

Hyperactivity A.D.D.

(Attention Deficit Disorder)

**are being helped...
without drugs!**



A non-profit organization shows you how to easily determine if these problems are being triggered by certain foods or synthetic food additives.

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

- Gets upset too easily
- Distractible, short attention span
- Impatient
- Doesn't seem to hear you
- Aggressive, disruptive
- Irritable
- Difficulty sitting through a meal
- Doesn't recognize danger
- Difficult to get to sleep
- Nightmares
- Bedwetting, daytime wetting
- Runs, does not walk
- Doesn't finish projects
- Compulsively repeats actions
- Talks too much or too loudly
- Fights, argues
- 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

[Many of these symptoms can apply to adults.]

To receive complimentary information send a long,
self-addressed, stamped envelope to:

Feingold® Parents
P.O. Box 6550, Alexandria, VA 22306
1 (800) 321-FAUS www.feingold.org

The Feingold Association of the United States, Inc., founded in 1976, is a nonprofit volunteer organization whose purposes are to support its members in the implementation of the Feingold Program and to generate public awareness of the potential role of foods and synthetic additives in behavior, learning and health problems. The Program is based on a diet eliminating synthetic colors, synthetic flavors, and the preservatives BHA, BHT and TBHQ. 209/jh