

Recipient:

Letter: Greetings,

Please mention that dietary changes have helped many with ADHD symptoms during episode 3 of "Kids On Speed". Many families are watching who would benefit from this information.

Read the comments on the petition to understand how many people have benefited.

# Comments

Name	Location	Date	Comment
Jenny Haining	Australia	2014-02-17	I have noticed a huge difference in my sons behaviour (ADHD and odd) with diet
Kathleen Clarke	Hallsville, Australia	2014-02-17	my grandson has ADHD
Tanya Ala-Outinen	Australia	2014-02-17	Psychologist wanted to put my daughter on ADHD medication however 5yrs later after putting her on a moderate failsafe diet and adding vitamins including B vitamins and zinc via Dr Richard Stuckey at Border Medical Clinic Coolangatta, my daughter is medication free and is living a normal life. It's easy to stick to the diet and vitamins when they make you feel and learn better.
Kylie Bonnor	CARSELDINE, Australia	2014-02-17	Diet has changed all 3 of my kids different behaviours - even those considered 'NORMAL' by medical professionals. It should be a first option prior to medication not a last resort when all else fails. Its a failure and a sign of our medical system's overall lack of skills to use medication as a first resort before ruling out other problems as they do in many other western countries around the world.
robyn venn	chester hill, Australia	2014-02-17	why can't people start with FOOD,easiest thing to change (alright not THAT easy) we don't need all the additives & preservatives anyway. why must drugs, harsh drugs be the 1st thing to bandaid the problem?
Susanna Gustavsson	Copenhagen, Capital Region of Denmark, Denmark, United Kingdom	2014-02-17	My children are very much affected by - some food. If we avoid their food/drink triggers, they have no problems in school, they can concentrate and learn easily. If we don't avoid their triggers, we see an immediate reaction in the form of disruptive behaviour in class, dark circles under their eyes ("allergic shiners"), lots of strife and grief when we're just going about everyday life... problems we just don't have, when they stay away from the foods they don't tolerate. So, the food can mean the difference btw. doing well in life, and struggling.
Jeni Langdon	Australia	2014-02-17	Because I watched my own kids behaviour escalate drastically when they were given the incorrect diets for their little body's.  I also watch calm kids at school who eat food additives and incorrect diets for them, and their behaviour is out of control. The parents are pulling their hair out but do not understand the importance of the correct diet for their child and their individual child's little body.
Jenny Clidton	Australia	2014-02-17	This is SO important because most parents (and even doctors) have NO IDEA how food chemicals (naturally occurring as well as chemical additives) can effect some children ... and adults too! I am one of them..
Penny Clifton	Australia	2014-02-17	My daughter has ADHD & PDD-NOS. She made incredible progress on the FAILSAFE diet, including gluten & dairy free. I would like other parents to know the possibilities.
James Schollum	Wellington, New Zealand	2014-02-17	A simple change in diet is so much better for everyone affected than prescribing drugs. I admit it doesn't work in all cases, but it should be the first thing discussed with sufferers
Lorraine Bennett	Australia	2014-02-17	I have had great success with my child's mental health simply by removing additives, some naturally occurring food chemicals and gluten/dairy.
Michelle Jones	Australia	2014-02-17	Personal experience my son is off all ADHD medication. I would love to see paediatricians recommending diet not medication and parents not taking the easy option of tablets.

