

Sensitive to the world

Most children are comfortable with the everyday things in their life -- the people and sounds around them, the clothes they wear and the food they ingest are all a part of their daily experience. But for a child with extreme sensory dysfunction, they are constant sources of pain.

As an infant, Haidyn suffered so badly from reflux her parents worried she would not get enough nourishment to develop normally. And in her toddler years, the extreme sensory issues made life very difficult for everyone. Nourishment continued to be a worry as she rejected the texture of most foods. Crowds and noises other children barely notice overwhelmed her senses. The feel of her clothes was painful, and motor skills were slow to develop, adding more to the little girl's frustration.



It didn't take much to set her off. The smallest stimulus could result in a major temper tantrum. Our nickname for her was "Hurricane Haidyn."

At age 3, Haidyn's progress was so slow, way behind other children who knew basics like colors, numbers and letters, that it looked like she would not be ready to enter preschool.

The intensive (and expensive) therapies weren't helping very much, so their doctor suggested they try the Feingold Diet. Haidyn's mom, Cory, felt that the family had a good diet and didn't believe that it would help, but she was eager to find some way to reclaim the sweet little girl she knew was there.

On the Diet, there was a major reduction in all of her sensory issues, and the real Haidyn emerged. She was able to go to preschool and to catch up with her classmates. Today, at just six years old, she is a good reader and is doing well in all of the academic subjects. An outgoing little girl, she gets along well with other children.

The most dramatic evidence of Haidyn's progress came last year, just before her 5th birthday. Cory posted this photo on the Member's Facebook and wrote: A little over a year ago our sensory kiddo couldn't handle any loud noises, crowds, music, etc. Tonight she went to her first concert and had an absolute blast without even wearing the ear plugs we brought. For six months she had been begging to see Katy Perry, who happened to be coming to our area the week of her birthday. We decided to go for it and she loved every minute. Thank you Feingold! Here she is belting out "Firework."

Night terrors can be another symptom of additive/salicylate sensitivity



Like most Feingold families, more than one member has benefited from the program. It might be a sibling, but when a child is sensitive, there is inevitably a parent who is as well.

From the time she was an infant, Haidyn's older sister Alexis suffered from night terrors. At least 5 nights every week, the little girl would wake up in a terrified state. Actually, she was not always awake as she suffered through the frightening images she perceived. In addition, she sometimes walked in her sleep.

Sleep disorders of all types can be triggered by one's exposure to synthetic additives. For some people, salicylates will have the same effect.

On the Feingold Program, Alexis no longer experiences them, but the occasional exposure to the additives can bring a return of the night terrors.

Now that her daughter is sleeping well and feeling great, Cory writes, "Alexis is a USAG competitive gymnast and pretty awesome!" ■