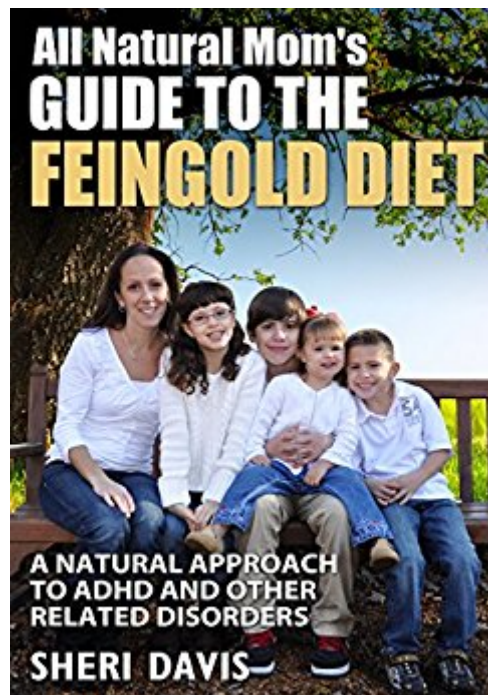




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All Natural Mom's Guide To The Feingold Diet: A Natural Approach To ADHD And Other Related Disorders



Synopsis

"Feingold works! So thankful to have my 4-year old daughter able to concentrate and sit still - hold eye contact even! It was tough at first but completely worth it. It is now just a way of life and we are all better for it!" - Testimonial from Feingold member, Amanda in Louisiana. If you have child with ADHD and don't want to medicate, this book is a must read! The Feingold Diet is a natural alternative that helps kids and adults alike with ADHD, autism, learning disabilities, emotional disorders and more by avoiding dyes, artificial flavors, certain preservatives, and limiting salicylates. Sheri Davis is a mother of four who has experienced the same feelings of frustration and desperation. Her family started the diet nine years ago for her oldest son who showed signs of ADHD. Her son showed dramatic improvements after just two days on the diet. Since then, she has enthusiastically shared her family's story through her blog and Facebook page, putting together grocery lists, recipes, and tips on how they do the Feingold Diet. Her family deals with several issues including ADHD, autism, Tourette's™s, dyslexia, seizures, learning disabilities, and multiple food allergies. They do multiple diets to handle these issues, but the one thing that is the base for all of these other diets is the Feingold Diet. She is now taking this information and bringing it to parents in the form of a book so that more families can be reached with this information. The ultimate goal of this book is to inform above all else; to empower parents with the knowledge they need to make better choices in food. If more parents demand better ingredients in their foods, manufacturers will be forced to make changes. If you've ever considered the Feingold Diet, but wanted to learn more before purchasing the program, "All Natural Mom's Guide to the Feingold Diet" is for you. It is also a great book for those new to the diet, or for those who just want to learn how to make better choices in food. If you are a current Feingold member, this is a great book to pass along to grandparents, friends, teachers, and family to help them understand the Feingold Diet and how they can come alongside and support your family. Whether you decide to begin the Feingold Diet or not, you will walk away from this book armed with the information you need to make better choices in food and ready to take the next step. Topics covered in this book include:-What Is the Feingold Diet?-What Changes Might I See?-How Do I Start the Diet?-What Are Salicylates?-Is It Expensive?-Is It Difficult?-How Do I Read Labels?-Can I Do This Diet On My Own?-Where Do I Find This Food?-Is a Feingold Membership Worth the Money?-Does It Help Kids With Autism?-Does the Diet Really Work?âand more! Sheri Davis answers the most frequently asked questions, gives advice and encouragement to newbies, and lists several success stories from current Feingold members. She also provides a great list of resources and sixteen Feingold stage one recipes to help you get started.

