

STAYING FOCUSED IN A HYPER WORLD

BOOK 1

**Natural Solutions for ADHD,
Memory and Brain Performance**

John Gray, Ph.D.

**#1 New York Times Bestselling Author of
*Men Are from Mars, Women Are from Venus***

John Gray

Staying Focused In A Hyper World: Book 1; Natural Solutions For ADHD, Memory And Brain Performance



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He details the varied types of ADHD, from hyperactivity to daydreaming and he provides step-by-step protocols for treating several common ailments with supplements and lifestyle adjustments. We need more than new communication skills and an understanding of our distinctions to have healthy interactions these days. We also want the nutritional support essential for positive moods, sustained energy and most importantly, concentrate. Without focus in romantic relationships, passion is lost and there is a rise in breakups and divorces. Without focus, communication reduces in every relationships and frustration boosts. Gray explains what causes ADHD in kids and how it is the underlying cause for many medical issues later in existence, including dementia, Alzheimer's Without focus, our lives lose purpose, we are very easily distracted, forgetting what we are here for or hardly ever realizing what is most significant in life. In the midst of our accelerated progress, our society has lost our way. We have a larger consciousness of new options but we feel much less connected in our relationships because of our loss of concentrate. John Gray has devoted days gone by twenty years to researching mental health insurance and its effect on our romantic relationships. *Staying Concentrated In A Hyper Globe: Natural Solutions For ADHD, Memory And Brain Functionality* shares these findings and offers practical strategies for increasing focus, clearness, memory, motivation and sustaining positive moods. s mind, feeling and focus. He has reviewed a large number of medical research and traveled the globe to find ancient remedies for improving one's Without focus at work, people are more and more dissatisfied and bored, frequently feeling unappreciated, distracted, exhausted or overwhelmed. s Disease and also Parkinson's Disease. For the past 20 years, John Gray has taught us how we are different and given us new insights into better communication and stronger interactions.



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Total I am happy that I go through this book This is an excellent book. John Gray shared a lot of details that I had not been aware of such as the harmful ramifications of ADHD medicine on the brain, just how ADHD medication makes people more susceptible to be dependent on things, and the wide amount of methods ADHD turns up in peoples behaviors. He goes into to great depth about the mechanisms in the brain that trigger ADHD and additional symptoms to manifest. He describes what can cause these brain level procedures to happen and the ways to heal them. John gets extremely candid about his very own encounters with ADHD and it really does seem through this publication that he is very determined and passionate about this subject. His main goal with this reserve seems to be to help people. He actually tells you in early stages in the publication that if all you have to to do is take action steps you can just skip to particular chapters in the book. There are a mixture of non dietary supplement and supplement answers to the ADHD issue in this book. Non supplement solutions include removing specific over stimulation actions such as caffine , videos games , etc. He requires the extremely unpopular position of suggesting that video games donate to the underlying factors behind ADHD. I found this interesting and would like to see more analysis and information regarding this, I would like to know if playing video games really does donate to my ADHD like symptoms. Within times, two of the capsules daily enabled me to organize most of my tax papers, and to begin to organize other important records. Which are amazing. Ive been doing the hot baths on / off for a while since I go through this publication and few things are more relaxing than following hot bath protocol he describes in the publication. I don't know how or why this condition developed and progressed. My impression scanning this book is that it is virtually pure quackery My impression reading this book is that it's pretty much pure quackery, like people who believe that aliens built the pyramids. I can totally find how this might be beneficial. but I would be interested in trying it someday.. In the event that you care about your ADHD then scanning this book will make you wish to make some changes in lifestyle as there are large amount of things that are contributing to the underlying cause of ADHD. He even claims that there was a study done where scorching baths significantly helped people who have autism. Hard expressing how groundbreaking the contents of this book are - my only complaint from a consumer standpoint was the grade of the book. The issue for me is usually, why aren't doctors -- who would be more motivated compared to the drug companies to help their patients no matter profit -- recommending this probability in their treatments? This reserve really made me appreciate how much ADHD can take away from your life and also made me hopeful that there are solutions. I haven't attempted much of the bodywork stuff. He offers spent years studying was to improve mental health and well being. I recently read articles in the NYTimes online (September 13, 2014) by Dr. I haven't attempted all the supplements but I've attempted a few. It can get kind of "salesmany", However the few health supplements that he recommends that I have tried actually work. Grape seed extract, while not as grand as some of the advertisements made it out to be, in fact has an attention boosting impact. And lithium orotate, that is another weird supplement that Mr. Gray is usually a fan of, really does help me relax and fall asleep. I bet if you went complete on with the most higher level of his health supplement protocol you'll probably feel really amazing. He is a wise and caring one who has very much useful information to talk about. He touches on ADHD, Autism, and other little understood maladies of our day time. Good book, highly recommended if you are either . It is uncommon to have this much valuable information packed is a publication for only \$2. John Gray claims that he offers reversed a Parkinson's medical diagnosis and outline the science behind his approach. John Grays Focus on this subject matter is amazing. I have already been listening to his daily free videos at marsvenus.com for weeks. This helpful book

