

- Nutrition for health
- Herbal medicine
- Life change coaching

Tranzformations

Enjoy better health and a better life

Liz Copeland's newsletter Nov 2006

DRIVEN TO DISTRACTION

Some children are recognised as having Attention Deficit Hyperactivity Disorder (ADHD). What is not so well understood is that adults can suffer from this too. Many function well but are frustrated by their difficulties in life.

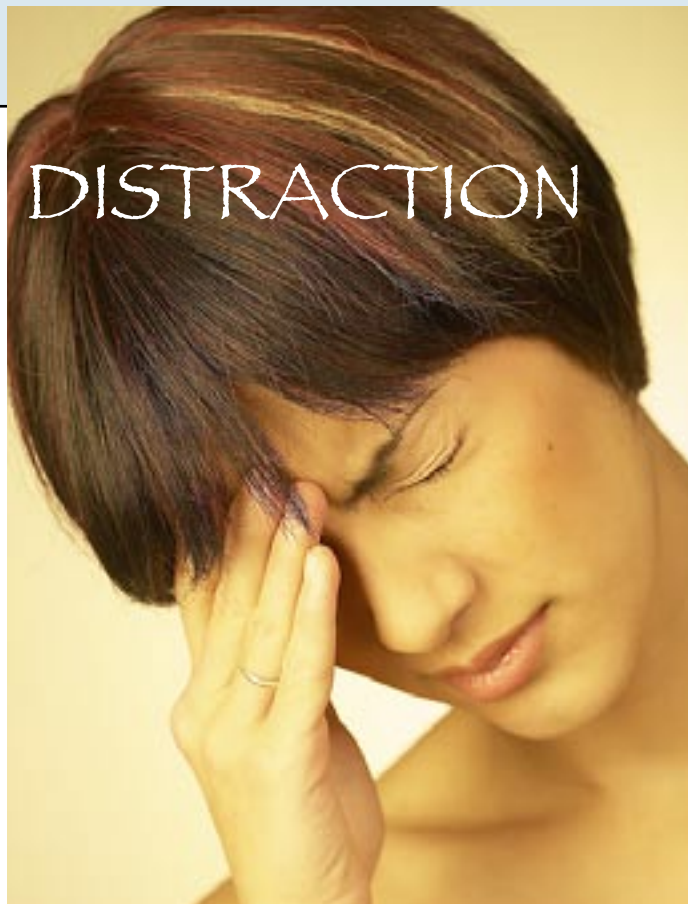
Once you recognise this syndrome it is easier to deal with it as you can learn techniques to manage yourself better. Many people with ADHD have difficulty concentrating because they always want to go on to the next project. They may be impulsive and hyperactive, but others have attention deficit without the hyperactivity – they are the daydreamers.

Many sufferers have a poor perception of time, so they may under anticipate the time taken to do tasks and get frustrated when they can't finish. Equally, they may put off tasks because they overestimate how time-consuming they'll be. They also have difficulty organising space. This means they appear disorganised and they may need extra organising systems to keep themselves on track.

Do the following describe you?

- Unable to concentrate on one task at a time
- Mind wandering even though you are interested in something
- Inability to focus on new tasks
- Running on a short fuse
- Inability to screen out unimportant things
- Moodiness - either very happy or very sad

Inability to pace one's life can also result in impulse buying and poor financial management.



Overuse of alcohol or drugs may be used as a way of handling emotions.

On the plus side, such individuals can be very creative; they are ideas people and they can be fun to be with. They attempt a lot and may succeed at many things, but this hides their inner turmoil.

You can optimise your brain function, concentration and memory through good nutrition. Metabolic testing at Tranzformations may reveal chemical dysfunction contributing to poor concentration. Balancing your metabolism with food and nutrients can give your brain the physical boost it needs to help you manage your life.

Contact Liz on 020 8668 3502 for help in tranzforming your life for 2007 and beyond.