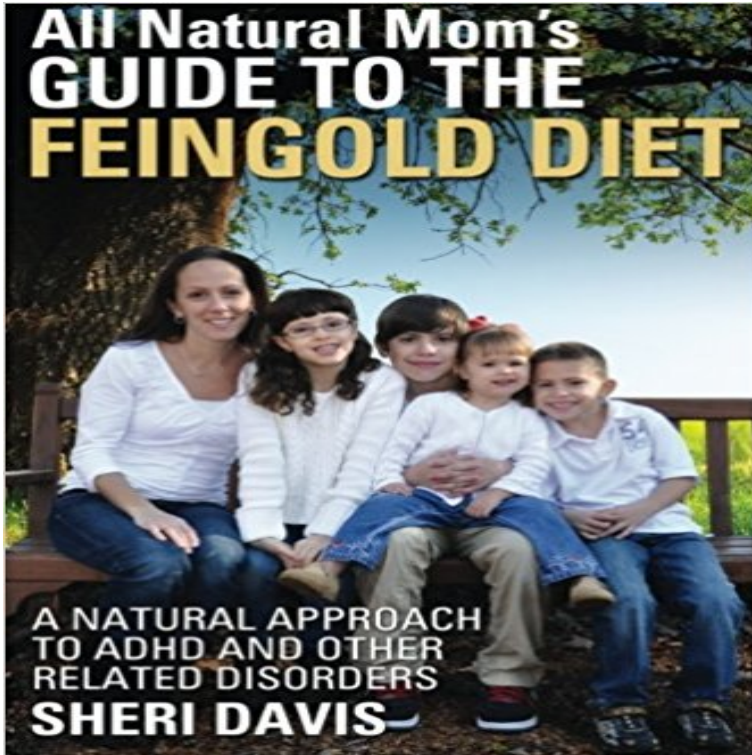


## All Natural Moms Guide to the Feingold Diet: A Natural Approach to ADHD and Other Related Disorders



Do you have a child with ADHD or other related issues? Or do you just want to learn more about how dyes, artificial flavors, certain preservatives, and even some natural foods like fruit can have a profound and detrimental impact on your child's behavior, learning, and overall health? Sheri Davis gives you an insider, behind the scenes look at what the Feingold Diet entails and how to get started. She describes some of the abuse going on in food manufacturing and describes the various labeling loopholes. She teaches you how to avoid the most detrimental chemicals in food. She shares where to shop, where to find these foods, and provides recipes to help you get started. She also describes the difference between stage one and stage two of the Feingold Diet and what salicylates are and how they can affect your child. She does all this in an easy to read writing style, sharing stories from her own family's experiences with the diet. Sheri Davis knows firsthand the struggles of having a child with ADHD, autism, dyslexia, Tourettes, and learning disabilities. She offers hope and encouragement to those who are overwhelmed or looking for alternatives to medication. The Feingold Diet was an answer to prayer for Sheri's family, and she hopes it will be for yours as well.

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