Natural Remedies for ADHD



Make sure you're not deficient in iron, zinc, or magnesium.



Ask a doctor about herbal medicines, such as ginseng, ningdong, or bacopa.



Consider biofeedback therapy.



Work on reducing stress in your everyday life.



Get outside and immerse yourself in green spaces.



Add exercise to your routine.



Keep a consistent sleep schedule.



Be open with friends and family about your condition.