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Craig Langdon	Stavanger, Norway	2014-02-17	My nephew has strong reactions to different types of foods and I know that the public needs to know this type information.
Lucy Chadwick	Australia	2014-02-17	Addressing the source of symptoms is imperative to treatments!
Trish Walker	Australia	2014-02-17	I know from experience with family members how food can impact the behaviour of children. The more discussion, the better outcomes for children and families.
John Chen	New York, NY	2014-02-17	hits very close to home in so many ways.
Serena Naughton	Wellington, New Zealand	2014-02-17	My son has had great improvements with change in diet (Failsafe). People need to be educated on the cause rather than giving a pill for the symptom. It CAN be as simple as changing diet. What we put in is what we get out.
Helen Langdon	Auckland, New Zealand	2014-02-17	My grandson is on a very restricted diet because of numerous allergies that are life threatening if the wrong food is rated
Angela Harper	Australia	2014-02-17	This show was an excellent opportunity for research journalism to find a broad range of approaches to ADHD, but it didn't
Karen Mascord	Edgeworth, Australia	2014-02-17	Chemicals in food are affecting so many kids and adults. I have seen / felt so many changes in myself and my daughter since cutting nasty food chemicals. I am sure my daughter would have had behaviour issues by school if I had not worked this out.
Maureen Kerr	Toowoomba, New Zealand	2014-02-17	I have lived with a child with ADHD and it follows them into adulthood and causes so many issues.
Gwen Pasin	Australia	2014-02-18	I believe too many kids get miss diagnosed and go on ritalin unnecessary.
cate field	geebung, Australia	2014-02-18	Enough drugs for our children please!!! Feed them what their bodies need. There are many diets out there that are doing very good things for children that drugs will never be able to compete with. I expected more of the ABC! Research the following next time: Failsafe, RPAH, GFCE, SCD, Weston A Price and my favourite: GAPS!
Gabrielle Waddington	Lilyfield, Australia	2014-02-18	I have a child that responds to the failsafe diet, who shows signs of odd, but doesn't when eating well. Can't believe the practitioners in the programme do not mention diet in a positive way. Shameful
Kate Finch	Brisbane, Australia	2014-02-18	As per expert dietitian's observations, my child would be an ADHD child if we did not have him on a strict elimination diet.
Liz Schollum	Cambridge, New Zealand	2014-02-18	Knowledge is vluable and needs to be shared
Marney Junge	Australia	2014-02-18	Changing my son's diet has completely changed all our lives for the better. Food IS affecting our children (and all of us)
Melissa Hopper	Australia	2014-02-18	I believe that true ADHD isn't as prevalent as its made out to be. By eliminating gluten from my families diet, we were able to demonstrate dramatic behavioral and learning improvements which meant that medication recommended by our pediatrician and various other Drs was not required. My children are the brightest in their classes, now undertaking subjects well beyond their grades in school. There is a lot to be said for parents monitoring what their children eat!
Kathy Watkins	Australia	2014-02-18	My youngest son.
Sharon Carthew	Australia	2014-02-18	Because it has helped so mnay people, it beggars belief that these expoerts ignore what these kids are putting in their mouths everyday, apart from medication!!
Sandra Brown	Sussex Inlet NSW, Australia	2014-02-18	Personal experience with food intolerance.
Christina Day	Australia	2014-02-18	I have seen first hand the results of a Failsafe diet on one of my children

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Jade Vogler	Australia	2014-02-18	I too, was totally amazed that diet and nutrition as well as lifestyle choices were not looked at for any of these children! These areas have a huge positive part to play.
Melissa Baker	Australia	2014-02-18	It's important to look at all the evidence and input into this discussion!
Lee Hughes	Australia	2014-02-18	Because nutrients and the gut rule our bodies not drugs and the money and people behind them!
Nadine Hill	Australia	2014-02-18	Dietary choices make a HUGE impact on brain function.
Donna Smooker	Australia	2014-02-18	The understanding the role of nutrient rich food in kids diets and how it affect their mental and behavioural state is massively important
Anitha Smith	Australia	2014-02-18	its about the food/dietary benefits for all the family that benefits all involved
Fiona Brook	Australia	2014-02-18	Because I fear for the kids of the future
Heather Ellson	Australia	2014-02-18	Food has such a large impact on behaviour, especially in children.
Pamela De Pomeroy	Lalor Park, Australia	2014-02-18	Such a well known fact shouldn't be overlooked. I have even had kids themselves say they want to go back on fishoil because they felt better on it, could think better on it, when parents had given up on it...
DENNIS RHODES	Australia	2014-02-18	When our son was 6 years of age, his teachers wanted him to see the school psychologist for ADHD like behavior. Instead we did an elimination diet and found that certain food groups were affecting him. His behavior radically changed and teacher and parents were amazed.
Joel Finch	Carindale, Australia	2014-02-18	Having experienced first-hand the aggression and hyperactivity that food can cause in our son, and seen the difference that removing it from his diet has made, I would like to see that information made available to other parents and kids in a similar situation, for consideration before medication.
Georgia Murphy	SHOREHAM, Australia	2014-02-18	because food can be such powerful medicine
Naomi Malone	Australia	2014-02-18	I have seen the dramatic changes that have occurred in my eldest son, when gluten and dairy were removed from his diet, and also when he was provided the correct supplementation
Michelle Ford	Tolga, Australia	2014-02-18	So many lives can be changed for the better by looking at diet and so many medications can be reduced or eliminated.
Nicola Cullen	Blairstown, Australia	2014-02-19	I have seen firsthand the difference it can make
Leanne Lothian	Terrigal, Australia	2014-02-19	I have seen how diet can have a make a huge difference in behaviour. It is not something to be ignored
Felicia Smith	Albion, IL	2014-02-19	Diet does play a roll in managing a ADHD child.
Melinda Hills	Australia	2014-02-19	My youngest daughter has an intolerance to additives, preservatives and flavour enhancers found in everyday foods. The change in behaviour when we changed her diet to eliminate these things was just remarkable. Processed and convenience food has become full of these chemicals ... some kids can handle them, others can not - there is no coincidence about the rise of ADHD diagnosis and changes to food manufacturing processes and techniques over the past 30 years.
Mary Toulmin	Australia	2014-02-19	Diet plays an important role in kids behaviour and general health. Why this show hasn't addressed this is beyond me...
vanessa heredia	Plano, TX	2014-02-19	Its the health of our children!!
Heidi Hosking	Buderim, Australia	2014-02-19	How can diet not be mentioned? My son has 'cured' what would be ADHD with diet alone..
Heather Mathews	Edge Hill, Australia	2014-02-19	Nutrition needs to be seen more as a treatment.