Book Information

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Healthy Living

Customer Reviews

I highly recommend this book! I was struggling with symptoms with my daughter and unsure where to turn or what the answer could be...I begin to research online and came across this book, along with information on salicylate sensitivity and Feingold; I was unsure if this was the answer or where to start, but I thought it couldn't hurt to read this especially for the price. I am so glad I did! The book is very down to earth, and so helpful! It was encouraging, and validating, and helped point me in the right direction. I would recommend this to all moms, not just those struggling with obvious symptoms. The information in this book I believe is priceless, and truly needs to be shared. If you are on the fence, BUY THE BOOK

We are getting ready to start the Feingold Diet this next week in hopes of helping my newly ADD diagnosed 13 yodd. Feeling a little overwhelmed, I did some searching and found the Natural Mom, Sheri Davis and her book about the Feingold Diet. I just received it this week and will finish it tomorrow. It's a very easy read, with real experiences and helpful tips. Sheri talks like a friend in the

book, making it relatable and comfortable reading. I am feeling much less anxious about our transition into the Feingold Diet. I highly recommend this book!

This is what I needed to get me started with the feingold program and eating healthier. Two of my four children so far lack attention, struggle keeping rules and following instructions. My son is always itchy, has had hives and other ADHD symptoms. I've always felt the food is a huge factor in my kids behavior, even my own, but have always been skeptical about changing our lifestyle. This book helped me get courage and understand that it's doable. It also helped me get into more research of other diets I didn't even know existed that Sheri mentioned in the book. I loved how easy the book is to read. It answered lots of questions. I felt understood because of Sheri's experience. I love the recipes in the end. I gave it to my sister to help out with her kids who show ADHD symptoms. I totally recommend it!

I have a child diagnosed with ADHD. I have read and utilized about 20 parenting books. I have daily struggles with my daughter. I recently started her on medications, which is a challenge in itself. After reading this book, I hope to develop some dietary changes that will help my child. I am going to try the Feingold diet. This book is an easy read, good flow. Sheri gives many good resources in her book, not related to the Feingold diet. This book is a perspective on living with a child that is behaviorally challenged and children with other dietary needs. She describes the processes she went through and what works for her family.

Thank you for all of the information you have provided me with over the past year or so. I am forever grateful to you for sharing your knowledge and experiences with me and my family, Sheri Davis. Your blog was one of the first resources I found when I began researching alternate methods of helping my son's ADHD type symptoms. Your information was also where I first learned of the Feingold Diet, which has been a great help to our family. Reading your book changing my outlook and son's life for the better. I found it be very helpful in breaking down the concepts of the diet. I used those principles in the months leading up to my purchasing the full program. Just removing the artificial dyes, flavorings and preservatives that were labeled and limiting salicylates was a huge improvement from where we started out. I suggest your book to anyone interested in starting the diet or helping their child improve through diet. Again, thank you!

I love this book! Feingold works and has changed our lives for the better. We've been a Feingold

Family for almost 5 years now and I've read Sheri's book twice now. The first time, so I could recommend it to others who were searching for answers to help their children's behavior, and the second time as a refresher recently when we decided to eliminate gluten and dairy again. This book is filled with real life practical advice and has tips and helpful guidance throughout.

I was not ready to commit to Feingold diet membership. Then I read this book! Really explained the diet and made it seem doable and necessary for our family. My four year old has now been on diet for 9 months and we will never go off the diet again! We had to make some further changes beyond, but without the Feingold 'roadmap' I'd be lost. Thank you for writing this ebook--it really helped us understand this diet. It was a change in the beginning but now it is super easy! Thank you for sharing your experience and enthusiasm! My whole family eats this way now and I feel so weird when I eat away from diet!

Great informative book! I can relate to some of the personal stories in it. The added tips, advice, and recipes are also of help too. It is a must have resource to go along with the Feingold diet. It helped me to decide whether or not to buy the whole program. I did buy the Feingold program and am excited about seeing changes in my own (5 yr. old) son. Thanks again for this book to help moms just like me!

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