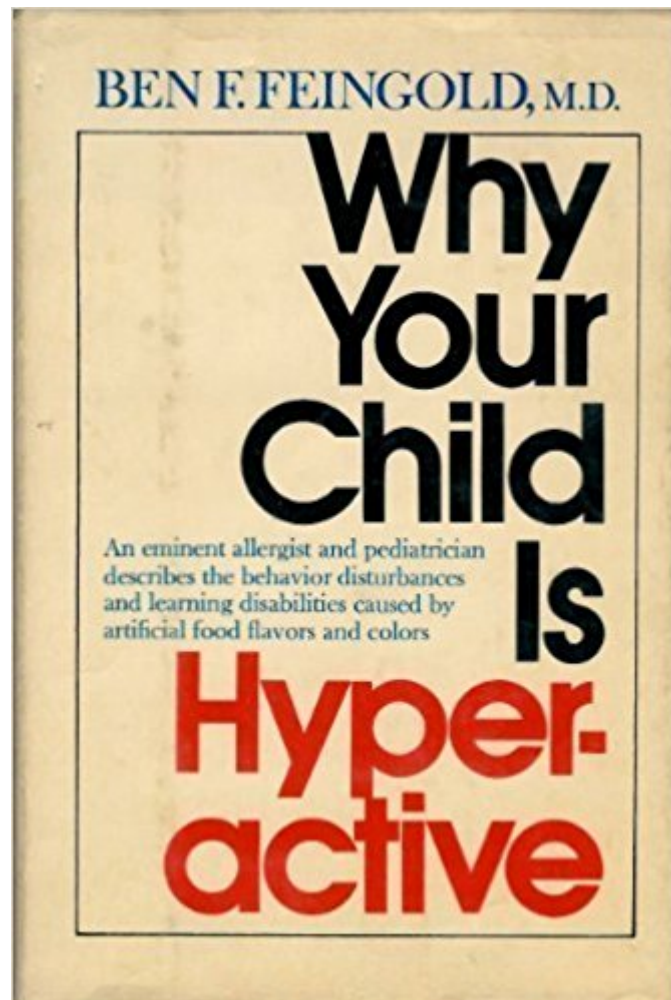




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Why Your Child Is Hyperactive



Synopsis

Contains detailed information by the doctor who first reported that hyperactivity in children is often caused by artificial food coloring and food flavoring. Includes the Feingold diet and how it should be applied. --This text refers to the Paperback edition.

Book Information

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Customer Reviews

Contains detailed information by the doctor who first reported that hyperactivity in children is often caused by artificial food coloring and food flavoring. Includes the Feingold diet and how it should be applied. --This text refers to the Paperback edition.

Dr. Ben F. Feingold taught pediatrics at Northwestern University Medical School in Chicago and later moved to Los Angeles, where for twenty-two years he was a practicing pediatrician and allergist. He was chief of pediatrics at the Cedars of Lebanon Hospital, associate in allergy at the Los Angeles Children's Hospital, and attending pediatrician at the Los Angeles County Hospital. In 1951 Dr. Feingold joined the Kaiser-Permanente Medical Care Program in Northern California as chief of the Department of Allergy. He was the founder and director of the Laboratory of Medical Entomology of the Kaiser Foundation Research Institute and for twenty years was chairman of Clinical Research for the Northern California Area of the Kaiser-Permanente Medical Care Program. He was the author of numerous scientific publications and lectured extensively, to scientific as well as lay groups. In 1979, with Helene S. Feingold, his wife, he wrote The Feingold Cookbook for Hyperactive Children. His studies in the behavior of children served as a

basis for inquiries by committees of both the U.S. Senate and the State of California, and his work had a lot to do with the removal of certain harmful substances from our food supply, as well as with the heightened interest in safer food products throughout the world. Ben Feingold died in 1982.

--This text refers to the Paperback edition.

I read this book as one of my kids was diagnosed with ADHD. The book is eye opening: especially the description of the study on the effect of colorants on flies. The author is very down to Earth, he supports very well most of his assertions, and it really shows where the evil is. Given that colorants and food are not necessarily the cause of all "mental disabilities", Dr. Feingold is able to point out how diet can really affect one person future. I strongly recommend this book. As for a practical solution: I believe the parent should adapt Dr. Feingold message to the personal reality of its family. It definitely helps getting kids out of the hole.

I did not read this book, but I am a firm believer that there are many environmental factors which contribute to ADHD/ADD diagnosis. I believe these factors, including diet, need to be the first actions taken. I did have another book by Dr. Feingold, which was incredibly helpful and a true lifesaver when my son was young.

It may have been written 25 years ago but my son was a totally different child within a week of following the Feingold Diet! It's been weeks now and even he is willing to follow the diet because he says he likes the way he feels. I am so glad I will not have to put my 5 year old child on drugs that will alter his personality. This is a must read for anyone looking for a way to fix the problem and the long term affects of hyperactivity. Doping your child may be the easy way out but doesn't address the cause. This may not help all cases but it's worth a try.

I'm amazed with the statistics showing the number of people/children with ADHD these days. 30 years ago, I bought this book for my daughter who had been diagnosed Hyperactive. Dr. Feingold was way ahead of his time with his theory. After reading this book, I was able to take my daughter off Ritalin and had major success with his diet. What a shame that so many in the medical community are still claiming his theory "unfounded". I would strongly recommend any parent, at least give this a try first before going the medication route. This is the third one of these books I've purchased over the years. Each of the others I've given to friends, and this one is loaned to another friend. Lorna Lyerly

my sons doctor recommended this book since he follows the same line of no medicine. i feel well instructed in the changes we have to do as a family to make it work. i really recommend it.

This book changed my child's life!

I was skeptical at first, but after implementing this book my 5 year old has shown dramatic improvement!!! Everyone, including his teacher has noticed a difference. It's a difficult transition, but well worth the sacrifice.

Not a nice copy but the content is just great and has helped my son a lot. It has a lot of truth and if you get to practice the diet the difference in your child behavior or you own will be amazing...

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