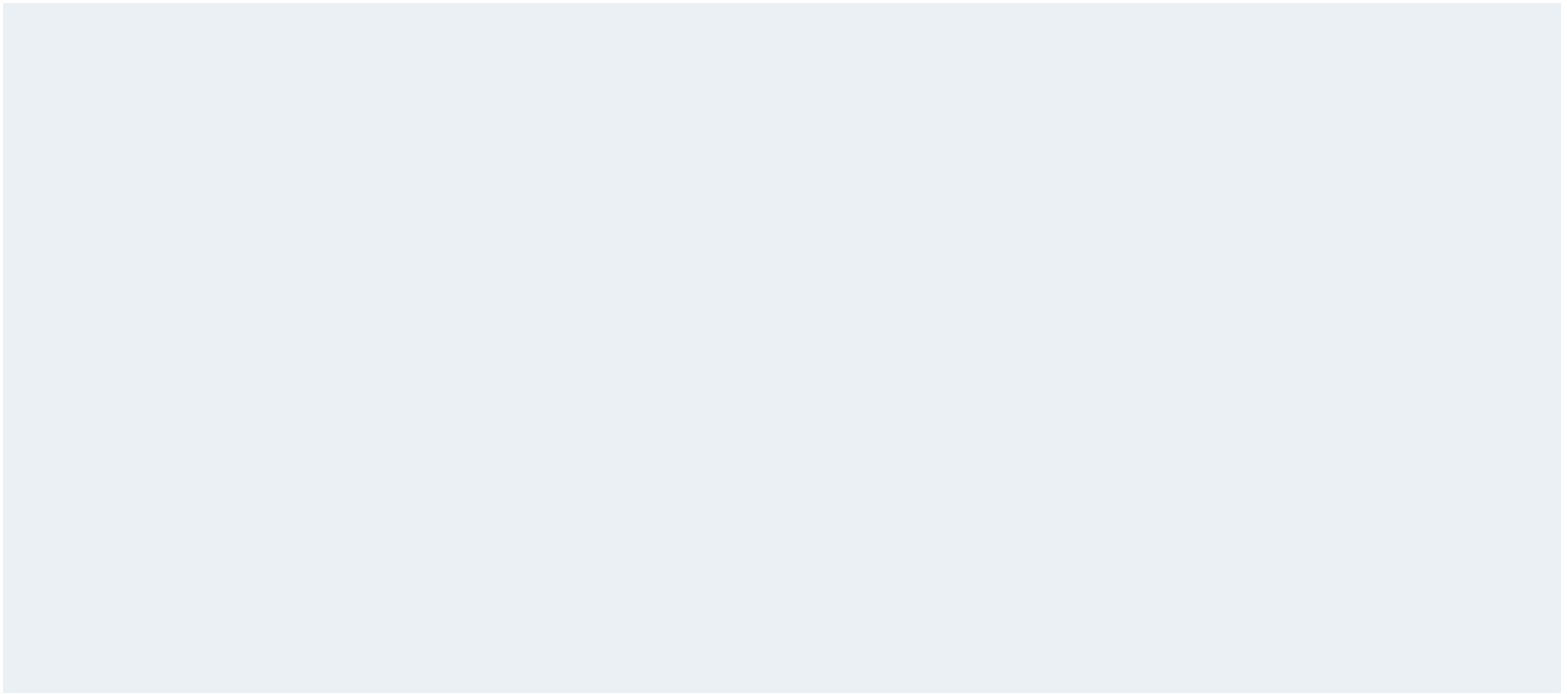


# ADHD Intensive

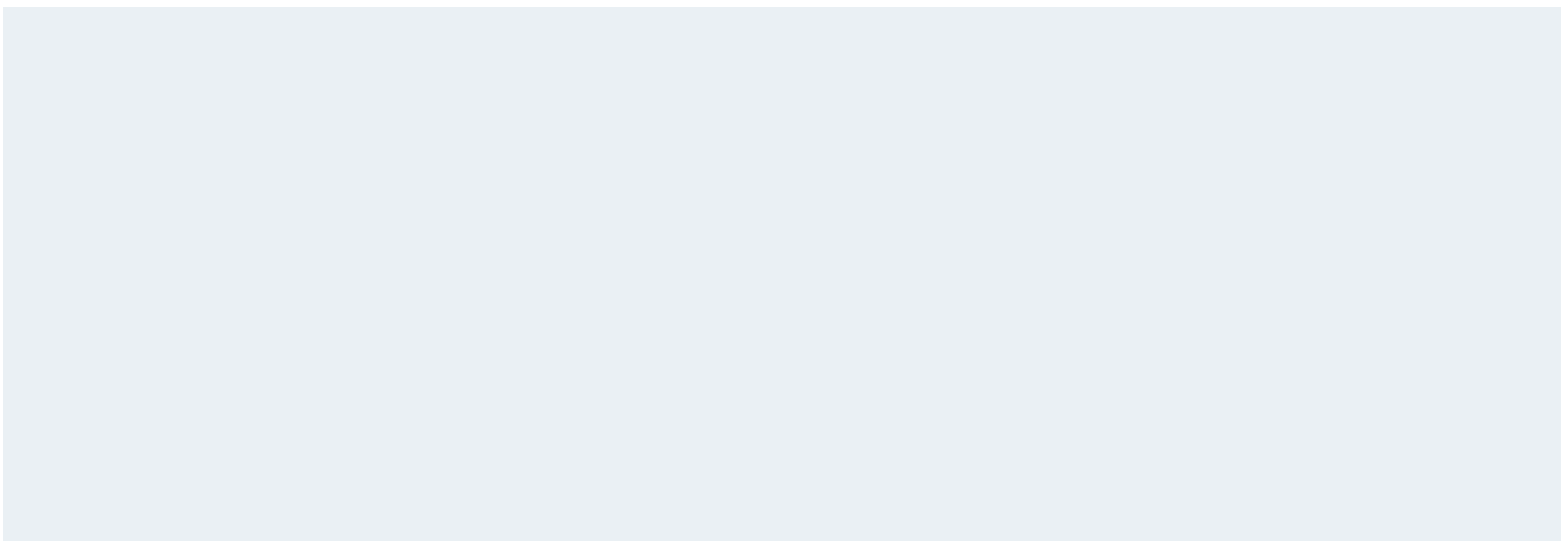
## Module 2: Increasing Focus

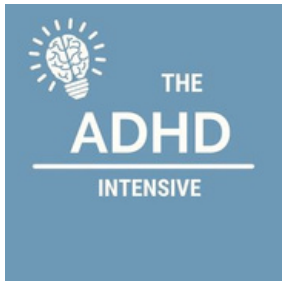
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### Vitamin & Mineral Supplements (continued)



### Sleep





# ADHD Intensive

## Module 2: Increasing Focus

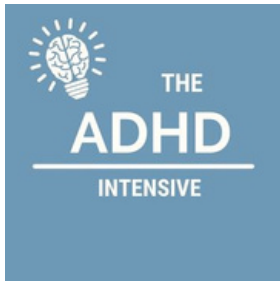
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### Exercise

A large, empty light blue rectangular area intended for writing or drawing during the exercise.

### Balance

A large, empty light blue rectangular area intended for writing or drawing during the balance exercise.



# ADHD Intensive

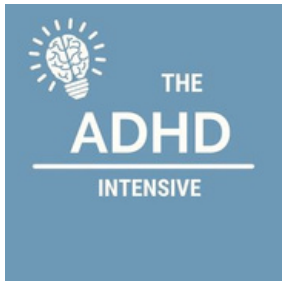
## Module 2: Increasing Focus

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### A Simple Balance Regimen\*\*

*Can be done in any order.*

1. Stand on one leg for 1 minute or until he or she falls over.
2. Stand on one leg with eyes closed for 1 minute or until he or she falls over.
3. Take off socks and then put on socks without sitting down.
4. Stand on a wobble board for as long as you can, up to 5 minutes, then do it with eyes closed.
5. Sit on an exercise ball with your feet off the floor for as long as you can, up to 5 minutes, then do it with eyes closed.
6. Put five playing cards on the floor. Standing on one leg, bend over and pick up one card at a time.
