

# Enhancing ADD Brain Function

Medication by itself does not make a lasting difference. ADD has clear biological roots and serious psychological and social consequences when left untreated. We first want to optimize the hardware, which was never fully loaded with the needed programs.

## **BIOLOGICAL INTERVENTIONS**

Eliminate Anything Toxic  
Protect Your Head  
Dietary Interventions – higher-protein, lower-carbohydrate  
Intense Aerobic Exercise  
Avoid Prolonged Exposure to Video or Computer Games  
Sleep Strategies  
Neurofeedback

## **PSYCHOLOGICAL INTERVENTIONS**

Correcting Automatic Negative Thoughts  
Targeted Psychotherapy  
Breaking up Erroneous Belief Patterns  
Coaching for ADD  
Focused Breathing  
Reprogramming for Success