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MAKING A DIFFERENCE FOR PEOPLE AFFECTED BY ADHD

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16 What Should I Feed My Child with ADHD?

ADHD is not caused by your child's diet, but increasing evidence suggests that some symptoms, particularly mood and self-control, may be affected by what she or he eats.

by Marianne Glanzman, MD





20 **ADHD**, Eating Disorders, and Weight Issues

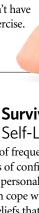
Recent research studies have begun to see an association between ADHD and eating problems. How can ADHD predispose someone to develop an eating disorder or become obese?

by Roberto Olivardia, PhD

The Exercise Prescription for ADHD

What kind of exercise routine works with the ADHD brain? While most clinical studies researching the effects of exercise on ADHD have utilized running on treadmills, you don't have to be a marathoner, or even a jogger, to benefit from exercise.

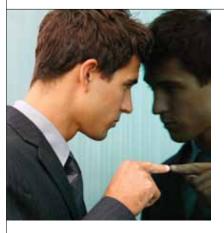
by Michael Lara, MD



Surviving Your Inner Critic: Self-Limiting Beliefs and ADHD

A lifetime of frequent failures and disappointments can lead to loss of confidence, self-doubt, low self-esteem, and feelings of personal inadequacy. Here's how adults with ADHD can cope with the distorted thinking and selflimiting beliefs that tend to predict negative outcomes.

by Terry M. Dickson, MD, ACG, CPCC



DEPARTMENTS Attention 2.0

WELCOME..... Setting Meaningful Goals by Steven Peer

PROMISING PRACTICES...

Mindfulness and Adult ADHD by Mark Katz, PhD

ASK THE EXPERT.....

Bullying: What Parents and Teachers of Children with ADHD Need to Know a chat with Marlene Snyder, PhD

LIVED EXPERIENCE Helping People Establish Healthy Eating Habits by Dorothy Mullen

APPS FOR ADHD **ADHD-Friendly Healthy Apps** by Avi

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