



Feingold successes

Do you have a child with serious problems, and have you been unable to find any real solutions?

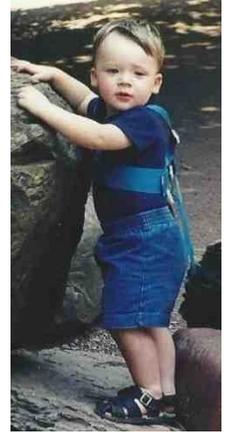
Like many of us you may have consulted numerous professionals and received nothing more than a label or a prescription.

Have you wished to find someone who was really an expert? Someone who would see your child as a unique individual and truly care about him/her?

Well, the good news is that there is such an expert – someone who cares about your child and may be the very best person to find solutions: that expert is YOU!

With the help of some remarkable professionals and countless determined parents, we have found answers the many “experts” were unable to provide. Each of us is truly the expert when it comes to our own child.

These are stories from families who have found answers.



This is a small sampling of stories of children who have benefited from the Feingold Program.

Ben Feingold, M.D., in whose honor the program was named, found that foods and food additives can affect any system of the body, depending upon a person's individual sensitivity.

The main focus of the Feingold Diet is to show people how to identify their sensitivities by removing several of the most harmful synthetic food additives — chemicals which have been found to be the worst offenders for the most people. These additives are:

- Food dyes

- Artificial flavors

- Synthetic sweeteners

- Three preservatives (BHA, BHT, TBHQ)

The non-profit Feingold Association provides information and support to people using the diet.

Visit Feingold.org

A small child's frightening world was caused by the things he ate

As a toddler, Garrett would bang his head when he got frustrated; he would go into rages, unable to control himself.

Even as a very young child, he was tormented with fears — loud noises, bugs, escalators, the dark. If he found himself in a dark room he would panic, scream, and his heart would race. And if something upset him, he would be stuck in his reaction.

One time when he was two he screamed for over an hour because he wanted cheese. His mom, Kristina, writes that they were in their car in a snow storm and she didn't have any cheese. As he got older he continued to have these behaviors — what Kristina calls looping and repeating. When Garrett got stuck on something he would fly into a rage; it was as though he was fighting for his life, and it was extremely hard to bring him out of it. His initial request was often lost in the chaos and he would have no memory of why he was so upset. These episodes often took place during transitions or if something happened that was not part of his normal routine. Having order in his life was very important to Garrett and he would compulsively enforce rules on others. Kristina, remembers that she also needed structure as a child. At age 10 she was diagnosed with ADHD.



On a vacation at Disney World, Garrett had a map of the park and he clung to it for dear life as they visited the attractions. He became extremely upset when his dad tried to fold the map and put it in his pocket. After the family became established on the Feingold Diet, they visited the park again. Garrett still liked having a map, but it was just a reference, and he readily folded and crumpled it and tossed it in their backpack.



Many of Garrett's senses were affected by the additives. As a toddler, he disliked the feel of wearing clothes, he found most foods too spicy, and he screamed and kicked when a doctor tried to test his hearing. Too much TV led to meltdowns. If he asked someone a question or requested help, he would only accept an answer or help from the person he asked.

Kristine saw a big improvement when she cut out food dyes and additives that seemed unhealthy, but while he was able to function better at school, Garrett still had frequent meltdowns at home. It wasn't until her mom's friend, Marsha, told her about the Feingold Diet and how she had used it for her son, that the rest of the harmful additives were removed. Now she also understood about salicylates and why things got worse when they moved from Texas to Washington State — apple country. Garrett cannot handle apples! Kristina has seen that her son is fine if he eats Annie's Gummy Bears, which are sweetened with pear juice, but he cannot handle Yummy Earth's gummies since they use apple juice as a sweetener. Another big offender is peach; he threw a fit after having one. Happily, Garrett does well with many fruits: mango, kiwi, pears, pomegranate, canned pineapple, and bananas. He can also enjoy tomatoes, chocolate and peanut butter.

Continued

Garrett is allergic to corn and when he ate it he developed dark circles under his eyes, red ears and had sensory issues. Since white vinegar is made from corn, that's one of the no-nos. Apple cider vinegar is out too, so that leaves lemon juice as a good substitute. Kristina has found that Garrett does well on Dave's Killer Bread because it does not have any corn-based ingredients. (Check out Costco for this bread if you cannot find it in your area grocery stores.)

Like most children who experience severe reactions, he doesn't mind skipping the foods he can't handle because he likes feeling good. Similarly, Kristine doesn't mind the precautions she must take since it's so much easier than dealing with out-of-control behavior.

