

Table of Contents

Symptoms That May Be Helped by the Feingold Program.....	1
The Feingold Program (<i>description</i>)	2
What the Feingold Association Provides	3
Frequently Asked Questions	4
Artificial Colors.....	6
Artificial Flavors	6
Preservatives.....	7
Salicylates.....	8
Environmental Chemicals	8
The Wisconsin Schools: A Different Kind of School Lunch	9
New York City Public Schools: Four Years of Success	11
ADHD	13
Asthma	14
Aggression and Disruptive Behavior.....	15
Enuresis (Bedwetting)	16
Seizures, Headaches, and Other Physical Problems	16
Autism Spectrum Disorders	17
The PST Connection	18
The Gluten/Casein Connection	18
A Call for Better Research	19
How Many Children Improve on an Additive-Free Diet?.....	20
Relevant Research	21
❖ Concerns About the Research on Coloring	22
❖ Medication for ADHD.....	22
❖ ADHD and Autism Research	23
❖ Bio-Markers – Biochemical Differences in ADHD	27
❖ Allergy: Asthma, Eczema/Urticaria	28
❖ Physical Problems: Migraine, Seizures, Earache, etc.....	30
❖ Colorings and Flavorings	32
❖ The Three Preservatives	34
❖ Sweeteners.....	36
❖ PST / Sulfation (Sulphation) Pathway.....	38
❖ Animal Research – Additives, Behavior and Neurology	39
❖ Reviews of Research	40
❖ List of Citations	41