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Cascade Counseling and Wellness
www.cascadewellness.live

About ADHD

Attention-Deficit/Hyperactivity Disorder (ADHD) is a neurodevelopmental condition that must be assessed and diagnosed by a mental health professional based on specific symptoms and diagnostic criteria. ADHD can affect attention, focus, impulse control, and organization. It may show up as difficulty staying on task, forgetfulness, restlessness, or acting without thinking.

Mindfulness

- Deep Breathing
- Right Nostril Breath Work
- Rocking
- Blue light blocking
- Reduce Screen Time

Move Your Body

- Disciplined Movement (Martial Arts, Fencing)
- Kinesthetic Movement
- Magnesium (Epsom Salt) Baths

Culinary and Nutrition Support

ADD to your diet and routine:

- Prioritize protein and fats
- Fish Oils
- B Complex Vitamin
- Magnesium Citrate
- Probiotics

ELIMINATE from your diet:

- Refined Foods
- Detox heavy metals

TIPS:

- Stabilize blood sugar
- Improve gut health

DISCLAIMER: The information provided here is for educational purposes only and is not a substitute for professional diagnosis, treatment, or medical advice.

National Suicide and Crisis Line: 988
National Suicide Prevention Hotline: 800-273-8255