



# **Attention-Deficit Hyperactivity Disorder (ADHD): The Integrative Mental Health Solution: Safe, effective and affordable non-medication treatments of ADHD**

*James Lake MD*

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This book is offered as a practical resource on safe, effective and affordable treatments of attention-deficit hyperactivity disorder (ADHD) from the perspective of integrative mental healthcare.

Integrative mental healthcare:

- is a person-centered approach to mental health care
- takes into account the needs and preferences of each unique person
- focuses on maintaining optimal health and treating symptoms not disorders
- uses both conventional mainstream approaches like medications and psychotherapy, and alternative therapies like herbal medicines and acupuncture
- is based on the best available medical evidence

If you are currently struggling with ADHD and taking a medication that isn't helping, experiencing adverse effects, or you simply can't afford to continue taking a medication that is working this book provides valuable information about non-medication alternatives that will help you feel and function better such as herbals, vitamins and other natural supplements, whole body approaches, meditation and mind-body practices, and energy therapies.

This book is written to give you the maximum amount of information in the least amount of time. From the contents you can instantly navigate to sections that will help you:

- Understand ADHD better
- Take inventory of your symptoms
- Identify treatments that make sense for you based on the evidence
- Learn about a range of specific non-medication and integrative approaches for treating ADHD
- Develop a customized treatment plan that is right for you
- Re-evaluate your treatment plan and make changes if your initial plan doesn't work

If you're not experiencing severe symptoms now but you've struggled with ADHD in the past this book will help you create a wellness plan that fits your lifestyle and your budget. Most important this book will help you think about your mental health care in a more holistic way.

If you are a mental health professional this book provides concise, jargon-free summaries of scientifically validated non-medication treatments you can use when advising clients about safe, effective approaches for treating ADHD or developing a wellness plan.

An appendix with links to valuable internet resources is included to help you find quality brands of natural supplements and important safety information.

This book is part of a series on non-medication treatments of mental health problems. Other books in the series cover:

- Your Mental Healthcare: The Integrative Solution (Free)
- Anxiety
- Bipolar disorder
- Dementia and mild cognitive impairment
- Insomnia
- Post-traumatic stress disorder (PTSD)
- Psychosis
- Substance abuse

The series has a companion website <http://www.theintegrativementalhealthsolution.com/> where you can sign up for a free monthly e-newsletter, read the author's blogs on integrative mental healthcare, and find links to valuable internet resources on a variety of non-medication and integrative approaches for treating many common mental health problems.

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