

Subscribe

Past Issues

Translate ▼

[View this email in your browser](#)



 Share
  Tweet
  Forward

 in this issue...



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.](#)



[Subscribe](#)[Past Issues](#)[Translate ▼](#)

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.



- Autism, attention deficit result in distinct mental health problems
- ADHD Treatment and Subsequent Substance Abuse
- Why is ADHD missed in Girls
- 5 Ways ADHD Is Different For Women Compared To Men
- How Early Adversity Relates to Brain Activity Years Later
- New Research Finds Evidence That Mindfulness Helps ADHD
- Couple Relationships and Adult ADHD
- What are the best diets for ADHD?
- ADHD may be more common among elite athletes

[Subscribe](#)

[Past Issues](#)

[Translate](#) ▼

Did You Know?

You can participate in an ADHD research study. Interested? [See what studies are available.](#)

[NRC Website](#)

[Facebook](#)

[Twitter](#)

[Youtube](#)

[Instagram](#)

*Copyright © 2019 CHADD, All rights reserved.
4221 Forbes Blvd, Suite 270
Lanham, MD 20706*

Want to change how you receive these emails?
You can subscribe to the newsletter or unsubscribe from this list