



Hyperactive Child (Special Cookbook)

Janet Ash, Dulcie Roberts

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Hyperactivity affects thousands of babies and children in the UK alone, and this book, a new edition of "Happiness is Junk-Free Food", explains how the condition can be alleviated by following a special diet devised by Dr. Ben Feingold. There are over 100 inexpensive, additive and salicylate-free recipes, including children's favourites such as fish fingers, pizza and ice-cream and helpful hints to parents of children who are hyperactive or who suffer from other food sensitivities.

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