



Cooking for Your Hyperactive Child

June Roth

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This book has simplified the difficult task of selecting and preparing a suitable diet for hyperactive and learning disabled children. This book, in conjunction with sound medical advice, is of great assistance to all parents who are confronted with the daily management of this complex condition. This book includes: ***More than 200 artificial additive free recipes; ***Food-sensitivity checklist with each recipe; ***Guide for identifying foods that contain "hidden" allergens; ***Four-day natural salicylate-free diet; and ***Four-day diversified rotary diet...all based on the preventive medicine principles.

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