

ADD
CRUSHER™



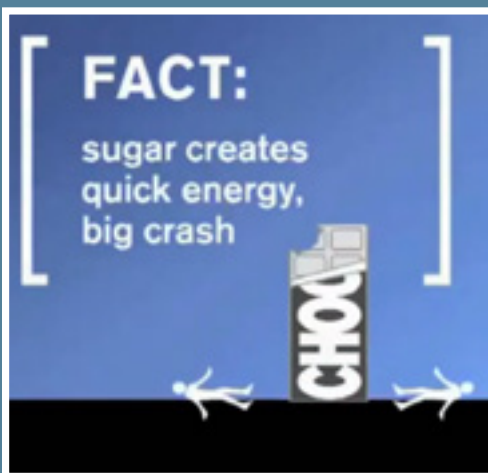
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**THINGS YOU'RE DOING
EVERY DAY THAT MAKE
YOUR ADHD WORSE**

SUGAR

SUGAR SUCKS! It jacks up your blood glucose for a quick spurt of mental energy, but then dissipates just as fast, leaving your brain in the gutter, jonesing for more sugar like a two-bit junkie. So, Twinkies® no more. You CAN'T have your cake and eat it, too.

Even moderate amounts of sugar in your diet are making your ADHD worse. As are a lot of other diet/lifestyle choices you can easily choose to live without. Such as...



- So-called “fitness” drinks like fruity juices and protein/energy drinks – usually loaded with sugar and calories. Um, water instead?
- Simple carbs (a.k.a., “white foods” – white bread, white rice, etc.). Look for “brown” foods – brown rice, whole grains, etc.
- Processed foods with artificial ingredients, dyes, etc. Shop the perimeter!
- Too much TV and not enough cardio (see #5 in this ebook)

Abide by even these four bullets alone and you will see a difference. **NO JOKE!**

Click the link below to read more about how to Feed Your ADHD Brain

[Feed Your Brain](#)

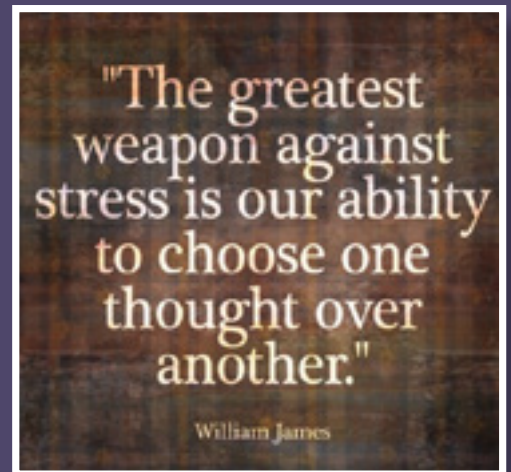
#1

WORRY

Shut-Up-a-You-Mind! As one sage put it, "Worry does not empty tomorrow of its sorrow; it empties today of its strengths." Indeed, mental fatigue is caused less by work than by worry, frustration and resentment.

Moreover, creativity and problem-solving are locked out when the mind spins on negatives. Another sage said, "Worrying is like praying for what you don't want." And what you DON'T want is to make your ADHD worse. What you WANT is the mental clarity that comes with peace of mind. And there are ADD-friendly ways to achieve it, starting with the simplest type of meditation: observing your inner dialogue.

That's right - you can get benefits of meditation by simply listening to the voice in your mind. Identify mental BS - worries about the past...anticipation of the future... petty judgments of this and that - and label them as such. You'll have much more brainpower for more creative/productive use.



Start worrying less: try our acclaimed Videos & Tools at ADDCrusher.com and use Coupon Code **5THINGS20** for **20%** off any purchase for a limited time.

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MULTITASKING

MULTITASKING IS FOR SUCKERS! Research shows even non-ADDers can't perform multiple tasks as well as one alone. Identify the task you're doing now and **DO** it. Failing to stay on it and getting pulled back into multitasking makes your **ADHD** worse. Solution? **LABELING**.

