



Am I Being Prescribed The Right Medications For ADHD?

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The daily grind of juggling work, life, and everything in between while also dealing with ADHD symptoms can be challenging for individuals with the condition. Whether it's the economy's uncertainty or the constant pressure of employment, it can be difficult to keep motivated and focused.

To top it off, [ADHD](#) can be complex, and many struggle with finding the right medications to help manage their symptoms. It's important to understand not all ADHD meds are not equal, and finding one that works best for you is crucial.

In this blog, we'll guide you through your options for ADHD medications and other treatments to help you understand which one is best for you. Our primary objective is to provide you with the necessary knowledge to manage your ADHD and lead a rewarding and productive life.

What Are the Limiting Factors of Conventional ADHD Treatment?

Knowing what to do about ADHD can be overwhelming. We get it. However, finding the best treatment for ADHD does not have to be complex, and here's why. With so many treatment options for ADHD these

days, patients may struggle to know which options are right without a provider who has their best interest in mind.

Unfortunately, patients often receive incomplete solutions for treating their ADHD from their providers. In general, providers will only prescribe what they are most familiar with or according to the practice's prescribing guidelines. This standard approach to ADHD in psychiatry does not necessarily serve the patient's best interest. Furthermore, even if patients have prescriptions for first-line medications for ADHD, patients may still experience symptoms of ADHD that are not well controlled.

This result is partly due to ADHD symptoms overlapping with other mental health disorders, such as anxiety, depression, and mood disorders, which go unaddressed. When providers inadequately treat ADHD, it often leads to poor outcomes in work, school, and social life. Therefore, adopting a patient-centered approach that considers individual needs and comorbidities is vital for optimal ADHD treatment.

Is There a Better Solution for ADHD Than What Traditional Psychiatry Offers?

Yes! In our practice, [ADHD medication treatment](#) is customized to each patient because we understand that each patient is unique in their mental health needs.

The best solutions for patients often occur through the latest advances in psychiatry. We believe every patient should get the best care possible that is cost-efficient while providing the best quality treatment outcomes. Here are ways how we can optimize your treatment apart from just taking ADHD drugs.

Integrative Approach to ADHD Treatment

Our [approach to ADHD medication treatment is patient-centered and integrative](#). In addition to medication prescriptions, we offer a range of integrative services that provide a holistic approach to your mental health. These services go beyond the standard psychiatry offerings.

During your online psychiatry appointment, you can expect a tailored and comprehensive treatment plan that considers your unique needs. Our clinic prioritizes longer visits. It ensures we have ample time to discuss various concerns and identify the best solutions for you. Together with our patients, we aim to develop a treatment plan that suits their needs.

Cognitive Enhancers May Help Enhance ADHD Prescription

Unfortunately, mainstream psychiatrists often do not present patients with the complete range of medication combinations and cognitive enhancers that could optimize their treatment. It is also no surprise that the pharmaceutical industry funds much of our healthcare system. It can be bad for the patient if their provider over-prescribes what the pharmaceutical industry widely promotes.

While first-line medications and common ADHD medications like Adderall and Ritalin can alleviate symptoms, many providers do not realize that medicines are the only part of the solution.

We have found that when adding certain cognitive enhancers to select ADHD medication types, many patients have tremendous outcomes with ADHD by enhancing the effectiveness of their ADHD pills. Cognitive enhancers are a class of supplements that show promising potential for strengthening cognitive function, and they can be taken without a prescription.

Below, we will discuss some evidence and patient experiences for using the following supplements to maximize treatment outcomes.

- N-acetyl—L-cysteine (NAC)
- Empower Plus
- L-theanine

1. N-acetyl—L-cysteine (NAC)

[N-acetyl—L-cysteine \(NAC\)](#) is a cognitive enhancer with anti-oxidant and neuro-protective benefits, which minimize the effects of harmful free radicals that can damage structures in the brain. NAC is also anti-inflammatory and modulates glutamate (an excitatory neurotransmitter), which has a calming effect on the brain.

When healthcare providers [add NAC to ADHD medication treatment](#) such as Adderall, it can enhance the effects of the drugs and potentially result in the following:

- release of dopamine
- improved mood and memory
- reduced [depression and anxiety](#)
- less hyperactivity
- improved motivation and attention
- overall relaxing effect on the mind

2. Empower Plus

Empower Plus is a broad-spectrum micronutrient formula that helps patients optimize their mental health. This supplement makes the nervous system more efficient at making the right neurotransmitters, such as dopamine and serotonin. Over time, Empower Plus aids in the self-correction of chemical imbalances in essential nutrients, including vitamins, minerals, and amino acids.

Thirty-eight studies demonstrate that regular use of Empower Plus results in positive mental health outcomes in patients within a few weeks. Surprisingly, despite having more evidence of benefits for ADHD than some commonly prescribed medications, Empower Plus is not a well-known treatment approach for ADHD. Imagine being on fewer ADHD medication side effects while having good outcomes.

Patients who took this supplement exhibited noteworthy improvements in ADHD symptoms, including:

- improved attention
- increased motivation, better mood
- enhanced planning and organization

3. L-theanine

Patients can often reduce their stimulant doses and experience greater benefits from their medication when adding a cognitive enhancer. [Recent research](#) indicates that when L-theanine is combined with caffeine, patients with ADHD significantly improve inattention and impulsivity.

Furthermore, [L-theanine also appears to enhance sleep quality](#) in patients with ADHD, which can greatly improve ADHD symptoms. When L-theanine is taken with stimulant medication, patients often experience further improvement in their inattentive symptoms while requiring lower doses of their stimulant ADHD medication.

[Recent research](#)

Experience a Comprehensive Approach to Holistic Mental Health with an Online Psychiatry Appointment

Get the care you deserve! Whether you're looking to learn more about ADHD treatment or simply seeking support as you navigate this journey, we're here. If you are questioning whether you are on the right ADHD medications, then you are not alone. Many patients come to us for our more personalized holistic approach. We also give prescriptions and cognitive-enhancing supplements to get more out of their medication for ADHD.

[Access quality psychiatric care](#) from the comfort of your home. We are pleased to offer online psychiatry services to California, Arizona, and Washington patients and accept various insurance plans.

Schedule an online psychiatry appointment with one of our expert online psychiatry providers today if you want to discuss a more comprehensive treatment plan to address your concerns and symptoms. Call 619-771-0083 or use our [online appointment form](#).

During your appointment, our [ADHD specialist](#) will listen carefully to your concerns. Then, we'll collaboratively develop a treatment plan that moves you from symptom management to mental health wellness.

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