Why breathing exercises could be the answer to controlling ADHD symptoms, say experts

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When a doctor gave Steve Whiteley stimulant drugs, after he'd struggled for years with undiagnosed **ADHD**, he thought he had finally found the answer to his problems.

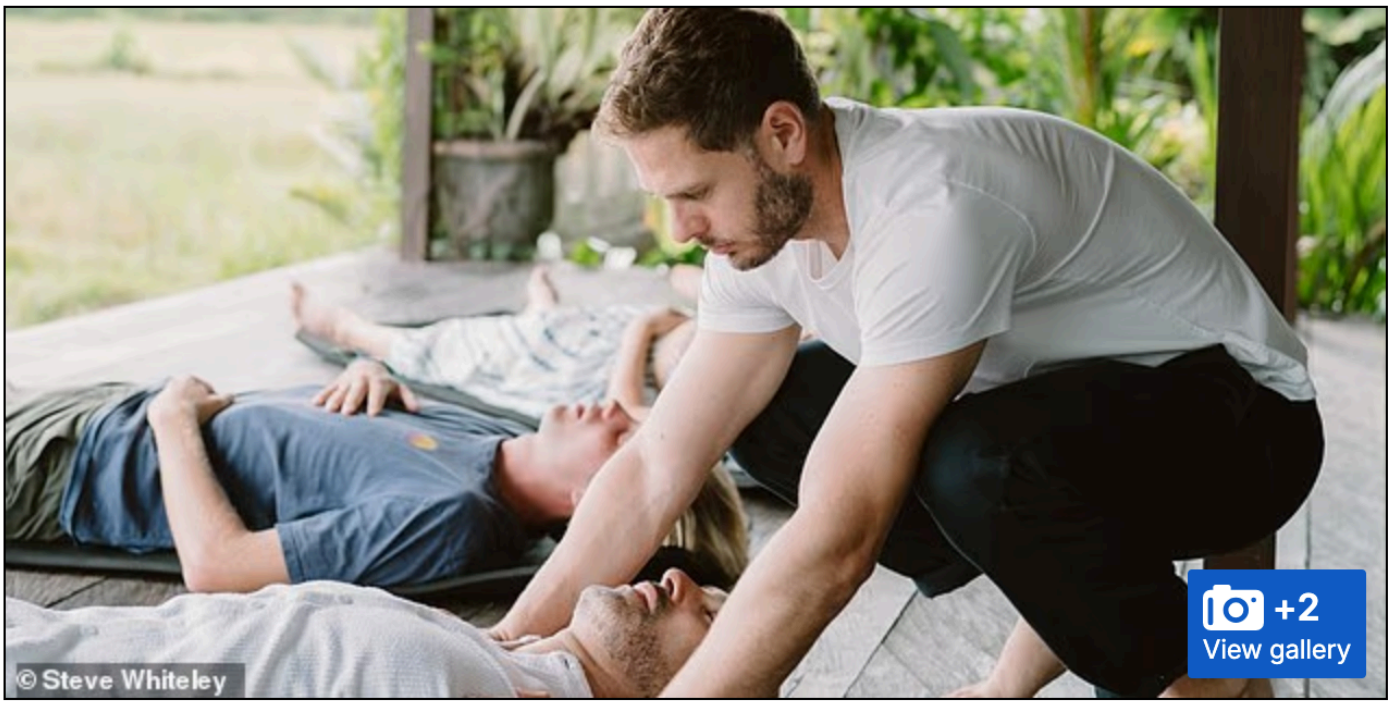
Steve, from **London**, had hoped the medication, dextroamphetamine, used to treat attention deficit hyperactivity disorder, would end years of what he called 'chaos', in which he switched jobs repeatedly and lost multiple long-term relationships.

And while they helped improve his concentration, the 44-year-old also experienced the side effects which are common symptoms of ADHD drugs taken by nearly a quarter of a million Britons, including poor sleep, a loss of appetite and increased anxiety.

He said: 'There was no doubt the drugs helped to manage my symptoms, but with the side effects I knew I could not stay on them.

'The worst part was that they made me a lot more introverted. I couldn't articulate myself, and that would make me more anxious.'

Initially he turned to meditation, and enrolled in a Buddhist-led training course, but he said the real change in his symptoms came when a friend introduced him to so-called 'breath-work'.



Steve now runs a clinic where he teaches people his methods