

*Alternative
Healing Academy*

Home Study Certification
Programs in Reflexology,
Aromatherapy, &
Color & Crystal
Therapy



[Sign up for our !\[\]\(d66ff64371a51729ac8c1cdaa685ba6f_img.jpg\)](#)
[Email Newsletter](#)
[& Receive a Free](#)
[Health Ebook!](#)

The content of this ebook is intended for informational purposes only.

It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your veterinarian or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

Do you struggle on a regular basis to find the energy and motivation to stay on task? You're not alone. While more and more adults are recognizing unaddressed symptoms of ADD/ADHD, you may be simply suffering from stimulation overload. However, the situation is far from hopeless... read on for tips to finding solutions to common problems..

Are You Fighting an Internal Battle to Focus?

Adult ADD/ADHD vs. Everyday Attention Zappers

By A. Flowers

When did life get so complicated? It may seem like life turned into a **work-home balance struggle** over the years.

Many adults face mounting responsibilities as they become parents, homeowners, duties at work increase, or other personal obligations require **amplified multi-tasking capabilities**.

For some, the transition occurs gradually; for others, they begin to suddenly **question their ability to focus**.

While there is not one single test to evaluate ADD/ADHD, there are a few probable reasons behind these feelings.

Many cases of ADD/ADHD are diagnosed in adulthood—whether or not symptoms were present and unaddressed throughout childhood, adolescence or are magnified now with greater life responsibilities— but hidden symptoms more manageable in “simpler” stages of life are now being realized to **interfere with daily functioning**.

Another possibility is that **ADD/ADHD is mimicking other disorders** like depression, anxiety, and even hypothyroidism. ADD/ADHD can also be present with other disorders.

If you're really struggling to focus despite a conscious effort to pinpoint the initial causes of your struggles, consult a professional.



[Elderberry Syrup](#)

Created for Planetary Herbs by licensed acupuncturist and clinical herbal



[Mushroom Glyco Nutrients](#)

NOW® Mushroom GlycoNutrients is a nutritional supplement designed to

However, the solution to better focusing may be closer than you think... as you may only be experiencing **stimulus overload from everyday attention zappers**.

Potential Attention Culprit: **Modern technology** – Few of us completely disconnect from all our gadgets once we leave work or daily required routines. Whether it's a cell phone, computer, portable music player or other organizational or communication tool, when used to excess, our mind never gets a chance to **fully relax and recover**. However, if you struggle on a regular basis to unwind, this may be a signal that your body needs a little extra support to stay focused.

Potential Attention Culprit: **Poor sleep habits** – While everyone goes through periods of disturbed sleep, over time, this could lead to a decline in optimal brain functioning. Be sure to monitor sleep patterns and see if your ability to **focus improves with extra zzz's**.

Potential Attention Culprit: **Excess stress** – We can't avoid it, but we can manage it properly. Studies consistently show the **negative effects stress can have on health**. Incorporating proper relaxation techniques can work wonders on helping regain focus. **Physical exercise** improves blood flow to the brain to improve brain functioning, as well as **mental exercises** like crosswords or other mental tasks.

Potential Attention Culprit: **Diet** – Our bodies need a holistic balance of diet and exercise to function best. While scientific links are hazy to correlate ADD/ADHD symptoms to food intake, anything that contributes to a sluggish digestive system takes energy away from the brain. **Healthy eating** provides the brain with the nutrition it needs to function at its best, as many herbs and vitamins that promote mental focus can be attained through diet.

There are also many **herbal and homeopathic remedies** which can help maintain harmony, health, and systemic balance in the brain and nervous system, without side effects or sedation.



Triple Complex Brain Tonic™

Homeopathic remedy temporarily relieves forgetfulness and mental fatigue, plus improves brain functioning

Also try our: [MemoRise™](#) and [Focus Formula™](#)

 [FAQs](#)

 [ASK OUR EXPERTS](#)

[LEARN MORE](#)

Retail Price: \$39.95

Your Price: \$29.95

Ask Our Experts

Question:

"I am a 37-year-old woman who has always had trouble paying attention to details at work and concentrating. I am a hard worker and eager to work hard and to learn. However, my speedy mind and attention difficulties are causing me to make mistakes at work—to the point of being on the verge of losing my job my career. You understand why after many years of knowing this about my self, it is time that I seek help. Could

support



[Zenergize Immunity, Citrus](#)

Getting sick (or at least pretending to) was sort of fun back in the old da



[VRL-X](#)

Overall health can often occur naturally if the body receives the proper nu



[Germ Defense Lozenges](#)

Germ Defense Lozenges are dietary supplements used to boost your immune sys



you please recommend natural choice? Thank you."

--Suzanne

Answer:

Hi Suzanne,

Thank you for your query.

We can recommend the use of our [Focus ADDult](#), an herbal remedy which is very helpful in teens and adults who have concentration problems. It is especially beneficial when there are also low motivation issues or fatigue. [Focus ADDult](#) works very well to naturally support clarity of mind during work and learning.

[Focus ADDult](#) contains three highly effective tonic herbs in concentrated medicinal extract. It is important that it be taken regularly in order to enhance the overall tonic effect. While some people show an immediate effect, most people can expect to notice a difference in energy levels and mental clarity after about three weeks of continued usage.

While [Focus ADDult](#) is highly effective on its own, its effectiveness will be increased with regular exercise, sufficient sleep and a healthy, balanced diet. For more info, please go to: [Focus ADDult](#)

Please let us know if there is anything else we can assist you with.

Warm regards,

The Native Remedies Team

Do you have a question you'd like answered? [ASK OUR EXPERTS](#)



[Great Health Sites](#)

[Natural Holistic Health Blog](#)

[Natural Pet Health Blog](#)

[Anxiety Depression Info](#)

[ADHD Info](#)

[Mountain Rose Herbs](#)

[Natural Health Ebooks](#)

[Natural Remedies](#)

[Native Remedies](#)

[Natural Health Supplement Shop](#)

[PetAlive Herbal Remedies](#)

[Xtend-Life - Natural Health Products](#)

Alternative
Healing Academy

Home Study Certification
Programs in Reflexology,
Aromatherapy, &
Color & Crystal
Therapy