7. Do a low plank hold (elbows down on the ground, feet extended behind, and back straight) for up to 3 minutes.
8. Learn to juggle balls, and then spend three to five minutes of juggling.



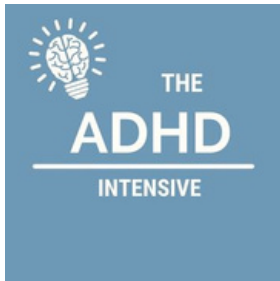
# ADHD Intensive

## Module 2: Increasing Focus

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### Medication





# ADHD Intensive

## Module 2: Help Your Child Focus

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### RESOURCES

#### Books

*Non-drug Treatments for ADHD* by Richard Brown and Patricia Gerbarg.

Recommended by Drs Hallowell and Ratey

*Finally Focused: The Breakthrough Natural Treatment Plan for ADHD That Restores Attention, Minimizes Hyperactivity, and Helps Eliminate Drug Side Effects* James Greenblatt M.D. and Bill Gottlieb CHC  
Gives all dosages and recommendations for getting started.

*The Revolutionary New Science of Exercise and the Brain* by Dr Ratey

#### Web Sites

Article on amino acids and neurotransmitters

<https://aminoco.com/blogs/amino-acids/brain-communicates-brain-neurotransmitters-amino-acids>

[Article on increasing dopamine - Healthline.com](#)

#### Other

[Dana Kay's ADHD Nutrition Support Facebook Group](#)

[Kelly Miller, Amino Acid Expert](#)

[Link to inexpensive balance board](#)

[Link to exercise ball](#)