gives tips recommendations and supplement tips for improving mental health. This will be helpful for anyone who wants to improve their concentrate and mental clarity. From the genius to the challenged his suggestions help us all. So don't buy this unless you want to change your diet or your life style. Nonetheless it would probably cost you 500 dollars. And the cherry at the top is that this book is free if you subscribe to his newsletter on his internet site.⁹⁹ It will be the best three dollars you have ever invested. I'm amazed he didn't point out permaculture, chemtrails, and Bush did 9/11. Managing your brain Good tips on managing the human brain. I had, at one time, been an extremely organized person and accomplished a great deal.) and some with terrible side effects. Nobody knew whether my issue was Add more or bi-polar or both. After reading online evaluations of the lithium orotate (5 mg) (many thanks, Amazon reviewers! Lifestyle is overwhelming, and Dr Gray provides nuts and bolts of normally healing ADHD in a succinct but comprehensive way. My life has changed. Various other non supplement approaches he recommends are popular baths. I am in a position to send my tax papers to an accountant I just spoke with, and he'll use me to complete, with or without deductions (still difficult to find misplaced documentation). I could leave my task and go back and continue, without great stress or confusion, or forgetting where I got left off. I have a lot to catch up on, but I now have hope that I could do it. I haven't been carrying it out as regularly as is suggested in the publication though. As we all understand, Big Pharma can't earn money by recommending something as basic as a natural health supplement! Many prescriptions by my doctor had been tried and had failed, some very costly (one was \$200! However in the past few years several very traumatic occasions occurred one following the additional; I've read that may affect one's cognitive skills. I even went for neuropsych assessment -- thinking I would be suffering from dementia or another condition -- but the MRI and three-hour cognitive checks found no abnormality. That one supplement has been miraculous for me. As a background take note: I have been prescribed lithium years back but the pharmaceutical-sized dose was intolerable, and the smaller, supplement-sized one was under no circumstances mentioned as an alternative. The supplement alternative he presents is quite intense and kind of expensive based on your budget. I'm sad I did invest time in that advertisement book Even though mentions a lot of studies and research, the books in a complete is just a industrial exercise from the author to get you buying even more of his books and products." She recounted a 1990 study that discovered areas with low degrees of lithium in the water of 27 Texas counties were correlated with significantly higher rates of melancholy, suicide, and criminality. Over the years this phenomenon has been confirmed by research far away including Japan, Greece, and Austria -- completely different populations. I strongly recommend that anyone having ADD problems read her article. Love this book! I thank God for John Gray's work of this type and his efforts to talk about this information, which includes been kept out of our general media by the medical sector -- especially FDA and big pharma. I am also very grateful to Dr. Fels for sharing her knowledge. This is a natural trace element (lithium salt) not really a drug (that is a molecule). I was successful in college, graduating with honors and invited to become listed on Phi Beta Kappa. And I have definitely had some mind trauma. I just gave the book 4 stars because I haven't even finished reading the publication and don't know if the other, more detailed protocols might produce additional results, so this review is focused mainly on the suggestion to take lithium as a product, and not yet on the additional suggestions. Many thanks, John Gray for assisting me gain control of my life again. This book seems to not be obtaining the see it deserves! His recommendation was that bodywork can heal the top trauma which can be a cause of ADHD. Really cheap printing, however, not so much such that it could possibly be easily torn apart. Helpfull book for anybody and

everyone! Total I am happy that I go through this book. To access the useful appendices, go back to the Kindle book after the "prior to going" screen arises - Kindle thinks you are done and won't desire the appendices however they are within. He recommends performing the hot baths almost every other time for six months. The author shares demonstrated successful natural solutions, a lot of which are inexpensive or free of charge and have no side effects. He doesn't seem to know what ADHD is, what causes it, or what its symptoms are. The book is a variety of legitimate information, bent interpretations of information, and genuine malarkey. The reserve discusses a laundry set of hippie causes, for example GMOs, pesticides, and homeopathy.

Miraculous effect Having been unable for three years to organize my entire life, with my papers and my entire life in chaos, and not able to sometimes locate and gather required papers for taxation statements, I was desperate. In general, you don't obtain ADHD from bumping your mind, your parents getting divorced, or not eating plenty of organic blueberries. From what I've read, it's presently understood as a genetic predisposition towards much less dopamine and norepinephrine reuptake in the frontal cortex, anterior cingulate, and other areas of the brain. He appears to mistake a rise awareness and diagnosis today with an increase in actual prevalence caused by changing environmental factors. The book is generally badly written, repetitive and poorly edited, amateurishly printed, and visually difficult. Five Stars Looking forward to reading Must-read! In a nutshell, this book explains what's going wrong in our society as children and adults as well have problems with brain inflammation (oxidative stress) usually without also knowing it. And - what many of us suspect is the over-drugging of kids with negative side effects is true, while underdiagnosing of the actual problem is actually surprising. Appears to me that John Grey isn't a psychiatrist or neurobiologist and doesn't know very well what he's discussing; He does not obtain overly scientific, and I would recommend this for doctors, health fans and the average reader as well. I will also become buying multiple hard copies for close friends who have kids who are suffering. After reading this article, I appeared up lithium online and found John Gray's books. Dr. John Gray includes a ton of great suggestions backed by many research papers in this publication. I love his practical takes on getting more focused, improving your memory, and combating neurodegenerative diseases like Parkinson's. Continuously goes into the same path: buy my products, buy my books, visit my website. Brief, focused, practical - just what I needed. I actually wish I'd had this when I actually was pregnant.), I purchased the one suggested as best and began acquiring it barely 3 weeks hence. Anna Fels, a psychiatrist and faculty member at Weill Cornell Medical College, entitled, "Should We All Take a Little bit of Lithium? The narrative is certainly often the same and the key ideas are just too few. Highly recommend this and John's other works as well. A different one is normally chiropractic and body function that is interesting and I had never heard of it being used in connection with ADHD. I'm sad I did invest time in that advertisement book. This is a unique and inspired voice in the area of ADHD and I anticipate volume two which is supposed to concentrate less on diet and supplements and mainly on relaxation and meditation... Good book, highly recommended if you are either diagnosed (or self-diagnosed) with ADD, or anyone who has a member of family with ADD. I could not concentrate on anything.



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