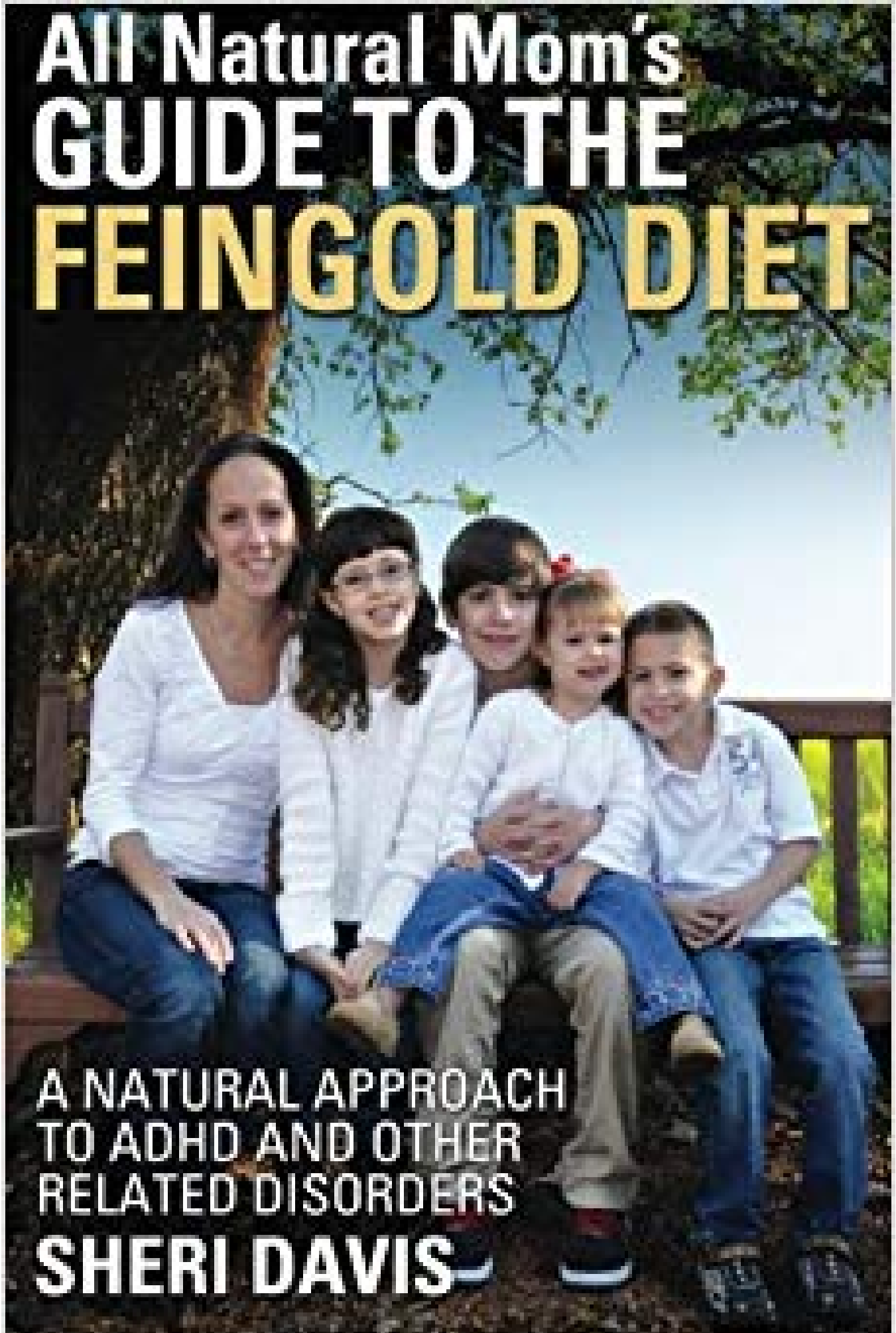


All Natural Mom's GUIDE TO THE FEINGOLD DIET



A NATURAL APPROACH
TO ADHD AND OTHER
RELATED DISORDERS
SHERI DAVIS

Sheri Davis and

All Natural Mom's Guide to the Feingold Diet: A Natural Approach to ADHD and Other Related Disorders



