

BEN F. FEINGOLD, M.D.

Why Your Child

An eminent allergist and pediatrician
describes the behavior disturbances
and learning disabilities caused by
artificial food flavors and colors

Is Hyper- active

Ben F. Feingold MD

Why Your Child Is Hyperactive



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Contains detailed info by the doctor who initial reported that hyperactivity in kids is often caused by artificial meals coloring and meals flavoring. Includes the Feingold diet plan and how it must be applied.



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You Can Change YOUR SON OR DAUGHTER'S Future, One Meal At the same time I've bought a number of copies of the book as gifts. This does indeed help in the event that you follow the directions. I would have no reason to purchase it and have no interest in this book. I would not consider drugs, was already into healthy feeding on and was blessed with a kid who was not picky in what he ate. Yes, it took a fair amount of effort in the beginning, but much like any diet, once you know what to look for, it's easy. I could concentrate long-term. He's a different kid, no problems with focus, and simply delightful in course. Expect a withdrawal amount of three to four 4 days, then sweet calm for provided that the diet is kept. I've seen kids and grandkids of close friends give this a go and see dramatic outcomes. The next essential oils, when used properly, should help too: Vetiver (the most helpful) Lavender Cedarwood Marjoram Roman Chamomile Clary Sage I strongly recommend this book I read this book as one of my children was identified as having ADHD. I'm hearing of results at this time with the friend for whom I bought this latest publication. Her grandson isn't hyperactive in the classic sense with regards to over activity, but provides some dyslexia. BIG modification and he is so happy. It made it possible for her to accomplish well in school. If your child has been identified as having ADD or ADHD, READ THIS BOOK. And if you look at his list of symptoms on pp. It really is an even more important book today because there are much more additives, preservatives, coloring's in food today than there have been back then. something is really wrong. PLUS all of his grades proceeded to go UP!! The philosophy explained in this reserve is a lot more helpful today because there are exponentially more additives, preservatives, coloring in the food today, thus causing a spike in the number of children diagnosed with ADD & To have close friends and a standard life.!!! IF you follow this protocol EXACTLY it will allow you to, in time, stop the drugs needed to control Insert & The publication is eye opening: specifically the description of the study on the effect of colorants on flies. These are children who come home crying from college because they're trying therefore hard but still struggling. ADHD and have your calmer and more attentive child again. The author is quite right down to Earth, he supports very well most of his assertions, and it really shows where in fact the evil is. Considering that colorants and meals are not necessarily the reason for all "mental disabilities", Dr.) but I am a much happier and healthier person. And if she actually is on medication for either condition, I desire you to discover a competent physician (i.e. I'm a former instructor and We hate to see kids drugged unnecessarily. the outcomes for the child is more than extremely rewarding. It will be helps getting kids from the hole. I have a child who's ADD. This publication .. In this book he clarifies how he discovered that food additives and the natural element salicylate could cause lifestyle changing reactions in a few people. I have a child who's ADD. Took almost per month to get to us but we . This is no get rid of all for all kids, but PLEASE try it. ADHD and most severe of all placed on toxic pharmaceutical drugs! The drug free, organic alternative for many nerve related problems... Interest Deficit Disorder is commonly traced to these factors, along with other personality disorders. Great read." After that, my mom discovered this on the shelf at a thrift shop." I have become a convert! Would suggest scanning this for all parents I used this book MANY years ago for one of my kids, and HIGHLY recommend to anyone wanting to avoid medications for your son or daughter. Mine was in a personal contained unique ed classroom with 15 other children..! all on medicine, and ONLY mine could mainstream into regular classes.. Feingold was a compassionate and devoted researcher who proved decisively that ADHD is caused by a detrimental reaction in the brain to chemical additives. I first read this book back in the 80's. 49-50, you'll find that many of them are now labeled autistic. So if your child has been identified as having ADHD or autism, I urge you to clean up his diet. I strongly suggest this book. Practically all ADHD medications are form of speed, which is definitely addictive, so it will take at least 4 weeks for your child's body to safely withdraw., one who didn't prescribe the drug) and get her from it.e. For a practical solution: I really believe the parent should adapt Dr.. 30 years ago, one of my son's teachers recommended I consider this diet. My life is completely different. This book will give you the ammunition you should get your child the care he demands. Yes, I have to avoid foods I would love to consume (curse

you, person who keeps getting doughnuts to work! This does indeed help in the event that you follow the directions. . Feinglod message to the personal reality of its family members. I could make great decisions. Feingod's groundbreaking work on page 218 you need to include "Why Your Child can be Hyperactive" in the suggested reading section of Chapter 12: The Male Energetic system in my book, . I spent the first nineteen years of my life a confused, hyperactive, and dignosably (fortunately, not really actuly diagnosed) autisistic MESS. I could laser-focus on points, but it was virtually inposible to focus long-term, and my judgement was finest referred to as "suspect. The book lists foods which contain salicylates and provides recipes and menu ideas to make it easy to transition to a genuine foods, salicylate free diet. It took me some time to understand it (at first, I thought it was just Mom going on another homeopathic kick) but then, one day, I realised- my mind was quiet. SEVEN DAYS later, his teacher phoned me and said, "What has occurred to Travis? It truly helps them. I finished university (Bachleor's level in physics!), got a job and a driver's license. .. Feingold will be able to point out how diet can really affect one individual future. I would recommend this publication to any parent who's child is tough, and certainly whoever has a child diagnosed as ADHD/Autism spectrum. Just to be clear- this allergy isn't the reason for ADHD or autism (as Fengold makes apparent in the publication). This book changed our lives.. This book changed my entire life.. In his book, "Why Your Child is Hyperactive, . Feingold jumped the fence of scientific journals, which just a select few read, and shared his wonderful discovery with ordinary people. The Truth About ADHD and Autism Dr. In his book, "Why YOUR SON OR DAUGHTER is Hyperactive," Dr. Feingold explores many different facets that trigger hyperactivity in children. Dr. Feingold files how food plays an intrinsic role in children's behavior and offers readers nutritional tips to help reduce hyperactivity. I discuss Dr. I have adopted this for myself sometimes also. I was charged for this item, We never purchased .. Took almost a month to access us but we hope the info is what we need to help our granddaughter. I was charged because of this item, I never purchased it nor did I actually receive it in 2009 2009 or any other time. My son did well in school, but often spoke out of switch, had trouble focusing, and was easily distracted. We put in practice the suggestions in this book, and within a month his teachers asked what we did because he was attentive in class no longer disruptive. However when the whole family uses the diet it isn't uncommon to find that it benefits even those who don't have the most serious reaction to these elements. Must read for each and every parent who thinks the youngster may have learning complications or be hyperactive. Food allergies may be the problem.



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