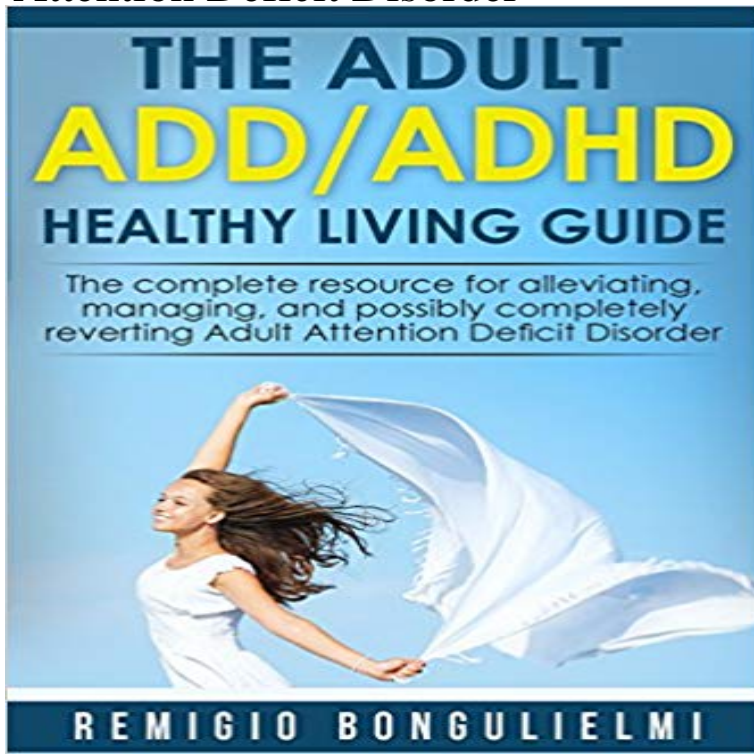


# The Adult ADD/ADHD Healthy Living Guide: The complete resource for alleviating, managing, and possibly completely reverting Adult Attention Deficit Disorder



Information about ADD and ADHD in children is very easy to find because this disorder seems prevalent in today's youth. Unfortunately for adults living with ADD/ADHD, information about managing, alleviating and possibly even reverting the symptoms is not so readily available, until now. This guide is going to help you learn everything you need to know about how treating adult ADD/ADHD. You may or may not have been diagnosed with ADD or ADHD as a child. Many children who are diagnosed were just expected to outgrow their symptoms, yet that does not happen so easily. Other adults missed being diagnosed because their symptoms were not as easily evident, and also because this disorder did not have formal diagnostic criteria until 1980. The statistics point to about 4% of adults in the United States are currently living with ADD/ADHD. (1) This number is thought to be much higher due to the number of adults who are struggling and do not receive a diagnosis. Many adults do not realize that their problems stem from ADD/ADHD symptoms, and many others either cannot afford screening or do not realize help is available. What is ADD/ADHD? Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD) are both terms that describe the same neurobehavioral disorder. While ADD was used in the past, ADHD is now the encompassing term used for this disorder, according to the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5). Therefore, the rest of this guide will refer to this condition as ADHD, although ADD is still correct to use in some circles. There are three types of ADHD, and they do not all include being hyperactive or impulsive. In fact, the first type of ADHD, which used to be referred to as ADD includes symptoms such as not being able to pay attention very well, or being easily distracted, yet not hyperactive or

impulsive. Another type of ADHD includes symptoms such as being hyperactive or impulsive, yet can easily pay attention and is not easily distracted. Then the third type of ADHD includes symptoms of being inattentive, easily distracted, hyperactive, and/or impulsive. You will learn more details about these symptoms in the next chapter. For now, it is important to understand that a neurobiological disorder is not a mental illness such as depression or anxiety, although you can become depressed or anxious due to living with the symptoms of ADHD. There is no blood test or physical screening that can be done to diagnose this disorder, and it is more difficult to gain a diagnosis as an adult than it is for a child. Science still has not come to any definite conclusions about what causes ADHD. Genetics, the environment, and food additives are three popular suspects, yet this has not been proven. What we do know is that this disorder is not your choice or your fault. The good news is that ADHD in adults, and in children is very treatable. The ADD/ADHD Healthy Living Guide: The complete resource for alleviating, managing, and possibly completely reverting Attention Deficit Disorder is going to teach you everything you need to find relief, whether you are formally diagnosed, or feel that you are suffering from this disorder.

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