**Book Report From Joni Lund, 1295 1st ST S, Carrington, ND 58421-1905 8H2856R**

**Why Your Child is Hyperactive by Ben F. Feingold, MD**

In 1974, Ben had come to the conclusion that humans where becoming more aggressive over the past approximately since 1950. Serotonin is a nerve impulse transmitter. Studies of rats have shown that aggression can be heightened with higher serotonin levels in the brain stem. A diet high in carbohydrates means the brain can manufacture more serotonin. The brain will react in 20-30 minutes after a meal. Overabundance or lack of essential trace elements iron, copper, iodine, manganese, zinc, cobalt, molybdenum, selenium, chromium, tin, vanadium, fluorine, silica, and nickel are also contributing factors in nervous system functioning’s.

He started his study with flea bites and the human immune response.

Ben noted other probable allergy reaction going on in certain people so he studied this. What he found was that artificial flavoring and colorants in food where causing undesirable mental behaviors and physical health problems or physically negative symptoms.

1. H-LD-people hyper kinesis learning disabled.
2. MBD – people minimal/brain dysfunction

2 & 3 are the same different name

1. SLD-people specific learning disability.

50% of these diagnosed with ADHD are on medication treatments which provide long term negative health and negative disorder control, because of the medication side effects.

The majority of people with this hyper kinesis when tested show some type of aspirin sensitivity or allergy.

In the realm of genes, the people with these disorders are not broken genetically. They have genetic variations, which make them more susceptible to synthetic chemicals and the natural equivalent to the synthetics. Tomatoes and cucumbers contain these natural salicylates.

I personally believe we are all more susceptible then we think. It just takes longer for the sensitivities to show up in others.

Feingold’s K-P diet is 100% effective in re- socializing hyperkinetic people and getting them functional. Studies have shown the results under 100% are due to the K-P diet not be adhered to 100%. One or two days of diet slip-ups are enough to produce a full week of ADHD actions. With an abundance of mental, physical & social chaos that plague these people in attending performance.

This book taught me how sensitive the human nervous system is. It also pointed out the obvious, which is the amount of chemicals being added to our food is going to increase. Since this book is 38 years old, it didn’t view the vast scope of how polluted & unhealthy our food sources are. At the present time, even under the most natural of situations, we are many times worse off than what Feingold understood in 1974.

Less is best when it comes to food additives from seed to our tables.

Now I know why; when I eat to avoid a Celiac disease reaction, I become more ADHD. I personally choose avoiding reactions to gluten in exchange to the social problems. Now I know why I am the way I am. It is the food. I am more careful food wise then most people I come in contact with for the last ten years. Now it is to the extreme, finding something other than mud or pond scum flavored teas is difficult.

I currently only buy 2-5% of what our grocery carries. The K-P banded fruits & nuts are what I live on. Plus who knows what is injected into the raw meats I buy.

Plus I am avoiding soy products and all dairy. Except an occasional ice cream, because all of my hormones are in the reverse strength of what they should be.

Summary consumer beware, you are literally what you eat. A chemical soup of sorts.

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**The Edison Gene** by Thom Hartman

People with ADHD are said to have the Edison gene.

“Thom is the creator of the hunter/gather hypothesis of ADHD argues the children whom possess the Edison gene are adapted to give them brilliant success as innovators, inventors, explorers, and entrepreneurs, while these same qualities often cause them problems in the context of our public schools and society in general. Thom offers concrete strategies for helping these special children reach their full potential.”