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9 Drug-Free Approaches to Managing ADHD

Meditation and 8 other treatment techniques that may ease ADHD symptoms

By Megan Johnson

Meditation. A pilot study that appeared in a 2008 issue of *Current Issues in Education* suggests that Transcendental Meditation may help improve attention and behavior in kids with ADHD. The results can't be generalized to all forms of meditation since each technique works differently, says Sarina Grosswald, a medical education consultant and lead author of the study. TM affects the brain by reducing stress and anxiety, which allows the prefrontal cortex—the part responsible for attention and focus—to function more efficiently, Grosswald says.

<http://health.usnews.com/articles/health/brain-and-behavior/2009/08/12/9-drug-free-approaches-to-managing-adhd.html>

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