

RESOURCES

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SCHOLARLY ARTICLES

What I Need to Know || NIH

Why is ADHD Often Missed in Girls ||
Simply Pysch

Miss. Diagnosis: A Systematic Review of ADHD
in Adult Women || NBCI

ADHD & Sexuality || Medical News Today

Cortisol and inflammatory biomarker levels ||
Nature.com

ADHD & Stress || Science Direct

Stanford Medicine-led study shows why women
are at greater risk of autoimmune disease

MULTIMEDIA DEEP DIVES

Virtually body double & find community

USA based telehealth ADHD support

UK based, access to work scheme

Book || Dirty Laundry

Video || Dr Barkely Lecture on Treating ADHD

Book || Women with ADD

Podcast || Struggle Care

Podcast || Hacking Your ADHD

Book || Your Brain's Not Broken

Book || Scattered Minds

Non Profit || Understood.org

Video || Drs. C. & C. Means on Rogan

Podcast on Metabolic Health

Video || Adult Diagnosis Woes on News

Podcast || The Power of Progesterone