



# Scary Dairy, Wild Wheat and Coping with E's: A Practical Approach to Children's Behavioral Problems Through Diet

*Tessa Lobb*

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There has been a considerable amount of media coverage recently on the subject of ADHD or to give it its full title Attention Deficit Hyperactivity Disorder.

Children with ADHD have overactive and impulsive behavior and find it difficult to concentrate to such a degree that it becomes a problem socially, both in school and at home. Research has found it is more common in boys than girls and that intelligence has nothing to do with it - a bright child can still have ADHD. Most doctors still resort to medication as their first response to the symptoms of ADHD but Ritalin can cause side effects and the long term effects of this drug are not known.

There is at last a strong body of evidence to suggest that diet may be at the root of a vast majority of behavioral problems in children. Some children with ADHD react to certain foods, particularly dairy, wheat and food additives.

If you are concerned that your child's behavior is a problem and wondering if they may have Attention Deficit Hyperactivity Disorder (ADHD) then this is the book for you. Written by a mother, Tessa Lobb, who has first hand experience of coping with a child with ADHD and who had to find her own way through the frightening day to day battles with aggression and mood swings. Despairing of the medical profession's failure to help she took responsibility herself and changed her son, Alex's diet by eliminating dairy and wheat and found a drastic improvement as a result.

This books tells her story and provides dietary advice and a host of recipes which Tessa devised herself as wheat-free and dairy- free alternatives to everyday meals for children and families such as chicken nuggets, burgers, pizza and fail safe barbecue ideas as well as lots of healthy vegetable dishes which even children will eat. This is an absolutely down-to-earth practical guide from someone who has been there and done it.

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