

**Outside the Box: Non-Traditional Approaches to Treating ADHD**  
**Board Certified in both general Pediatrics and Developmental/Behavioral Pediatrics,**  
**Dr. Diane Danis**

**Abstract:**

A discussion of non-medication interventions for people with ADHD, with a review of the scientific literature that supports brain training programs, diet, exercise, nutritional supplements, mindfulness practices, sensory integration strategies and herbal treatments in their care.

**Bio:**

**Dr. Danis** is Board Certified in both general Pediatrics and Developmental/Behavioral Pediatrics. A graduate of the University of Southern California (USC) Keck School of Medicine, Dr. Danis completed her Fellowship training in Developmental and Behavioral Pediatrics at the University of California, Los Angeles. Additionally, Dr. Danis earned a Master's degree in Public Health from UCLA, with a specialization in Behavioral Sciences and Health Education.