

THE FEINGOLD COOKBOOK FOR HYPERACTIVE CHILDREN

and others with problems
associated with food additives
and salicylates

Ben F. Feingold, M.D., and Helene S. Feingold

Ben Feingold

The Feingold Cookbook for Hyperactive Children



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Explains the problems of dietary administration, brings the scientific proof up-to-date and provides a listing of forbidden foods. Contains recipes and menus for additive and salicylate-free foods for the entire family.



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Outdated and bad information. A must for anybody who has hyperactive children with ADD . Nearly all these recipes contain foods very high in salicylates. it had been pretty out I should have paid attention to the evaluations. I had provided my reserve away many a long time ago. Feingold Cookbook for Hyperactive Children I have the reserve to my granddaughter, she is pleased. The theory is that artificial shades and tastes cause an allergic reaction resulting in behaviour such as insufficient sustained attention/coffee nerves/easily distracted but a diet of natural ingredients allows your body to function evenly. Very helpful. I ordered this copy for a friend. It helped a whole lot with figuring out what things to eat and what things to eliminate. And yes it gave recipes. I am aware this book 's almost 40 years old, but also for the definitive expert on salicylates it's completely inaccurate. About 30 years ago I put my son upon this diet.. A must for anybody who has hyperactive kids with ADD or Insert. Within a week I had people requesting what I had carried out because he was just like a different child. I was in theFEINGOLD System and this really makes a difference in child behavior This works!.. I suggest the book known as WHY CAN'T MY CHILD BEHAVE also. Eating most of these recipes can make you sick. Natural ways This is an excellent book. Helpful Good book Better than nothing It's great to possess Feingold friendly recipes but unfortunately the reserve is old and for that reason has unacceptable substances in some of them--such while Crisco. Feingold Diet Cookbook This book is out of print, however when you have a child who is hyper or you have an ADD problem, you should think about The Feingold Diet/Cookbook. Great read. No meds! Try it. good book, love this program good book, love the program, just not the type of foods we cook as very much, but we are unique in what we eat. Be warned if you have allergy like I really do..!it was pretty out dated Three Stars This book is ok. Just a little outdated. Very helpful Very informative



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