

The Truth Behind ADHD

Symptom Free Ezine

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A Note From Rory

Dear Reader,

Today's the day! I can finally share with you some great news that has kept me on the edge of my seat - and has me incredibly EXCITED today. I have wanted to drop little hints here and there, but I decided to wait until I could really show you what I have been working on.

Come check out [The ADHD Strategy Series!](#)

Calling all "parents of children with ADHD." You won't believe the line-up of speakers we have prepared for you. You've been asking questions - and we've heard you. You told us what information you were looking for, and we've responded.

This line-up of speakers is not for the faint of heart. We've assembled ~~a team~~ a support network for you that is prepared to make a difference in your life - starting **now**.

Registration starts today - and I want to extend an invitation to you first! We are really going to reach out and touch as many lives as possible, and I just wouldn't feel right without having you hear about it first... I wouldn't feel write without giving you a chance to sign up today!

Rory Stern, PsyD

<http://www.theADHDparentsmovie.com>

Featured Article

Being An Investigative Parent - Just Like Dr. House

By, Dr. Rory Stern

One of the most popular articles I have written on ADHD has been greatly misunderstood. And I really need to set the record straight. I need to let you know what I really intended when I wrote the article - **Jenny**

McCarthy, A Gluten Free Diet, And A Battle Against Autism Just Might Impact ADHD.

What a mouthful right?

The article was inspired by Jenny McCarthy's passionate pursuit to find alternative methods to treat and to be able to better communicate with her son (who had been recently diagnosed with Autism). The point of the article was to illustrate how Jenny McCarthy fought against popular belief and misunderstanding to find hope... She spent countless hours, days, weeks, and likely months searching for different approaches to help her son.. She stood her ground and followed her gut instinct, and truly believed that there was more that she could do to help her son.

Since I have written this article, it has taken on a life of it's own. People contact me all the time to ask if a Gluten-Free diet can "cure" ADHD. It saddens me to tell people that there is no cure for ADHD... It saddens me to let them know that the Gluten-Free diet cannot cure ADHD (if it is really ADHD we are dealing with).

My original message and intent was to inspire others to dig deep - to look farther than you ever imagined possible in order find out what is really going, and what can really make a difference in a child's life.

And to come full circle, I am proud to say that the [ADHD Strategy Series](#) was designed to do just that. Together, we are going to really dig deep to understand what is going on - and how we can treat ADHD. We are going to look at how our children might be struggling, and what we can do together to change it all.

Join us as we explore what is going on, and how we can start implementing strategies immediately.

We are going to look at ADHD, and the impact on the family, just like Dr. Hosue from Fox's television series, "House." We are going to look past the obvious, over-stated information and we are going to look at what is really going on beneath the surface.

We are going to explore strategies and solutions that might not always be talked about or publicized, but that will make a difference today.

News & Events

Announcing the ADHD Strategy Series!

You DON'T want to miss this event. Our speakers are going to get really personal here and give you information and strategies that you can begin using immediately. We are talking **strategies** here... Real strategies from real advocates in the ADHD community that will help you start to experience a difference in your child's life, your life, and in your family's life - starting today!

[Real strategies, real people, real solutions...](#)

PS - You are also the **first to know** - the first to find out - that our [ADHD Support Network](#) on Facebook is going to be an integral part of the ADHD Strategy Series. You are going to be able to interact with other attendees and some of our speakers as well.

About The Truth

[The Truth Behind ADHD](#) is managed by Dr. Rory Stern. Dr. Stern is an advocate, therapist, coach, and speaker on parenting children with ADHD. In managing "The Truth" and this newsletter, he offers a unique style of providing parents of children with ADHD both information and insight into what their child is experiencing. In addition, he connects with parents on a level that allows them to understand their own struggles along with how their children are struggling. His **main goal** is to provide parents with the support, encouragement, and resources to take action now - so they can start to experience change in their child's life, as well as in their own.

[Read more](#) about The Truth...

Disclaimers

1. The material contained within this newsletter and any additional mailings are **only** for educational and informational purposes.
2. The Truth Behind ADHD does not guarantee or provide any warranty for the information presented.
3. You should continue to make **any and all** medical and mental health decisions with your licensed medical professionals.
4. The Truth Behind ADHD cannot make any specific diagnosis or recommended individualized treatment plans in this capacity.

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