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Do you have a child with ADHD or other related problems? She teaches you how to avoid the most detrimental chemicals in meals. She shares the specific ingredients to avoid, how to locate these foods, and provides recipes to help you get started. She describes some of the abuse going on in food production and describes the many labeling loopholes. Or perform you just want to find out more about how dyes, artificial flavors, certain preservatives, and actually some natural foods like fruit can possess a profound and harmful impact on your child's behavior, learning, and general health? Sheri Davis offers you an insider, behind the scenes look at what the Feingold Diet entails and how to begin. She does all this in an easy to read writing style, sharing stories from her own family members's encounters with the diet. She also describes the difference between stage one and stage two of the Feingold Diet, what salicylates are and how they are able to affect your son or daughter. Sheri Davis understands firsthand the struggles of having a child with symptoms of ADHD or various other learning disabilities. She offers hope and encouragement to those who find themselves overwhelmed or searching for alternatives to medication. The Feingold Diet was an answer to prayer for Sheri's family members, and she hopes it will be for yours aswell.



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Very helpful for those who wanted to know more about this diet! 5 days after starting the dietary plan we could actually jam out to some of well known songs the whole ride home. I actually bought this publication first and then based on what I examine decided to choose the Feingold membership as well. He was mean, hyper and never slept! I was presented to the diet by someone off a Biomed group on facebook. I literally had tried everything else and being truly a single, working mother of 3, I simply could not handle going right through the battles everyday! THEREFORE I decided to give it a try! I downloaded this book, got quality recipes off pinterest and my friend became a feingold member and offered me the stuff I had a need to start! Up to now its simply my youngest on the dietary plan, but with so very much improvements from him, (plus it can make it easier) we are all going to switch to this diet! So grateful because of this book! I would suggest it for anyone who has a child with ADHD, Autism, Behavioral or even problems in college! It wasn't easy, but man was it worthwhile! This book is indeed informative. I now know my boy is happy, and we all have our life back again! We are beginning the Feingold diet this weekend and I've high hopes it is what we have been looking for to greatly help my son flourish in school and socialize.. Although I had been keeping food dyes and some preservatives out of my daughters diet, this publication opened my eyes to other things that can result in behavioral problems. My girl does so much better and is therefore much more enjoyable to end up being around when I'm watching her diet and keeping it as close to natural as feasible. When she has food dyes and preservatives she whines, throws temper tantrums, is normally hard to ration with, wakes up multiple instances every night and has night terrors. When she eats healthful, natural foods, the majority of those issues disappear. She just whines a little when she actually is tired, but she is 4 and that's completely normal. My sister in law's child has ADHD and behavioral issues very similar to my daughters, but he has been put on medication after medication. First to cope with the ADHD, then to cope with the many side effects that the ADHD medicine caused. It's like a terrible ripple effect and however he still offers behavioral problems along with a great many other issues now. My sister in regulation took away the dyes for a week and said she was noticing a notable difference but then went back to providing him any and everything. I love the honesty of Sheri in her book. This book is full of great wisdom, suggestions, and encouragement to get me started successfully! I understand how hard it really is to have people look at you like your crazy for checking every ingredient on grocery products, for not letting your child have a bit of the birthday cake with the shiny blue icing at a friends party, for having to bring your very own all natural sprinkles and icing for cookie designing day at school. Thank you ! Cure the primary cause of ADD with great nutrition. Seriously, this publication helped me when I was skeptical! Thank you! I highly recommend this book because I have already seen excellent results in my son's conduct from eliminating a number of these foods 3 weeks hence when I began a vegan diet, so I realize that there is a immediate correlation between what he ate and his behavior. Her testimonials had been encouraging and gave me a ray of hope for my son because he hates taking his Ritalin because of all the unwanted effects, and now I could provide him foods that can eliminate the ADD symptoms. Also if he must continue the Ritalin, this way of consuming can only make the meds function more effectively. I hope that I can eventually take him off the Ritalin though, since it stunts his development, gives him a tummy and headache, and takes away his appetite all day long so that he can't actually eat breakfast or lunch. I didn't even understand what salicylates had been, or that that they had the same negative effect as dyes, which are derived from them. I've observed that because proper nutrition doesn't just put a band help on the symptoms like meds perform, it cures the primary cause. excellent resource in our Feingold journey This book has been a

