

## Ladies Have You Heard?

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**NO LINK FOUND BETWEEN DIET AND HYPERACTIVITY**  
Eliminating foods with artificial colors and flavorings from the diet won't improve the behavior of hyperactive children. That is the conclusion reached by seven independent studies and reported in October, 1980 by the National Advisory Council on Hyperkinesia and Food Additives of the Nutrition Foundation

The scientifically controlled studies investigated claims of Dr. Ben Feingold who contends that 30 to 50 percent of all hyperactive children improve markedly when placed on his special diet. Various bakery goods, ice creams, mouthwash, cough drops and soft drinks are on his "no" list because they contain artificial food colors. According to Feingold, hyperactive children get progressively worse if they eat even small amounts of the forbidden foods.

The National Foundation was concerned because Feingold's "findings" came from uncontrolled studies. They were also concerned about widespread

confusion among parents, teachers and psychologists about this diet.

Figures vary, but anywhere from five to 20 percent of school-age children may be hyperactive — restless, inattentive, easily distracted and unable to concentrate. Frustrated parents and teachers become willing to try anything that promises help.

Feingold promises, but the Nutrition Foundation reported that none of the seven studies found anything to substantiate his claims.

They suggest that a powerful "placebo" effect may have been responsible for Feingold's successes. If you think something will work, it often does. The diet, that Foundation notes, seems to have no harmful effects. There is no reason that families shouldn't use it under medical supervision. But they also recommend that children on this diet get nutrition counseling to be sure they get the vitamins and minerals their growing bodies need.

**STRESS IS NOT ALL BAD**

Most people are under the impression that stress is something to

be avoided because it is harmful to our physical and mental health. Actually, stress is a very important element in our lives.

Stress can be good or it can be bad. A certain amount of stress is necessary and a lack of it can possibly be harmful. Stress in the body's adaptation to life events and in moderate amounts it can be a benefit to the body. When it is severe it overloads the body's

ability to adapt and this is when it can have a negative impact on an individual.

When we experience a certain amount of positive stress it causes us to perform better. For example, disasters and wars create stress in a population forcing them to band together to survive. Therefore, stress is a very necessary ingredient in life.

The same kind of thing happens

to an athlete. Getting psyched up for competition causes a certain amount of tension and anxiety. The athlete in this psyched up, stressful situation may outperform the competitor who is emotionally flat. Of course, stress can be hazardous if it is of the wrong kind or if there is too much of it. It is productive if it is not pushed past

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## High Protein Cost Getting You Down?



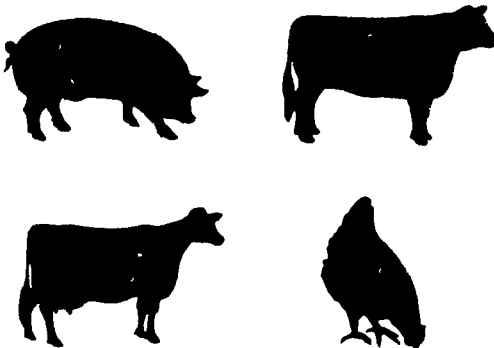
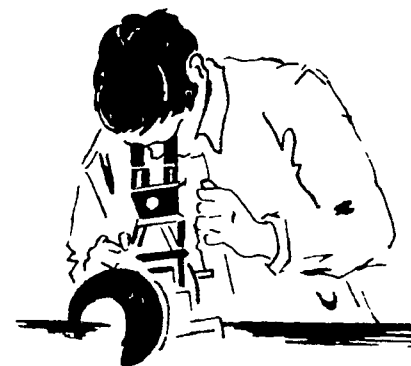
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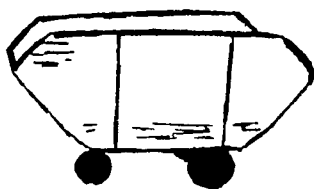
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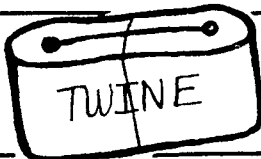
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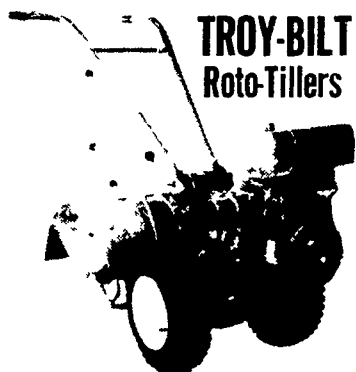


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