

ADD/ADHD Smart Solutions: Ways to improve your child's behavior

Video Reviewed by

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ADD/ADHD Smart Solutions: Ways to improve your child's behavior (2003) Associated Producers, Inc. Jim Grapek, Director, in cooperation with Jane Hersey, National Director of the Feingold Association. Running time: 45 minutes.

As a change of pace, I decided to review one of the many videos in the parent resource library. This video was short, only about 45 minutes, and easy to understand and follow. The main idea for the video is changing your child's diet to improve their behavior through the Feingold Program.

Ben Feingold, M.D. and Chief of Allergy at the Kiser Medical Center in San Francisco, CA started the Feingold Association in 1976. Dr. Feingold began to find a link between food additives and behavior in children. The association started with parental support and continues today. They report a 90% informal success rate through feedback from parents that have tried the changes in diet. At the core of the Feingold Program is the elimination of artificial colors, flavors, BHA, BHT, TBHQ (otherwise known as synthetic sweeteners). The synthetic sweeteners are petroleum based. Yes, that's artificial sweeteners made from crude oil. The program suggests easy switches in diet that you can make in your regular supermarket.

For more information, check out the website at [www.feingold.org](http://www.feingold.org). You will find more scientific based articles and ways to make changes for your child's health.