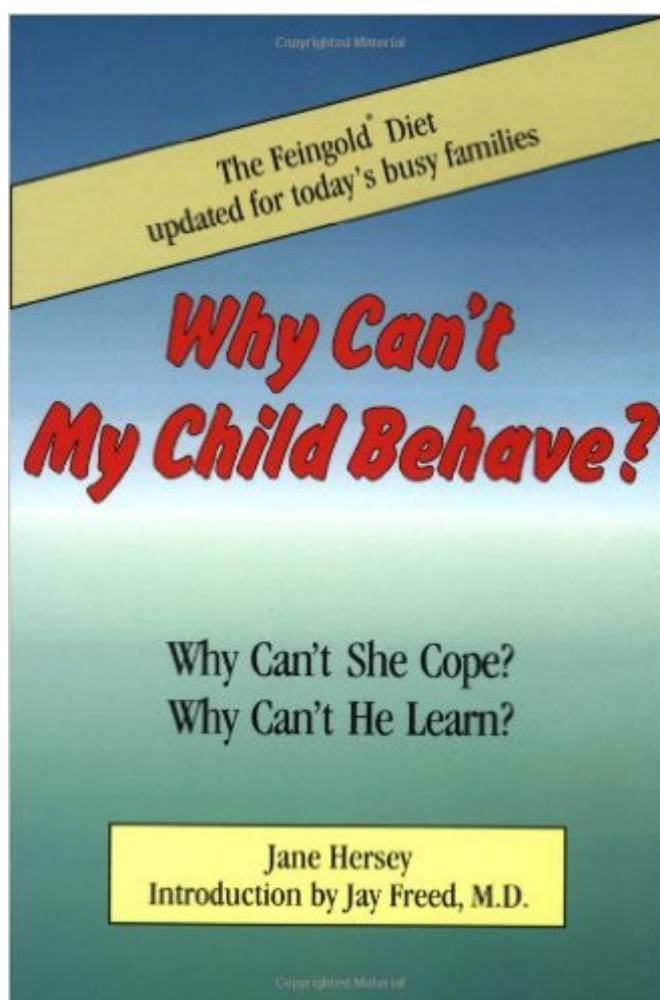


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# Why Can't My Child Behave?: Why Can't She Cope? Why Can't He Learn? The Feingold Diet Updated For Today's Busy Families



## Synopsis

This 2014 edition offers practical solutions that have been gleaned from the experts parents who have found answers to their children's behavior and learning problems. It is based on the work of an eminent physician, Ben Feingold, MD. He discovered that some of the chemicals in our food have the ability to cause a wide range of problems, and that the symptoms vary depending upon a person's own body chemistry. For one person the effect might be a change in behavior, such as low frustration tolerance and irritability. Or they could result in hyperactivity and even violent outbursts. Another person will have difficulty paying attention, while someone else may have a physical response such as asthma attacks, migraine headaches, hives or tics. Some of the primary offenders have been found to be certain food additives, many of which are synthesized from petroleum. These include the dyes that are so widely used in foods, beverages, medicines and vitamins especially those designed for children. Artificial flavorings, several preservatives and fake sweeteners round out the list. But even healthy food can be a problem for some people. These include many common fruits, a few vegetables and several other things that have a chemical similarity to aspirin. They are referred to as natural salicylates. So even a family that enjoys a nourishing diet could experience problems from one or more of them. The purpose of the Feingold Program is to help people of all ages determine if certain foods or additives are triggering the problems they are seeing. The test involves using most of the things one would normally eat, but in versions that are free of the questionable chemicals. Experienced volunteers identify thousands of acceptable choices. *Why Can't My Child Behave?* is designed to guide the reader through an understanding of how things in our food and environment can affect us and our children, and why the consumer is more likely to find real solutions in the supermarket than in the pharmacy. The 2014 edition includes new topics on laundry products, plug-ins, hand sanitizers, and extreme sensory issues.

