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**January 24th 2017: Staying Focused in a Hyper World**

Staying Focused in a Hyper World How do you stay focused in world which bombards us with different types of stimulation and toxicity like common over-the-counter drugs, nutritional deficiency and food allergies. In this episode Leaha and Howard discuss the Focus Crisis with Dr John Gray and the ideas expressed in his book Staying Focused in a Hyper World: Natural Solutions for ADHD, Memory and Brain performance. Dr. Gray believes that overstimulation and toxicity leads to oxidative stress in the brain, which can causes many of brain and cognitive problems like ADHD, dementia and Alzheimer's

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#### Featured Guest



#### JOHN GRAY, PH.D

Dr. John Gray is the author of Men Are From Mars, Women Are From Venus, John Gray is arguably the Best-selling and most influential relationship author in the world.

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