You need three mental labels to stay on task:

**WHAT I'M
DOING NOW**

**BS THAT IS NOT
WHAT I'M DOING
NOW**

**IMPORTANT, BUT
NOT WHAT I'M
DOING NOW**

Mentally stick these on tasks, thoughts and things.
For instance...

- To fully engage in an important task, label it **WHAT I'M DOING NOW**.
- Label trivial interruptions as **BS**.
- If important but non-urgent, make a note to handle later...

...so you can focus on **WHAT YOU'RE DOING NOW!**
And start **CRUSHING YOUR ADHD!**

Here's a worthy task: try our acclaimed Videos & Tools at ADDCrusher.com and use Coupon Code **5THINGS20** for **20%** off any purchase for a limited time

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#3

POOR SLEEP

Poor sleep – not enough, or low quality – is alarmingly common among ADDers, for a variety of reasons. And you don't have to be a clinical researcher to know how much sleep deprivation makes your ADHD worse.

The CDC calls insufficient sleep “a public health epidemic” – for everyone. We ADDers are already operating at a disadvantage in focus and executive function. So good sleep hygiene is critical for helping us live to our potential. Here a few get-to-sleep tips:

- No media at least one hour before bed: TV doesn't relax you – it winds you up
- No sugar or caffeine after 5pm – or earlier
- Unsweetened cherry juice's chemical combination can be a knock-out punch
- Protein snack – e.g. cottage cheese - a couple hours before bed



Get some sleep discipline...and start crushing your ADHD!

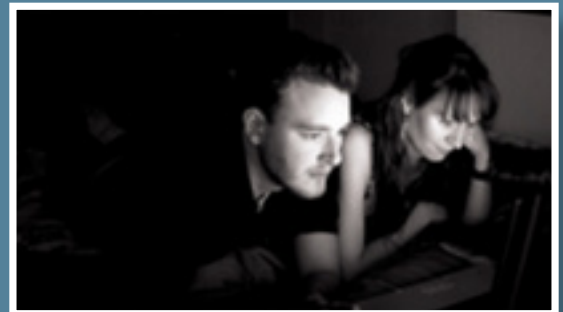
You'll sleep even better when you're crushing your ADHD: try our acclaimed Videos & Tools at ADDCrusher.com and use Coupon Code 5THINGS20 for 20% off any purchase for a limited time

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SCREENSUCKING

SCREENSUCKING was coined by Dr. Ed Hallowell to describe the ridiculous amount of time people spend in front of electronic screens – not just TV screens, but the screens on laptops, video games, tablets. Of course we need these gadgets...

...to work, stay organized, and to have a needed bit of fun. But ADDers' sometimes addictive use of gadgets makes our ADHD worse by stealing precious time, inhibiting healthy sleep and diverting us from doing the stuff we **KNOW** we should be doing! Here are three steps to bucking screensucking:



1. List all media habits in order of time committed (TV, gaming, Facebooking, betc.) to be more aware of media habits.
2. Identify just **ONE** media activity you can do less of – or eliminate completely.
3. Assign yourself a new, more productive or enriching activity to take its place.

Take charge of your media life and you'll start taking charge of your ADHD.

Click here to learn more about

[Deadly Time Wasters & Fixes](#)

Feel like you're always playing catch-up?

A constant feeling of overwhelm?

Stop making your ADHD worse.
Start living to your potential.

GUARANTEED.

"Unique, amazing, innovative. A must-have for anyone with ADHD or who works with people with ADHD."

*-Laurie Dupar
Senior Certified ADD Coach*

"If you can tie your shoe, you can change your life with the Crusher™ approach."

*-Kim Marie Mydosh
Psychiatric APN*

Visit ADDCrusher.com to learn about our acclaimed Videos & Tools to help you start living to your potential. And use Coupon Code 5THINGS20 for 20% off any purchase for a limited time.

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