

Behavior & learning problems?

a dietary option



Many behavior, learning and health problems can be triggered by certain synthetic additives widely used in our food. Since 1976 the non-profit Feingold Association has been successfully helping children and adults find foods that are free of these chemicals.

One or more of these symptoms may indicate a sensitivity to certain food additives or to naturally-occurring salicylates.

- Gets upset too easily, irritable
- Distractible, short attention span
- Impatient
- Doesn't seem to hear you
- Aggressive, disruptive
- Difficulty sitting through a meal
- Doesn't recognize danger
- Difficult to get to sleep
- Nightmares
- Bedwetting, daytime wetting
- Runs, does not walk
- Compulsively repeats actions
- Talks too much or too loudly
- Overreacts to touch, sound, lights
- Accident-prone
- Frequent physical complaints such as: headaches, stomachaches, asthma, hives, ear infections, constipation/diarrhea
- Neuro-muscular involvement: poor muscle coordination, poor eye-hand coordination, difficulty writing/drawing, dyslexia, speech difficulties, eye-muscle disorders, tics, some types of seizures

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Feingold® Association of the US