

ADHD, a Food-Induced Hypersensitivity Syndrome: in Quest of a Cause

**The effects of a restricted elimination diet (RED) on ADHD,
ODD and comorbid somatic complaints,
and a preliminary survey of the mechanisms of an RED**

Een wetenschappelijke proeve op het gebied van de
Medische Wetenschappen

Proefschrift

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ADHD, a food-induced hypersensitivity syndrome: in quest of a cause
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The Story of Fidgety Philip

A poem by Dr Heinrich Hoffman, a German physician, published in 1845



"Let me see if Philip can
Be a little gentleman;
Let me see if he is able
To sit still for once at table":
Thus Papa bade Phil behave;
And Mamma looked very grave.
But fidgety Phil,
He won't sit still;
He wriggles,
And giggles,
And then, I declare,
Swings backwards and forwards,
And tilts up his chair,
Just like any rocking horse—
"Philip! I am getting cross!"





See the naughty, restless child
Growing still more rude and wild,
Till his chair falls over quite.
Philip screams with all his might,
Catches at the cloth, but then
That makes matters worse again.
Down upon the ground they fall,
Glasses, plates, knives, forks, and all.
How Mamma did fret and frown,
When she saw them tumbling down!
And Papa made such a face!
Philip is in sad disgrace.



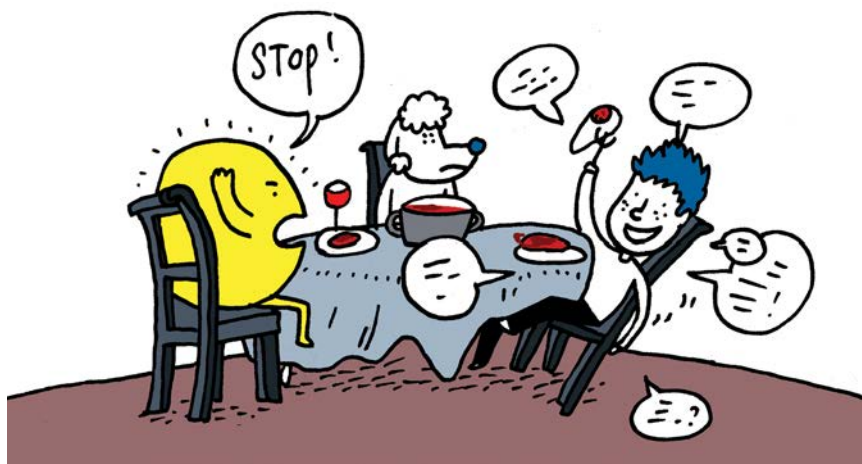


Where is Philip, where is he?
Fairly covered up you see!
Cloth and all are lying on him;
He has pulled down all upon him.
What a terrible to-do!
Dishes, glasses, snapt in two!
Here a knife, and there a fork!
Philip, this is cruel work.
Table all so bare, and ah!
Poor Papa, and poor Mamma
Look quite cross, and wonder how
They shall have their dinner now.

The story of Perky Peter

(restrict your diet and be quiet)

A poem by Lidy Pelsser, a Dutch researcher, published in 2011



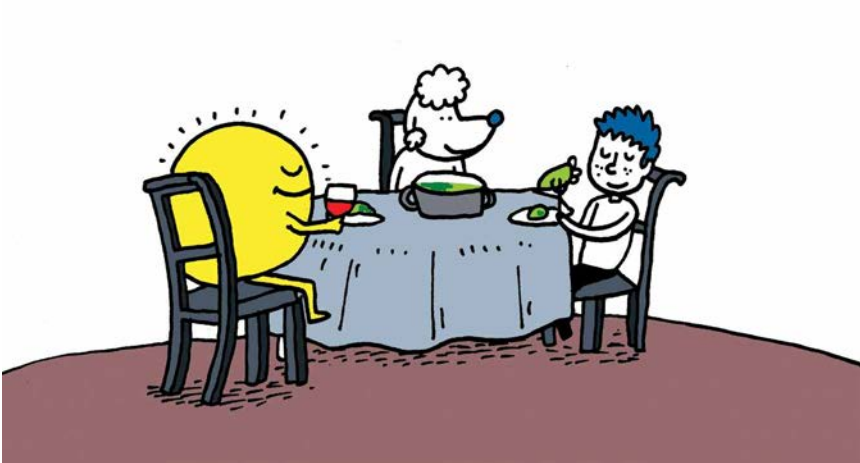
This story is a tale of woe,
Of Peter, always on the go,
His feet, they run, he never walks,
He doesn't listen, but he talks,
And the meals, we don't know how,
They always end up in a row,
A game with Pete turns into fight,
We just can't leave him out of sight!

How we love our perky Peter,
And how we wish he would be sweeter,
We know he tries with all his might,
Still, it never turns out right.
What to do with his behaviour,
Could a diet be his saviour?
His life right now it is a curse,
A 5-week diet cannot be worse!



That very evening mum and dad
Talked about their little lad,
Gravely they deliberated,
Pros and cons considered,
Might they prevent their Pete run riot,
By following this 5-week diet?

**"All right, let's try, let's start and see,
What happens with an RED!"**



Within 5 weeks of stringent food,
A change was seen in Peter's mood,
The stormy boy became so quiet,
A miracle cure for Pete, this diet,
Our thoughtless, hasty, turmoil boy
Changed into our greatest joy,
This RED sure did delete
The bad behaviour of our Pete!

This tale's end is full of joy,
And if you had a similar boy
Then let this story be a plea
For diagnostic RED,
To apply in every child
Impulsive, turbulent and wild!
If RED does not succeed,
Then medication is a need.