

Accept—don't reject
Greetings
from the
Attention Deficit
and Hyperactivity
Support Group of
Southern Africa

ADHASA

Helping the community
for  22 years!

Useful information
to help families with
ADHD, and others ...

Please send this
newsletter to
anyone who could
use it.

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Please note that
ADHD refers to
Attention Deficit
Disorder with or
without hyperactivity.



Keeping up with ADD

November - December 2011

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Night before Christmas

Dr Ben Feingold noticed the link between hyperactivity and food additives in the early seventies, and this led to the Feingold Diet. To a large extent the ADHASA healthy eating approach is based on the Feingold Diet. This poem comes to us from the Feingold Association. Enjoy!

*From our now peaceful home,
with all of our might,
We pray peace and joy
fill your hearts on this night!*



The Night Before Christmas, Feingold Style
by Pat Pignatiello



*'Twas the night before Christmas and all through our place
The children weren't sleeping - how their bodies would race.
No stockings were hung by the chimney with care,
No hope that St. Nicholas would ever be there.
The children weren't nestled; They wrestled in bed,
And Momma in tears, and Dad with a sigh,
Had just settled down for a desperate cry.*



*When onto the scene with an answer, not clatter,
Came Good Dr Ben to tell what's the matter.
"Out colours, out chemicals, out Hostess Ding-Dong,
Your child is normal, it's the food that's all wrong.
From the top of your cabinets, to dessert at each meal,
Now dash away, dash away, food that's not real."*

*We spoke not a word, but just started his diet,
We've nothing to lose; so we're going to try it.
When what to our wondering eyes should appear,
But a child so calm, so normal, so dear,
With a head that can learn now, a manner that's mild,
We knew at that moment, for the first time, our child.*

*Now . . .
It's the night before Christmas and in our home
Every child is sleeping, just like the poem.
The unfrustrated days, the good nights are so many,
It's hard to remember that once there weren't any!
So with a tear in our eye for what might have been,
For changing our life, we thank Dr. Ben.*



RECIPES

On Christmas day mothers have so much to do that breakfast often falls by the wayside. A yummy low GI muffin from the freezer can provide a quick breakfast to keep the family on an even keel. Serve it with a small dollop of custard, or a handful of nuts.



**YUMMY LOW GI APPLE
RAISIN MUFFINS.** - make them now and pop into the freezer for when you want them.

Ingredients

- 1/2 cup All-Bran cereal
- 2/3 cup milk

- 1/2 cup whole wheat flour (plain flour can be used)
- 2 level teaspoons baking powder
- 1 teaspoon allspice
- 1 teaspoon cinnamon
- 1 green apple
- 1/2 cup raw oat bran
- 1/2 cup raisins
- 1 large egg
- 1/4 cup honey (don't use raw honey for baking – it's a waste)
- 1/2 teaspoon pure vanilla, or a pinch of vanilla powder.



Directions

1. Preheat oven to 190°C (375°F)
2. Pour All-Bran into milk and let stand for 10-15 minutes.
3. Sift flour, baking powder, allspice and cinnamon into a large bowl.
4. Peel and dice apple.
5. Add apple, oat bran and raisins to flour mixture and stir to combine.
6. Combine slightly beaten egg, honey and vanilla in a small bowl. Pour into flour mixture and stir with a wooden spoon.
7. Pour All-Bran mixture into the rest of the ingredients and continue stirring until well combined.
8. Lightly grease 12-hole muffin tin and spoon in the mixture. (Easier to put paper muffin cases into the holes).
9. Bake for 15-18 minutes until lightly brown.

Serve with a dollop of approved custard (see ADHASA Shopping Basket) or a handful of nuts. *Makes 12 Muffins*

Tip: If you're avoiding salicylates, then leave out the allspice and cinnamon. Use a golden delicious apple instead of the green apple. Use sultanas instead of raisins.

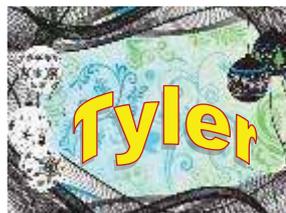
REFRESHING SMOOTHIES

If you have leftover fruit salad, or just fruit that needs to be used up, freeze the sliced fruit in a flattened sandwich bag. Whenever you want a smoothie, you can prepare it in a few minutes. Make your smoothies by taking a bag of frozen fruit from the freezer and liquidising the fruit with a small tub of yoghurt. You may need to add a little diluted juice or milk. Add a teaspoon of honey and you have a delicious breakfast in no time.



Tip: Now that berries are in season, freeze a few on their own. Just two or three in a smoothie gives it a lovely pink colour. Fresh fruit can be used but frozen fruit (as above) is useful when you're in a hurry.

Congratulations !



To 7 year old Tyler for being the overall winner of ADHASA's 2011 Poetry Competition! To view his poem, please go to our Facebook page where you can read it:

<http://www.facebook.com/pages/Adhasa-Attention-Deficit-Hyperactivity-Support-Group-of-South-Africa/106565692741956>

Tyler received his prize of a fabulous green 8GB iPod for his poem, which will be published in our upcoming book.



ADD/ADHD Coach Lorí Lea wishes all readers, families and friends a joyfilled & happy 2012!

Contact Lorí (Lori@MindFocus.co.za), if you are curious about improving your life, or that of your children.



We thank **ADDvance** for their generous sponsorship of our Food List.



The following supplement has been endorsed by ADHASA:



Creche Guard Brain Fuel "Omega-3 Chews"



We wish you all **COMPLIMENTS OF THE SEASON**, a well-earned break, and safe travelling.

To our Christian friends a **Merry Christmas**;
To our Jewish friends a **Happy Chanukah**;

And a **Wonderful New Year** to all our Muslim friends—

Hope everyone had a **joyous EID!**

May 2012 be Your Best Year Yet!