Garrett's younger brother, 4-year-old Bryson, cannot handle strawberries, blueberries, blackberries and cranberries, although his reaction is less dramatic. He is well-behaved, but gets bouncy and breaks out in eczema.

Although reactions are not frequent, Kristina has found that giving Garrett a clear gelatin capsule filled with baking soda, along with lots of water, will often stop a reaction.

Summer School for Keri and Me

My granddaughter was diagnosed as an ADD child in the first grade, and now she was showing poor prospects of passing from third to fourth grade.

Her math ability was above average but there just seemed to be a mental block where reading was concerned.

She skipped words, or reversed them, and labored over every word until she lost the meaning. As a result, all subjects suffered progressively to the point of total frustration for her bright little mind.



I am a school teacher, but teaching reading is not in my field. However, the urge to try to help became too great to ignore and I made plans with my family to spend the summer tutoring Keri.

Shortly before I was to leave, I learned about the Feingold Association and received their literature.

We began our reading sessions on Monday and the Feingold Diet on the following Wednesday. One day during that first week Keri became so frustrated she burst into tears and cried, "My mind just won't let me do it right!"

The sixth day on the diet, Keri read a chapter in her reader without stumbling. From that time her progress has been steady, and today she is doing well in school.

The Fearful Child

When A.A. Milne wrote children's stories about Christopher Robin and his playmates he wasn't diagnosing behavior/learning problems, but consider the personalities of the animals he created. Pooh is the distracted dreamer (ADD); Eeyore is depressed; Tigger gives meaning to the word "hyperactive." And then there's fearful little Piglet.

Kids have had fears for as long as there have been kids. Anxiety around new people or in new situations, separation from a parent, and monsters under the bed have always been a part of most children's development, but for some youngsters these symptoms are much too severe or last too long. Does diet play a role in helping such children?



People usually associate the Feingold Diet with helping behavior and learning problems, but we have had some reports of children who have lost their fearfulness, and one child in particular comes to mind.

This three-year-old boy was an only child, with two loving parents, and there was no clear reason why he was fearful. If he was far away from an animal and with his parents, he was okay, but if they tried to bring him closer he literally became terrified. Needless to say, their few excursions to the petting zoo were disasters!

One day we received a personal note in our post office box. It was a thank you from his mother, telling how grateful she and her husband were for the change in their little boy. They were successfully using the Feingold Program and their child no longer had irrational fears. I called the mom to thank her and she asked for information to pass on to others. Since she lived nearby I said I would drop the material off.

One Saturday afternoon I knocked on the family's front door. The door was flung wide open by a vivacious, smiling, bright-eyed little boy, who obviously won the race to get there before his Dad. He had never seen me, but immediately invited me in to see his bug and reptile pets. This was the same child who had been terrified by his own shadow only a few months earlier.

My granddaughter Arabella

This little girl's explosive behavior was frightening to everyone, but especially to her!

I have been raising my 8-year-old granddaughter Arabella since she was 5 years old. Having raised four children of my own, I was no stranger to the joys and challenges of parenting, but raising a child with emotional and behavioral issues was new territory for me.

As an infant, Arabella made us “work” to get her to smile. She wasn't content with one person or setting for very long, and although she slept well at night, she rarely napped for more than a few minutes during the day.

During her preschool years, she was a high-energy, strong-willed child who challenged any situation where she was not allowed to be in charge, and leaving her to play independently always resulted in mischief. She would wake up throughout the night and sneak around the house, getting into things.



Our silly, joyful 8-year-old is now enjoying life as the child she was always meant to be!

Over the course of the next year I saw some improvements in her behavior, but she continued to have so many challenging days. I spent most evenings in tears, feeling like I still couldn't truly reach her. After going to countless parent/teacher conferences and exhausting all the resources the school system had to offer, I was open to the idea of medications if that was what she needed, but I wanted to know I had exhausted all other possibilities first.

I gained custody of Arabella right before she started kindergarten which, understandably, resulted in challenges from adjusting to a new home life to the structure of a classroom setting at the same time.

During that school year, her behavior escalated to open defiance toward all authority figures and constant conflict, both verbal and physical, with other children and adults.

She began to have rage episodes and emotional meltdowns that would last anywhere from a few minutes to a few hours, and our fear of them often prevented us from leaving the house. During one of her most violent episodes, I was attempting to restrain her to prevent her from injuring herself, and I saw true fear in her eyes as **she repeatedly screamed, “Why can't I stop this?” and “Please help me!”** I knew she needed to see a child psychologist — and quickly.