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Rachel Wilson	Australia	2014-02-19	Because I have personally seen the results.
Emma Davis	Australia	2014-02-19	The contribution of food to overall health and the role of food in addressing specific diseases (the main one that springs to mind is the ketogenic diet for treatment of epilepsy, but there are others) is well-documented in the scientific literature. Unfortunately, because we live in a society dominated by corporate greed, devising new medications to treat health problems is more profitable (and therefore advertised more) than exploring the potential role of food in healing. Please go against the trend, please show all the sides of the story rather than restricting it to the usual big pharma-prescribed spiel.
Debbie Hodges	Australia	2014-02-19	my son was diagnosed as ADD, turned out he had pyroluria, & is not like any other normal child
Rebecca Madigan	Pomona, Australia	2014-02-19	I have a child with I believe misdiagnosed ADHD. Food has made an amazing difference to my child as has a change in his education facilitator. I was just told I medicate him which I refuse to do and it have made changes naturally and had amazing results with no professional support as it was drugs or nothing.
Rachelle Walsh	Australia	2014-02-19	Personal research has led me to a greater understanding of the gut microbiome. My 5 year old has no behavioural issues, she was breastfed for 18 months and has had only one dose of antibiotics. She is a fussy eater and loves ice cream and McD happy meals. However, I believe that her gut health allows her to absorb all the nutrients she needs.
Maria Shaflander	Australia	2014-02-19	As a holistic nutritionist I think it's extremely obvious and numerous scientific evidence exists showing that diet and supplements play a huge role in the symptoms of ADHD. Kids are eating nutrient poor diets and become deficient in essential vitamins, minerals and amino acids. There is plenty of evidence - simply visiting <a href="http://www.mindd.org" rel="nofollow">www.mindd.org</a> should be enough for a whole series on the subject!
jodie stroud	smithfield, Australia	2014-02-19	For so many reasons, especially because ADHD is within my childhood and immediate family.
Natascha Carrel	Australia	2014-02-19	One child with adhd. We have changed our diet and are almost Gf and DF, additivefree, preservative free. Incredible changes!!! Natural solution to manage adhd!
Jenny Johnston	Australia	2014-02-19	My son has Autism and I have positively changed is prognosis with diet. The changes really are amazing. Every parent of a child on the spectrum should be given info about diet as a therapy that often helps if given a decent chance.
Jill Eaton	Caboolture, Australia	2014-02-19	for the safety and sanity of both children and parents
Lee Costello	Australia	2014-02-19	Because I have a son who is on a restricted diet and have seen amazing results. If the body is not nourished it cannot thrive and therefore we see deficiencies in ones health.
Marie-Laure Drey	Germany	2014-02-19	to make people (and also sadly some health professionals) aware that medication is not always the answer for everything. it's totally irresponsible to give a 2 years old kid medication full of chemical on a daily basis while we could treat him/her by simply changing his/her diet.
Nicole Drill	Australia	2014-02-20	My kids are so much better with a gluten free, dairy free, some free and egg free diet. I see the proof that diet works in my aspy child every day. Nothing else has helped us as much as diet.
Christine Houghton	Australia	2014-02-20	As a Nutritionist, I was appalled by the narrow view taken by this programme. Failure to include a well-qualified Nutritionist on the panel is a serious error of omission.

<b>Name</b>	<b>Location</b>	<b>Date</b>	<b>Comment</b>
JANE MELLOR	Australia	2014-02-20	Because it is a vital link to treatment & cure
Meredith Knowles	Australia	2014-02-21	I am concerned about the rise in additives in everyday food and the effects this is having on my grandchildren's wellbeing - allergies and intolerances in particular. There are so many 'hidden' additives, I have to religiously observe labels and it is so frustrating. Also, as a school teacher rises in the numbers of children with allergies, learning and behavioural problems is alarming and makes life very difficult in the classroom!
Angie Stevenson	Australia	2014-02-21	Because I believe that what we fuel our body with fuels our behaviour.