

Noah's story

It wasn't ADHD and it wasn't bi-polar disorder. This little boy suffered from multiple physical problems, and his behavior was a reflection of how miserable he felt.

We started Feingold almost two years ago, when my target was 3. Life then was a roller coaster. He was struggling with hyperactivity, impulse control, rages — where we described him “Hulk-like” — and on top of the behavior, Noah always had a rash, stomach issues and dark black circles under his eyes.

Noah was sad and hurting, but not one of the doctors we saw was able to help.



He complained of pain in his joints every day, and most nights he just lay in bed, screaming and knocking his head on the wall. I took him to various doctors, including allergists, and nobody could tell me what was causing the bi-polar-like swings or rashes, and I'd walk out with steroid creams, an inhaler, and allergy meds, and was told it was IBS and eczema.

I called my mom, sobbing, that I couldn't parent him. It was my breaking point.

At his 3-year appointment, I was offered Ritalin and told to get him re-assessed at 5 for an official diagnosis of ADHD and Oppositional Defiant Disorder. I knew I didn't want to medicate but I was stuck. I was isolated because I was embarrassed by Noah's poor behavior and often I was not welcomed at various places. I called my mom, sobbing, that I couldn't parent him. I wasn't strong enough and did not even like being a mom anymore. It was my breaking point.

Feingold sounded too good to be true.

That night I spent hours online searching doctors, natural remedies, and scrolled to a Feingold link. I spent three days reading about the effects that dyes have on kids. (We had already taken out red dye because we believed he was allergic to it, but his doctor never mentioned that other colors can cause issues, and I had NO idea.) It was so much to take in and I wasn't sure if it was real or not...most things that sound too good to be true, are! I kept reading success stories and talking to moms on Facebook who followed the diet, and eventually ordered the program.

I went all in, food journaling every meal, snack and drink. I raided my cupboard of things unacceptable, changed my laundry detergent and put my scented candles away. I needed this to work; I was desperate!

Two weeks later I sent my mom a picture of Noah sitting at the table playing Legos. He had been there for three hours, happy and content. There was no smashing, screaming or throwing — just peace. Quiet. I was so worried that I would jinx it, I just stood there, watching and crying.



We had amazing days after that, both good days and bad days, and thankfully, by using my food journal I was able to pinpoint secondary offenders like corn syrup, cinnamon, molasses and gluten as serious triggers for his body discomfort.

Noah was feeling better, and looking brighter every day. He started telling everyone about the special diet that made his head stop screaming inside, and the itchy ants in his tummy leave. He was happy and we all were happy!

He went off his steroid creams for the eczema, and the asthma went away! His skin was clear and he was running around...no wheezing...no pain!

Today there are no more rages, no head-banging, hyperactivity, pain in his joints, no asthma, stomach issues, eczema, rashes or black circles under his eyes.

Continued on page 4

Noah's Story, from page 3

Now here we are two years later, and I am preparing for his ceremony tomorrow because he was chosen Leader of the Month for showing respect at school. Noah's behavior log is full of smiles and great notes. His teachers have nothing but good to say, and most of all he is a happy, bright 5-year-old who is able to be who he is without disruption and chaos in his body. It's a far cry from the boy who was asked to leave day cares and most play dates! Living a clean lifestyle and having the support from Feingold families has completely changed our lives for the better.

Sarah Wilson

Student of the Month



Pumpkin spice - not so nice!



A Baltimore, Maryland high school had to be evacuated and five people suffering from stomach ailments were taken to a hospital.

At first, the fire department and a Hazmat team were unable to locate the oddly smelling cause of the problem, but eventually they discovered the culprit — it was a plug-in that emitted the scent of pumpkin spice!

See the related article on page 8.

Pretty colors with ugly effects

These dyes are destroying waterways, soil and marine life; what are they doing to children who eat them every day?

Until the mid-19th century, dyes were made from natural substances, producing beautiful colors that can still be seen in the artifacts from antiquity. But once synthetic dyes were developed, they quickly became the primary sources of colorings. (Most dyes used today are called "azo" dyes due to their chemical structure.)

"Azo dyes have toxic effects, especially carcinogenic and mutagenic. They enter the body by ingestion and are metabolized by intestinal microorganisms causing DNA damage."

Impact of Dyes on Environment & Remediation
by Prof. G. S. Bramha et al. 2016.

It is estimated that more than a million tons of dye are manufactured each year, and much of it is used by the textile industry, which has become a major source of pollution. The process of dyeing fabric uses enormous amounts of water and creates wastewater that is filled with toxic heavy metals found to cause cancer and other health problems. Much of the manufacturing takes place in Asian countries where environmental regulations are either lax or nonexistent. The wastewater is discharged directly into rivers where it pollutes the water and kills marine life. If it is used for irrigation, it destroys the soil.



A lake polluted with toxic heavy metals.

Happily, new ways of dyeing fabric are being developed that avoid the heavy use of water and the dangers of toxic waste. The down side is that these technologies are currently very expensive, especially when compared to processes that don't include the expense of cleaning up wastewater.

India, the home to many textile factories, also has a large selection of plants that are ideal for creating natural dyes, and there is a growing interest in producing them. The colors derived from these ingredients are not the muted shades we generally associate with natural dyes; they can produce vibrant colors that rival the synthetics.