## Book Information

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## Customer Reviews

This book describes the same behaviors that were evident in my child. Wow! You mean I'm not the only one...Jane, yes I feel like I know her after reading the book, walks you through the process of dietary management of the behaviors and symptoms of hyperactivity. She really tells you how to function in a society that most events are based around eating/drinking, mostly chemical-laden foods. There is a national organization that for a small yearly fee (\$75) provides you with all the homework of what foods work and a shopping guide, a meal planner, phone and internet support and loads more. This really is a great way to avoid adding more chemicals/drugs into your child's life! I certainly agree that I'd rather remove the culprit of the hyperactivity than to add more chemicals into my child. And it's all healthy! Yes, junk food is allowed, it's just all-natural junk. Right now, that includes Pringles potato chips, Fritos corn chips, pop-tarts(selected varieties), hot dogs, etc. It's just a matter of choosing the acceptable brand. For example, not using Skippy peanut butter, but using Peter Pan or Jif. It's that easy at times. Jane Hersey is a wonderful read!

When I first picked up this book, I thought I'd find the typical parenting tips on time-outs and reward systems and the like. I was surprised to find the book making connections between certain behaviors and the foods we eat. I was sceptical, but kept reading. When I read the list of symptoms, I realized that my 7 year old son had many of them. I thought I'd give the diet a try, even though I was still very sceptical. IT HAS CHANGED MY SON'S LIFE!!!! Yes, my food bill almost doubled, but only for a few weeks. Now it is almost back down to where it was before. Yes, the diet seemed difficult and overwhelming at first, but now it is so easy it hardly seems like we're on a "special diet". No, we do not eat a lot of snack foods, or sugary cereals. Frigo cheese-heads, and Crispix cereal are favorites at our house. Sure I could have saved money by joining CHADD and buying medication with the change, but medications just cover up symptoms, and don't do anything about eliminating the cause of those symptoms. This diet can reduce or eliminate many of the causes of ADD and ADHD symptoms. The only drawback to this diet is that it takes EFFORT. It is a whole lot easier to just shove a pill down your kid's throat each morning, but is that really the best choice? The diet must be strictly followed for the first several weeks, then foods can be reintroduced one at a time to see if they bring on unwanted behaviors. The long and the short of it is, this book probably

saved my son's life. I highly recommend it.

This book is an easy to read, very informative life saver for parents with children who show signs of A.D.D. or A.D.H.D.. Before you even consider Ritalin, even as a last resort such as I did, read this book and try the four day sample diet and I am confident you will see a great improvement in your child! I have to say, though, if you see improvement you will have to join the Feingold Association of the United States for recipes and an easy to use guide of name brand products for your area that will make life easier on busy parent's as it gives you a chance to buy a lot of your favorite convenience foods which help add variety to the diet. It is WELL worth it! Do yourself and your child HUGE favor and buy this book.

If your child is hyperactive or suffers from other disorders such as Tourette's syndrome, Autism or a learning disability, you must read this book. It is based on the research of the late Dr. Ben Feingold, who discovered the important link between food additives and behavior problems. Any parent who is dissatisfied with using medication for their child and is finding out that it isn't really working well anyway can benefit from reading Hersey's book. She takes the Feingold research a step further so that parents who want to try the diet can implement it easily. The book offers success stories and hope, something that parents who are struggling with these disorders desperately need. The book is written in the warm, compassionate style of a mother who has obviously "been there." One might as well be sipping coffee by the fire in Hersey's kitchen, but you don't have to travel that far. Hersey dispenses practical advice supported by solid documentation of the diet's success. Hersey has clearly done her homework. Further, the book gains even more credibility when one notes that the reason for Hersey's book is solely to help other parents by sharing an inexpensive and often successful way to handle ADHD symptoms. Will it work for everyone? Obviously, no. Nothing does. But for the past 20 years, thousands of families have benefitted from removing artificial colors, flavors, preservatives and salicylates from their diets. Certainly, no one has been harmed, which is more than can be said for overprescribed medication. The diet makes good sense for everyday living for all family members, but most especially for suffering children. It is an inexpensive, healthy, and often successful remedy for so many. Hersey explains the nuts and bolts well. Aside from some typos here and there, the book is a fine piece with great research fueled by a compassionate voice. Run, don't walk, to get this book. It may contain the answer to alleviate your child's suffering

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