tremendous resource inside our goal to be a Feingold family. But now, due to the negative unwanted effects, I am ready to give Feingold a go, and this reserve is helping me perform that, in an easy to check out format. I got heard of the Feingold diet previous but dismissed it and got the easy way out with Ritalin. That's what led me on a search for natural cures for Put and I ran into this publication! My toddler was completely out of control! I anticipate referencing Sheri's book frequently and her recipes and also her blog has A great deal of information. My son has sensory processing issues. He'd become overwhelmed if also the air was on low while riding in the car.! Sheri has lived this diet for years and she's so much encounter . But it's all worthwhile when at the end of the time I understand that those people don't know the struggle that people have had, and that due to those diet changes my house is now a practically stress-free area and the times of frustration and limitless worry of my daughters future are behind me. Highly Recommend I actually was unsure of whether to invest in the Feingold Diet. I didnt desire to put my kid on meds, and was convinced the behavior was my fault. Reading this book assured me that Im not really the only person who felt in this manner and my child is not the only one who struggles with these problems. Most importantly, I understood that I am not really a bad mother and I dont have a bad kid. I decided to give Feingold a go. And that has completely transformed our lives for the better. I wish she'd have put in more commitment to really give it a possibility. She gives a completely realistic view of existence on Feingold. There are tips to get through the hard stuff with reassurance that it is worth it to access the good stuff. I recommend this publication to anyone coping with behavior complications and considering diet changes to greatly help remedy them. Thank you, Sheri!! Where to begin It was a good book. Great place to start for the diet Food is the cure or the cause of all our ailments! I'm raising my 7 12 months niece who has ADHD.! I'm almost 1/2 through this reserve and cannot wait to start out my niece on the Feingold and GFCF diet to eliminate all of those other bad stuff! I actually was in tears after scanning this reserve.! I've experienced first hands how shop bought chocolate, cereal, beverages, etc affect her interest and activity level. Thank you soooooo much! Must buy for Feingold lifestyle Fantastic cookbook, got all of us all the way through so many meals to get out guy eating well and on the diet. This publication helped me so much at the beginning of our journey!! All Natural Mother . He still provides his occasions, but within 2 times, we all saw a significant change in him! This book is a game changer! Can't wait to get started. extremely helpful I actually was definitely overwhelmed with feingold. There are so many parallels between your author's knowledge with her son and my own. Essential read if your child has behavior problems Great book for those considering organic alternatives to greatly help their kids with behavior complications. this publication was such a blessing. I have already been struggling with my child's autism/adhd and you explained a non medication option so very clearly. I had no proven fact that dyes, additives and preservatives were carcinogenic and triggered some ADD symptoms.! Great Feingold source for newbies As a foster mama I am looking forward to implementing the Feingold diet plan with my kiddos.I know how hard it really is maintaining your child on a natural diet plan in America with all the current popular children items being loaded with unnatural ingredients.! Add on gluten free and dairy free and I believed my mind might explode. This reserve gave me reassurance and Personally i think more prepared and self-confident to do this for my family, specifically my 6yo ADHD son. so helpful the author makes it easy to get started with Feingold diet. thankyou



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