

Unbeatable Natural Methods Every Parent Must Know to Keep Daily Routines in Check Consistently

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"Create routines with your kid. Don't just say, 'This is what we're doing.' Give them a few options and get them involved. It makes a massive difference."

Free, natural methods to treat ADHD

There are, what I call, free methods. So, there's breathwork, meditation, grounding and connecting to nature. One of my favourite studies was done in Japan with people diagnosed with mild depression, and the doctors prescribed them a dose of nature. After two months, they all came back and didn't need medication because their nervous systems had reset.

While you're in nature, you can do a bit of breathwork and a bit of meditation. For children, I'm not saying meditate for half an hour or an hour; that's not going to happen. Kids' attention spans are shorter, so you've got five to 15 minutes max. Also, exercise is great to get out the built-up stress in the body because the kids can have so much energy.

Nutrition that boosts focus & emotional regulation

ADHD kids need foods that are rich in tyrosine and choline, which is why every child should be eating meat, chicken, salmon, eggs, lentils and chickpeas. I also teach my clients to spice things up for taste and for a health boost.

For example, rosemary is great for brain function and digestion. Thyme is great for digestion and also helps with mood. Turmeric and ginger are great for gut health and anti-inflammation. And all of these things also ensure proper bowel motions that have a massive effect on gut health. And gut health is key to having a more stable, more emotionally regulated mood.

When kids have issues with food textures or tastes, it's not something they're just making up. So, try to stay patient and flexible. If they don't like a certain food, try offering it in a different way—like mashed, roasted, or steamed. Letting them help with meal planning can also make them more open to trying new things.