The psychologist diagnosed her with RAD (Reactive Attachment Disorder), so I learned as much as I could about raising a child with RAD and implemented new parenting techniques and alternative discipline strategies.

In addition to the improvements in her behavior at home and school, her new-found ability to engage in age-appropriate activities and make friends recently led to her being invited on a play date — for the first time EVER!

One evening, after a particularly challenging day with her, my frustration and exhaustion came pouring out in the form of my own emotional breakdown and a very heartfelt prayer.

I asked to be shown what I was missing so I could help her become the best version of herself I was convinced was in there. That same night, I stumbled across a Feingold page on social media and spent the rest of the night researching the program. By the next morning I was convinced this was the missing piece of our puzzle and purchased my materials that same day. I sat Arabella down to explain we would both be changing what we ate to see if it would help her feel better. **Without hesitation, she hugged me, and with tears in her eyes she said, “Thank your for helping me.”**

We have been strictly on Stage One for 8 months, with the exception of a brief attempt at progressing to Stage Two. (It didn't go well!) I used to believe that part of childhood was to eat “junk” once in a while. And I also had absolutely NO idea some of the whole foods (salicylates) were contributing to her issues.

Noah's Story

It wasn't ADHD and it was not 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, his mom writes, when my target was 3. Life then was a roller coaster. He was struggling with hyperactivity, impulse control, rages — where we described him as “Hulk-like” — 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 did not 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 and 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, 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 the steroid creams for the eczema, and the asthma went away! His skin was clear and he was running around...no wheezing...no pain!

Continued

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.

Extreme sensory issues and diet

Julia fell out of chairs, fell down, and fell off of everything...all the time!

She was a precocious child who spoke early, but often talked without making much sense. However, Julia's most dramatic characteristics were that she frequently fell — out of chairs, and even when she was just walking — and her sensory dial seemed to be set at zero.



Julia was always all over the place and when standing still had ants-in-her-pants. I would tell her to go put socks on and as soon as she walked away she would forget and be onto something else.

I had cut out food coloring when she was two

The many falls didn't seem to hurt her and she didn't cry after injuries that would distress most people.

Julia was diagnosed with regulatory disorder of sensory processing, also known as SPD.

Her mom describes their astonishing experience.

The symptoms mimicked ADHD, but what led me to having Julia evaluated was her under-sensitivity. She broke her collar bone and we didn't know it for a week, and that was because my mom noticed her shoulders were uneven. The last straw was when she broke her ankle and we had no idea. She played in a soccer game and had two practices before the swelling became so severe we noticed.

She felt no pain and had no fear.

Julia talked a-mile-a-minute but never really said anything. She never expressed hunger or fullness. She would eat what we put in front of her and stop when we told her she had enough.

She was never hot or cold.

She would be sweaty but not "feel" as though she was hot.

(Julia's mom had eliminated the obvious dyes, but did not think about the dye in things like toothpaste, or vitamins, and did not remove other synthetic additives or consider salicylates.)

The falling was so bad we could never sit at a table with chairs when we went to a restaurant. We always had a booth so we could put her against the wall and next to a parent. She also chewed on her shirt sleeves until they were in shreds. And let's not forget the wild and hyper, or as we called it "Julia's party animal" side.

She was diagnosed with auditory processing issues and muscle weakness on her right side. She had numerous eye-muscle problems and visual processing problems, experienced spatial disorientation problems, had short-term memory problems and suffered from dyslexia, diarrhea and migraines.

I'm happy to report that, on Feingold, aside from some dyslexia, Julia no longer shows any signs of her diagnosis, except that her dyslexia symptoms get worse if she is reacting to an additive.

Note: Salicylates and benzoates are associated with eye-muscle problems.

A little boy who couldn't cope

Each day was a series of endless meltdowns.

My son, Alexander, was a happy, healthy baby, and when he was three years old, we were blessed with twins — Nathan and his sister, Avery.

But as he got older, Nathan's behavior deteriorated, and I found myself becoming all-consumed with his needs, and my other children were getting whatever I had left over.



Nathan used to be an emotional mess; it didn't take much to set him off!

I needed time to get away from my son, to gather my wits, but I was terrified to leave him with anyone as it seemed that nobody else knew what he was about to do. This forced us to be home-bound for a long time. It was very lonely and depressing to be a mother of two children who want to go out and do things, and to have one child who doesn't allow that.

