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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

The Feingold Program

By Anthony Kane, MD

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Before We Proceed

We are about to discuss what is officially labeled as an alternative medicine treatment for ADHD.

You should understand that a synonym for "alternative" is controversial. The officially orthodox medical community does not sanction what we will be discussing. If this gives you goose bumps you had better stop reading now.

If not we can proceed.

Feingold and Food Dyes

Historically, Dr. Benjamin Feingold, was the first person to promote the idea that dietary items might be responsible for causing ADHD. Feingold focused on food additives, which are essentially anything that nature did not put in your food. Each American consumes 8 to 10 pounds of food additives every year. Feingold also implicated some natural chemicals, such as naturally occurring salicylates.

Feingold maintained that salicylates, artificial colors, and artificial flavorings were responsible for 40 to 50 percent of the hyperactivity found in children. He claimed that the most effective form of treatment for hyperactivity was to prepare and serve children foods that were free of these substances. His ideas received tremendous media attention and Feingold Associations, comprised primarily of parents, developed in almost every state.

The Anti Feingold Position

The Feingold Program

Initially, the medical community took Feingold very seriously. His idea was so popular, that it was impossible to ignore. However, after some investigation the final verdict was that Feingold was wrong.

The most vocal opposition of Feingold came from the Nutrition Foundation.

In 1980, an expert review team assembled by the Nutrition Foundation concluded:

"Based on seven studies involving approximately 190 children, there have been no instances of consistent, dramatic deterioration in behavior in hyperactive children challenged, under double-blind conditions, with artificial food colorings. . . . There are three . . . exceptions to these generally negative conclusions; but, in all three cases, the deterioration is reported by the mother with no other objective, confirming evidence available. . . . Without the confirming evidence of objective tests and/or outside

observers, even these exceptions cannot be considered as definite evidence that there may be an occasional, genetically determined, sensitivity to food colorings. Though one cannot prove that no such children will be found, sufficient numbers of highly selected children have been studied to feel confident that such specific sensitivity, if found, will be rare."

These negative findings stand in sharp contrast to the 32–60 percent of children reported by Dr. Feingold and others to improve dramatically when additives were eliminated from their diets.

Nevertheless, in 1980 the Nutrition Foundation, a well-respected group of scientists dedicated to the furthering of better health through proper nutrition, strongly rejected Feingold's hypothesis and concluded that the additives used by the food industry are perfectly safe. Just so you should know, the Nutrition Foundation was established and funded by Coca Cola, the Life Saver Company, and a number of other food industry giants.

The Pro-Feingold Position

The information supporting Feingold is actually much easier to find. You can view most of it yourself by going to the Feingold Association web site.

I am not going into all the studies presented by the Feingold Association to prove that Feingold was right. Nor will I discuss here how they explain away the studies showing that Feingold was wrong. I deal with that in the program,

ADHD children are individuals. No two children are alike. Therefore, each child has to have his own personal treatment program.

When it comes to treating ADHD, general protocols do not apply. That is why I started the program, How to Help the Child You Love (<http://addadhdadvances.com/chilyoulove.html>). I wanted to give you as a parent a way to choose from all the available treatment options to find which particular treatments will help your child. I also wanted to do this in such a way that you would have easy access to me no

matter where in the world you live, so that you could ask your questions. That is why I published it online.

The bottom line is that the principals of the Feingold should be incorporated into a more comprehensive food elimination diet. Which elimination diet? There are dozens of them out there. It doesn't really matter which one you choose. I prefer the three that I outline in *How to Help the Child You Love*, for a number of reasons.

First, I feel these diets are the quickest way to pinpoint which particular foods are causing problems for your child. Why should you struggle and restrict your child's diet to only a few "safe" foods when only three or four things cause him problems.

The other advantage of the diets I describe is that they will quickly pinpoint foods that could be causing problems in your other children, your spouse, or even yourself. When we used these diets in our own home, not only did it get my son off Ritalin in less than a week, but also it identified food sensitivities in our other children. These other children are normal. We never suspected that many of their outbursts were food related. This elimination diet literally changed our whole household in less than a week. You can read the full story at About Us (<http://addadhdadvances.com/aboutus.html>).

I truly feel that you should try some food elimination diet for your child. If you wish to test the items that Feingold targeted, you can easily modify most of these diets to include them. However, if your child has ADHD and you want to give him the best chance to have a normal life, then some diet is a must try.

Anthony Kane, MD

Anthony Kane, MD is a physician and international lecturer. Get

for your ADHD child, including

advice and information on the latest

. Add you insights to the

How To Get a Big Downline Without Being a SuperPromoter

By Heidi Moore

Do you routinely sign up thousands of direct referrals? Me either. I do get a lot of signups for some of my programs without doing ANY promoting. Want to know my secret? I submit new programs to a downline club.

By submitting a new program, my ID becomes the ROOT ID for everyone else to sign up under in the club. If your club has several thousand members, this could be a bonanza for you.

The Feingold Program

There are a few things to look for when suggesting a new company (not every new program is accepted). TOS (Terms of Service) Privacy Policy Own domain name Not on a free hosting site Information about the company Contact information

IF the new program you're so excited about has all of the above, do a search to make sure it hasn't already been submitted for review at your club.

No? Great! Submit your program, and if it's accepted, you have the possibility of a huge downline.

What's that? WHERE do you find these new programs? Well, you... surf use hit exchanges (This is often the first place new programs show up) see a product you like? look for an affiliate program link – often at the bottom of the page. Good product but no affiliate program? Email the webmaster and ask if they are considering an affiliate program.

Not convinced you could be the first to suggest a program? Consider this: Even though my downline club (MyECom) has over 18,000 members, only about 40 of us regularly submit new programs.

I'm just a regular "netpreneur", and I've been able to submit several new programs. It's really a wonderful feeling to log in to a program each morning and find that my downline has increased yet again – WITHOUT doing any promoting!

Give it a try, you've got nothing to lose, and a downline to gain!

Heidi Moore is a loyal (and active) member of the MyECom downline club. The ONLY downline club that PAYS it's members to be active!

. She also publishes the

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