

STARTING WITH ADHD MEDS

DR CHARLES PARKER
<http://www.corepsych.com>

The only source of knowledge is experience.
Albert Einstein

1. **MUST REVIEW: ADHD MEDICATION TUTORIAL ~30MIN:**
<http://www.corepsychblog.com/adhd-medication-tutorial/>
2. **READ *ADHD MED RULES: THE BOOK* —**
MORE THAN 50% DISCOUNT: <http://bit.ly/medrules>
3. **START SLOWLY: 1/2 THE DOSE ON THE INITIAL SCRIPT WITH**
VYVANSE & ADDERALL
4. **TAKE STIMULANT MEDS IN THE AM AFTER PROTEIN**
BREAKFAST! GET ADEQUATE SLEEP AND NUTRITION.
5. **USE COREPSYCH BLOG “SEARCH” TO ANSWER**
QUESTIONS ABOUT ANY ADHD MEDS
6. **DON'T TELL YOUR FRIENDS ABOUT YOUR DIAGNOSIS OR**
PROGRESS, OR MEDS: THE **STIGMA** REMAINS PROFOUND.
7. **DON'T DRINK ON THESE MEDS. YOU CAN DRINK NO MORE**
THAN TWO - ADD OTHER LIQUID REFRESHMENTS IN THERE.
8. **MARIJUANA INTERFERES WITH THE EFFECT OF THE MEDS.**
9. **TAKE THE MEDS EVERYDAY — STUDIES AND OFFICE**
EXPERIENCE SHOW MORE MIXED OUTCOMES WITH CASUAL
DOSAGE.
10. **STAY AHEAD ON REFILLS RATHER THAN FALLING**
BEHIND. WE SEE YOU A MIN OF QUARTERLY [EVERY 3 MO], SO
PLAN AHEAD.