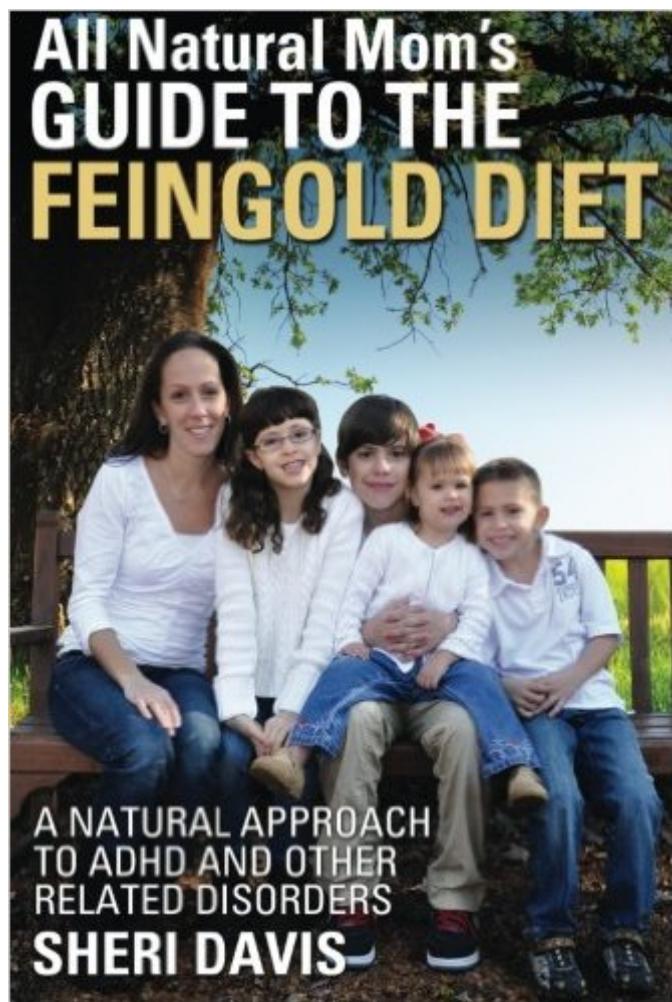


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# All Natural Mom's Guide To The Feingold Diet: A Natural Approach To ADHD And Other Related Disorders



## Synopsis

Do you have a child with ADHD or other related issues? Or do you just want to learn more about how dyes, artificial flavors, certain preservatives, and even some natural foods like fruit can have a profound and detrimental impact on your child's behavior, learning, and overall health? Sheri Davis gives you an insider, behind the scenes look at what the Feingold Diet entails and how to get started. She describes some of the abuse going on in food manufacturing and describes the various labeling loopholes. She teaches you how to avoid the most detrimental chemicals in food. She shares where to shop, where to find these foods, and provides recipes to help you get started. She also describes the difference between stage one and stage two of the Feingold Diet and what salicylates are and how they can affect your child. She does all this in an easy to read writing style, sharing stories from her own family's experiences with the diet. Sheri Davis knows firsthand the struggles of having a child with ADHD, autism, dyslexia, Tourette's, and learning disabilities. She offers hope and encouragement to those who are overwhelmed or looking for alternatives to medication. The Feingold Diet was an answer to prayer for Sheri's family, and she hopes it will be for yours as well.

## Book Information

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## Customer Reviews

I've gotten so much useful information from this ebook. It's so nice to read a book that is obviously written by somebody who has been in my shoes and has come through it. It's very encouraging and I find it difficult to stop reading it so I can get back into the kitchen. If you're on the fence about

purchasing the Feingold program this will definitely help you out with that. She tells you what to expect in addition to offering examples of what else you can do to go beyond the Feingold program, should you need to. We have had to go beyond the Feingold diet/program and remove gluten and we're getting ready to remove dairy as well to see if that helps. Great ebook and love the writing style.. never boring!!!

This is an excellent resource full of useful information. I highly recommend this book for people considering the Feingold diet, those that are new to the diet, and those that have unanswered questions. In her book, Sheri details her family's experience with the diet, as well as other diets, and valuable tips she learned along the way. She answers questions everyone considering starting the diet would like to know. The book includes information on how expensive will it be, how difficult is it, where to shop, what to buy, and discusses pros /cons of the Feingold membership. There are multiple links to great resources throughout the book that make starting the diet easier. I particularly appreciate her links to the 3 day diet trial, recipes, and her shopping lists. All Natural Mom's Guide to the Feingold Diet provides so much valuable information that even seasoned Feingold followers will come away with a better insight into the Feingold diet. It is written by a mom who has been through the ups and downs of dealing with children with behavior and health problems related to the foods they ate. This is a must read for parents considering the benefits of a diet change to help their children. If your child is struggling with behavior issues and you think diet may have something to do with it, please read this book. It is practical, easy to follow, and will provide you with great insider information that you just can't get on the Feingold website alone. To me, reading this book was like being able to sit down and talk with another mom (who's been there, learned from that) and get all my questions answered to help me navigate the diet plan I want for my family.

I had already starting the Feingold diet with my 5 and 6 year old boys when my mother sent me this book for additional support and I couldn't believe the descriptions of years of problems we had struggled through to the point that the book seemed biographical. We've already seen some very dramatic changes in our sons - one of whom demonstrates extreme ADHD - symptoms like when exposed to additives, the other experiences behavioral, sensory, and emotional dysregulation when exposed to these substances. You can imagine our shock to watch them dramatically change into calm, relaxed children by eating organic, natural carefully selected foods. This book gives a very fair perspective of the Feingold lifestyle, noting the points that need to be taken if you are going to try this approach (and a very worthwhile approach it is -- for the whole family I might add. We

discovered my husband's unpleasant moods was simply his own reactivity to certain additives - the same as our 6-year old's - and have alleviated that issue as well). The diet has different implications depending on the needs and sensitivity level of the person(s) and this book does a great and well-informed job of providing a supportive foundation to living a Feingold lifestyle. Because our sons are particularly sensitive we have to be more careful than most and our one son has other extreme food allergies and medical issues that limit his food intake so I was so grateful just to hear the "voice" of another mom on these pages. I think all of our voices should come together to get these terrible products out of our food supplies and stop harming those who know and most who don't know!

I've really enjoyed watching every food doc that comes out, occasionally buying the corresponding cookbook, and keeping up with the latest info on diet and health online. At some point with my now almost 2 year old daughter I realized I was missing something with the books, movies and sites. After I read All Natural Mom's Guide to the Feingold Diet I realized it was a connection - I really wanted details on somebody's experience with this. In this book I got the information with details on practical real life applications. It also feels like somebody is standing beside you saying you're not alone and you feel empowered. I've read it a couple of times and each time I got a full tank of strength to handle the next rounds of eye rolling and tisk tisks I get - even when I do something like not let my daughter eat only chocolate cake for lunch and dinner. Radical right?! That's a real example from my own life. It's happened more than once. I was blessed to be able to read this book over the past couple of years and I get a lot of out of keeping up with All Natural Mom's blog and social media too. I highly recommend this book even if you're not considering the diet or if you're already a Feingold member.

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