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Colorful Spice Shows Promise for ADHD Treatment in Research

Could a popular spice be the foundation for new ADHD treatment? [Researchers report success with saffron in a small study.](#)

Safer Driving For Teens With ADHD

Is your teen a new driver? ADHD symptoms can interfere with safe driving habits, but researchers have some tips on improving driving skills. [You'll be surprised at the top intervention they recommend for safer driving.](#)



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CHADD Webinar

Redefining Healthy Eating and Our Relationship with Food

Featuring Roberto Olivardia, PhD
Tuesday, June 11, 2019 | 2 PM ET

[Register Now](#)

It can be hard enough for anyone to plan meals, choose healthy foods, and establish consistent routines around food and eating. But when you have ADHD, it becomes even more challenging when symptoms interfere with meal plans.

Join us when Dr. Roberto Olivardia discusses why people with ADHD are prone to unhealthy eating habits and are at higher risk for obesity. He'll offer you some practical and mindful strategies for establishing healthier eating habits. The goal is to help you develop a more positive relationship with food.

Roberto Olivardia, PhD, is a clinical psychologist and lecturer in the department of psychiatry at Harvard Medical School. He maintains a private psychotherapy practice in Lexington, Massachusetts, where he specializes in the treatment of ADHD, executive functioning issues, and issues that face students with learning differences. He currently serves on the professional advisory boards for CHADD, ADDA, and the National Association for Males with Eating Disorders.



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4221 Forbes Blvd, Suite 270
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