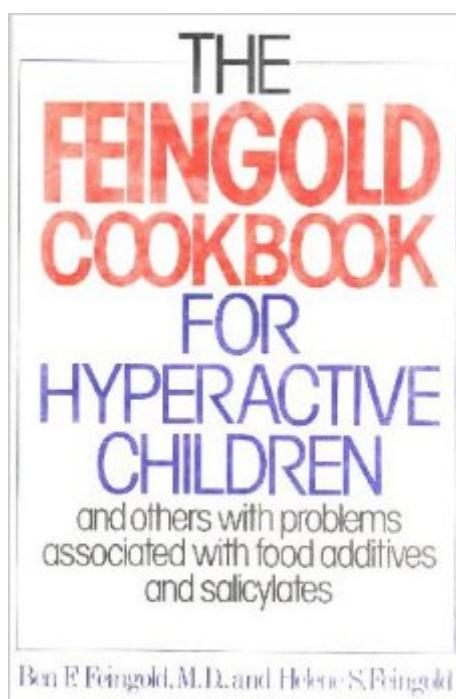


The book was found

The Feingold Cookbook For Hyperactive Children, And Others With Problems Associated With Food Additives And Salicylates



Synopsis

Explains the problems of dietary management, brings the scientific evidence up-to-date and provides a list of forbidden foods. Includes recipes and menus for additive and salicylate-free meals for the entire family. --This text refers to the Paperback edition.

Book Information

Hardcover: 327 pages

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Product Dimensions: 8.2 x 5.4 x 1 inches

Shipping Weight: 13.6 ounces

Average Customer Review: 4.7 out of 5 starsÂ [See all reviewsÂ \(6 customer reviews\)](#)

Best Sellers Rank: #454,784 in Books (See Top 100 in Books) #24 inÂ Books > Health, Fitness & Dieting > Nutrition > Food Additives #6182 inÂ Books > Cookbooks, Food & Wine > Special Diet

Customer Reviews

For parents of children who have been labeled ODD, ADHD and other hyperactive and behavior disorders, this book could change your lives. Dr. Feingold has come under criticism for his ideas concerning the effect of chemicals in food and their effect on an individuals' nervous systems. When I decided to try Dr. Feingold's diet I was desperate to help my ODD son and wanted to help him without putting him on drugs. Our whole family tried the diet for six weeks and the results were amazing! Our son is now 20 and a straight A student at the University of Wisconsin on a music scholarship! He still has to follow Dr. Feingold's guidelines for his diet, but he is a very delightful and productive young man today and has never been on drugs to control his behavior! Thank you DR. Feingold! We love you! This book needs to be reprinted!

I have followed this cookbook's recommendations since 1983. My son is ADHD and my husband always said if you can't read it don't eat it. It definitely made a difference in my son's actions and he is now graduating from college and we all still eat much healthier than we would have. The recipes in this cookbook are delicious and I would like to give at least two of these for Christmas presents and I need one for myself since whoever borrowed it never returned it to me. They must have liked it too.

I am a mum from the Uk. My 17 yr old son has a diagnosis of ADHD and Asperger's syndrome. without Dr Feingold's diet my son would not have a life. He is not a straight A student, though being very intelligent. This diet helps al kids with challenging behaviours, some become straight A students and others get their lives back - either way this diet is incredible. My son would obviously prefer a meal out sometimes to his gluten free, dairy free, salicylate free diet but he knows that his behaviour will change and therefore all the things he does in life will also be affected. I really truly do not know what I would do without Dr Feingold. In the UK, his diet is not popular, it is not recommended by the experts, so parents know very little about it. If only one parent in the UK read this article and tried it, it is well worth writing it. UK mum

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