I wondered if this was normal for a 2-year-old boy or if something bigger was going on. Friends told me not to label him, and that it would be easier as he got older, but I had a feeling this wasn't the case because his symptoms increased.

The meltdowns didn't last long, but they were so frequent it seemed like we were on a never-ending meltdown. Nathan was super-hyper, literally bouncing off the walls. He would make an awful cry/screech/whine sound all day long! I couldn't wait for nap time and bedtime!

I couldn't take him to stores or even parks, and never attempted a trip to the library with him. I would sometimes leave the house with my other two kids, but I was scared to take Nathan anywhere, including friends' homes. He was so destructive and his attention was so short I was afraid of what he would do in someone else's house.

The doors all had locks up high so he couldn't escape. (He tried!) Nathan was a "runner," so at the first opportunity he would pull away and dart into traffic or do other dangerous things.

Our family visited a pumpkin patch when Nathan was 2, and while I was helping Avery with her jacket, I turned around to see he had climbed a 7-foot high haystack and immediately jumped down, with no fear of what would happen to him. He was scaring me to death every day!

When Nathan was around two-and-a-half, I saw a nutritionist and we discussed his diet. I was feeding the kids lots of fruit as it was super-easy and basically ready to serve. Any time I tried to cook a meal, Nathan would do that horrible whiny cry the entire time, so I gave him large quantities of fruit as it would temporarily stop that horrible sound.

My nutritionist was not aware of salicylates in fruit, but was shocked by the amount of natural sugar Nathan was getting from it. She suggested I reduce the amount of fruit he ate, and the hyper-activity was reduced as a result. I was thrilled with the improvement, and we continued on a diet that reduced sugars, including natural ones, for about a year.

Nathan was so destructive, I was afraid to take him anywhere. It was a very lonely time.

Then, Nathan's behavior got worse, and while I was venting to a friend, she mentioned the Feingold Diet, which she had used for her son. I glanced at it online and put it in my memory bank; this wasn't the first time I had heard about Feingold. When my friend mentioned Feingold again, I began to warm up to the idea. I thought, "If he is sensitive to sugar, what else could he be sensitive to?"

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Success!

When Nathan was 3 years old, I started Feingold. Within just a few days of eliminating apples (his favorite fruit), and removing the other salicylates, I could see him starting to calm down. (We are doing great on Stage One fruits, and once we have more experience, we can reintroduce apples.)

He stopped waking up in the middle of the night and crying for no apparent reason. He no longer cries or has a meltdown when he wakes up in the morning or after a nap. His communication ability has exploded, and he has become empathetic to his siblings and others.

Nathan no longer hyper-focuses on something and demands it endlessly. He is listening so much better and is following rules and understanding boundaries.

When I took Nathan for a medical check-up, one of the doctors who had been seeing him asked me where he was. I said he was over there, playing. He wasn't making a sound, just very calmly playing with the train set they had in the waiting room.

Recently, I was able to have Nathan help me in the kitchen as I cooked dinner. He was so calm and listened to ALL my requests. He helped stir, add salt and pepper, add veggies to the pan, and press the button on the timer. While we waited for the food to cook, he sat off to the side. It was amazing!

This would never have happened before Feingold. Nathan would have been overwhelmed and in full destructive mode, destroying everything in his path.

Now I'm able to take all three kids to the park by myself. Nathan has attended events at the library and done well. Thank you, Feingold Association!

ADHD times three!

I was doing some research on how to manage behavior and we had the book *Why Cant My Child Behave?* That's where I learned about Feingold.

We subscribed to the newsletter but never followed it. Then we just gave up on it altogether until last year. We were overwhelmed with three young targets.



I never looked forward to weekends or holidays when my kiddos were out of school. I remember waking up every Saturday with an ache in my stomach.

We have our lives back now!

The psychiatrist always said the main cause could be diet.

Due to multiple diagnoses, we ended up having 4 to 6 therapy sessions/medical appointments per week for 2 years, some an hour away. DH and I were completely exhausted.

Among other therapies, we tried neurofeedback. Every brain mapping showed some areas of improvement but one region of the brain never changed. This mystified the psychiatrist but he always said the main cause could be diet. Yet I still didn't reconsider Feingold.

One Saturday I woke up and heard so much commotion coming out of my boy's room (typical). I said to myself, "I do not like my children!" That's when I knew it was time for a change. While eating breakfast I pulled out my cellphone and renewed my membership.

We've never looked back since then because of the wonderful changes we've experienced. In a way, we have our lives back as we no longer keep 4 to 6 appointments a week. With an IEP and 504 Plans, our targets do get some services at school but they respond better to treatment now that we're committed to Feingold!

