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Why Your
Child Is
Hyperactive

THE BESTSELLING BOOK ON HOW
ATTENTION DEFICIT HYPERACTIVITY DISORDER
(ADHD)

IS CAUSED BY
ARTIFICIAL FOOD
FLAVORS AND COLORS

M.D. Ben F. Feingold

Why Your Child Is Hyperactive: The bestselling book on how ADHD is caused by artificial food flavors and colors



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Contains detailed details by the physician who initial reported that hyperactivity in kids is often due to artificial meals coloring and food flavoring. Includes the Feingold diet plan and how it must be applied.



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You Can Change Your Child's Future, One Meal At a Time I've bought several copies of this book as gifts. 30 years back, one of my son's teachers suggested I look into this diet. My boy did well in school, but often spoke out of change, had problems focusing, and was quickly distracted. I would not consider drugs, had been into healthy feeding on and was blessed with a kid who was simply not picky in what he ate. Yes, it took a fair amount of effort initially, but much like any diet, knowing what to look for, it's easy. ADHD and have your calmer and more attentive child again. He's a different kid, no problems with focus, and simply delightful in class." I've become a convert! I discuss Dr. They are children who get back crying from school because they are trying so hard but nonetheless struggling. In his book, "Why YOUR SON OR DAUGHTER is Hyperactive, . Her grandson isn't hyperactive in the traditional sense in terms of over activity, but provides some dyslexia. BIG switch and he's so happy. The reserve is eye opening: specifically the explanation of the study on the effect of colorants on flies. If your chid has been diagnosed with ADD or ADHD, READ THIS BOOK. I first read this book back in the 80's.. Attention Deficit Disorder is often traced to these elements, along with other personality disorders.. The writer is very down to Earth, he supports perfectly the majority of his assertions, and it really shows where the evil is.!The philosophy explained in this book is a lot more helpful today because there are exponentially more additives, preservatives, coloring in the meals today, thus causing a spike in the number of children identified as having ADD & I'd have no cause to purchase it and have no interest in this publication. Yes, I must avoid foods I would love to eat (curse you, person who keeps getting doughnuts to work!the outcomes for the child is more than extremely rewarding.!In the event that you follow this process EXACTLY it will allow you to, in time, stop the medications needed to control Insert & SEVEN DAYS later, his teacher phoned me and said, "What has occurred to Travis?The following essential oils, when used properly, should help too:Vetiver (the most helpful)LavenderCedarwoodMarjoramRoman ChamomileClary Sage I strongly recommend this book I read this book as you of my children was identified as having ADHD. That is no treat all for all kids, but PLEASE try it.!So if your child has been identified as having ADHD or autism, I urge you to clean up his diet plan. Feingold will be able to explain how diet can really affect one person future. I strongly suggest this book. I actually spent the first nineteen years of my entire life a confused, hyperactive, and dignosably (fortunately, not really actuly diagnosed) autisistic MESS. I have a child who's Insert..I'm a former teacher and We hate to see children drugged unnecessarily. This publication . It is a far more important book today because there are much more additives, preservatives, coloring's in meals today than there have been back then.. Feinglod message to the non-public reality of its family. And if you look at his list of symptoms on pp.e. The Truth About ADHD and Autism Dr.. It required me a while to understand it (initially, I thought it had been just Mom going on another homeopathic kick) but, 1 day, I realised- my mind was tranquil. In this publication he clarifies how he found that meals additives and the organic element salicylate can cause lifestyle changing reactions in some people.We put in practice the recommendations in this book, and within per month his teachers asked what we did because he was attentive in course no longer disruptive. But when the whole family uses the diet it isn't unusual to discover that it benefits actually those who do not have the most serious reaction to these elements. And if she actually is on medication for either condition, I desire you to find a competent doctor (i. 49-50, viewers many of them are actually labeled autistic. Would suggest reading this for all parents I used this book MANY years ago for just one of my children, and Recommend to anyone attempting to avoid medications for your son or daughter. something is actually wrong.), got a job and a driver's license.. all on medicine, and ONLY mine was able to mainstream into regular classes. To have close friends and a

standard life. Must read for each and every parent who thinks their child may have learning problems or end up being hyperactive. This book transformed our lives. Expect a withdrawal amount of 3 to 4 4 days, then nice calm for provided that the diet is kept. Given that colorants and food are not necessarily the cause of all "mental disabilities", Dr. The reserve lists foods that contain salicylates and provides recipes and menu ideas to make it easy to transition to a pure foods, salicylate free diet. It made it possible for her to do well in school., one who did not prescribe the medication) and get her off of it. Practically all ADHD medications are form of acceleration, which is certainly addictive, so it will take at least four weeks for your child's body to properly withdraw. I have a child who is ADD. This book will provide you with the ammunition you have to get your child the care he needs. This really does help in the event that you follow the directions. .. I possibly could focus long-term. This does indeed help in the event that you follow the directions. .! It truly helps them. I have followed this for myself sometimes also. This book changed my life. For a practical option: I believe the mother or father should adapt Dr. I could laser-focus on things, nonetheless it was virtually imposible to target long-term, and my judgement was best referred to as "suspect." Then, my mom discovered this on the shelf at a thrift shop. Feingold jumped the fence of scientific journals, which just a select few browse, and shared his wonderful discovery with ordinary people.. I possibly could make good decisions... In his book, "Why YOUR SON OR DAUGHTER is Hyperactive," Dr.!) but I am a notably happier and healthier person. I would suggest this book to any mother or father who's child is challenging, and certainly anyone who has a child diagnosed as ADHD/Autism spectrum. Merely to be clear- this allergy isn't the cause of ADHD or autism (as Fengold makes clear in the book). Took almost per month to get to us but we . It will be helps getting children out from the hole. I finished college (Bachleor's degree in physics! Took almost per month to get to us but we hope the info is what we need to help our granddaughter. I'm hearing of outcomes right now with the friend for whom I purchased this latest book.. As well as all of his grades went UP! My life is completely different. Feingold explores many different facets that trigger hyperactivity in kids. Dr. Feingold documents how food has an integral role in children's behavior and will be offering readers nutritional suggestions to help reduce hyperactivity. I've seen kids and grandkids of friends give this a go and see dramatic results. Feingod's groundbreaking focus on page 218 and include "Why Your Child is normally Hyperactive" in the recommended reading section of Chapter 12: The Male Energetic system in my book, I was charged for this item, I never purchased . The drug free, natural alternative for most nerve related problems.. I was charged for this item, We never purchased it nor did We receive it in '09 2009 or any other time. ADHD and most severe of all placed on toxic pharmaceutical medications! Mine was in a personal contained special ed classroom with 15 other kids. Great go through. Feingold was a compassionate and dedicated researcher who proved decisively that ADHD is normally caused by an adverse reaction in the brain to chemical additives. Food allergies may be the problem.



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