Mark

We called our son “Scooter” when he was a baby because he rocked so hard in his crib that he would scoot it all the way across the room. Mark had problems from the beginning. First it was colic, then speech problems, and later it was an inability to read and spell.

He was not at all like the typical “hyperactive” child I had learned about in nursing school. Mark was a quiet little boy who enjoyed listening to stories; in fact, he could sit for hours, drawing tiny little pictures.

It was clear our son was bright, so why couldn't he learn? The school though maybe the problem was that my husband's job caused us to move so frequently. I didn't agree, but couldn't come up with an answer either. Our daughter, who was three years younger, didn't have these problems. Virtually every professional we encountered told us the same thing, which was, in effect: “Michelle is fine — what are you doing wrong with Mark?”

When he was 9 we were told that Mark would be placed in an “LD class.” I asked for a copy of the results of their tests and was told he had not been tested. There was no way I was going to agree to any such placement without some solid information. Then testing showed Mark to be close to the 98th percentile in all subjects.

But by the time he reached fifth grade things were getting desperate. “If Mark would progress any slower,” I was told, “He'd be going backwards.”

He had been moved along from grade to grade even though he wasn't able to keep up. In the earlier years it was less crucial, but now, since he couldn't read he couldn't learn, and this began to damage his usual sunny disposition. He wasn't happy with himself, and the other children began to exclude him.

The fifth grade teacher suggested Mark may be hyperactive. This prompted me to go to the library and do some research on the problem. I recall seeing Dr. Feingold on TV and then found his book, *Why Your Child is Hyperactive*. After reading it I

began to recognize other symptoms — what is now called ADHD — seemed to fit Mark. With my new-found information I attacked the cupboards with a vengeance.

After we began the program he no longer had problems we hadn't even identified as problems! He could come to the dinner table and sit down without spilling everything, could go to sleep without rocking, and stopped talking out in his sleep. He stopped incessantly teasing his sister, being argumentative, and could now turn off the TV without a confrontation.

Mark had become so unhappy with his life by the time he was ten years old, he welcomed a chance to change things.

I soon received a letter from his teacher which said “Mark is a pleasure to have in class.” After ten years of worry and searching, I can't describe the feelings this brought. Needless to say, I still have that letter.

We began the diet in November, and by the end of the school year Mark had brought his skills up to almost grade level! He had no problems with reading or spelling after that, and sixth grade was a real success story.

It's been 12 years since we first learned about the Feingold Program, and I've been an active advocate, both as a volunteer in the Feingold Association and in my work as a nurse. Moms who learn of the program when their children are toddlers are so fortunate; there's so much we had to go through.

If this sounds like I feel sorry for myself, nothing could be further from the truth. The day our ten-year-old told us, “I really like me the way I am now,” I knew no amount of effort would have been too much.

Another Success

We began using Feingold just a few months before McKenna started kindergarten. She is now a freshman at the University of Wisconsin. (Go Badgers!) She graduated 3rd in her high school class while maintaining a crazy schedule practicing as many as 6 days a week as a very active competitive and performance-oriented Irish dancer.

Before Feingold, life with McKenna was rough, and even on the diet, she challenged me regularly.

She was hard-working (active), persistent (stubborn), determined (strong-willed), and true to herself (headstrong) no matter what the cost.



I tried to remind myself that the things about her that made her difficult to parent as a

child and young adult were all qualities that would be admired as an adult.

But this is how she was able to qualify for the world championships of Irish dance, how she maintained straight A's all through high school, how she was able to get into one of the top universities in the US, how she managed to carry on her daily life with great integrity, and how she made us more proud than we ever imagined.

Parenting a spirited child is a huge challenge, but let's take a lesson from our children and stay stubborn and persistent. If we work hard and do this right (and do right by them) the end reward is well worth it!

Are adults affected?

Yes! At one time families were told that only boys are affected with what came to be known as "ADHD," and that the children outgrew their symptoms. But families using the Feingold Diet knew this was not the case — it was clear to them that girls can be affected, and so can adults. In fact, we know from our experience with many thousands of families that when a child has behavior, learning or health problems from foods/additives, one of the parents is also affected. The difference is that adults usually are better able to control their behavior and compensate for cognitive gaps.

Actually, the Feingold Diet was originally designed for an adult woman and was later applied to children.

When a family uses the Feingold Diet it is much simpler to provide the better food for the entire family. Parents often notice that the diet benefits all of their children, not just their "target" child.