

Pure Facts

Newsletter of the Feingold® Associations of the United States



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The Kellogg Report - a Landmark Study

An estimated 15% of American young people exhibit obvious learning and/or behavior problems, and current methods of treatment are not working. Nutrition, lifestyle choices and the state of our environment hold solutions to many of the crises which beset our society.

This is the conclusion of the mammoth *Kellogg Report: The Impact of Nutrition, Environment & Lifestyle on the Health of Americans* by Joseph D. Beasley, M.D., and Jerry J. Swift, M.A.

Funded by the Ford and W.K. Kellogg Foundations, the seven year project asks, "Could the learning and behavior problems of the young today be due to deeper, biological factors not adequately addressed by current psychology or medicine?"

The report goes further, addressing the issues of chronic illness in people of all ages, and deteriorating living condi-



tions in third world countries. It explores reasons for these crises and offers action plans to reverse them.

Modern medicine, the authors con-

tend, attempts to use outdated models for current health problems. The formula which was so successful in controlling infectious diseases is not appropriate for dealing with the health problems Americans face today. "The chronic conditions which challenge us today — from hypertension to learning disabilities — do not respond to the simple formula of "identify the cause and eliminate it" that works for infectious diseases."

They call for a new medical paradigm, a new frame of reference, which recognizes our individual differences and health requirements, and which looks at the total lifestyle of the patient when diagnosing illness.

"Many who readily accept the link between diet and heart disease, or other chronic physical conditions," they note, "find it hard to imagine that nutrition could have a direct and determining effect on human behavior and personality dysfunctions."

Continued on page 4

Measuring Brain Activity in Hyperactive Adults

The recent announcement describing PET scans of hyperactive adults has generated a great deal of publicity. This research was carried out at the National Institutes of Mental Health, and reported in the *New England Journal of Medicine*.

The procedure involves measuring the rate at which areas of the brain use glucose, the sugar which provides energy for cells. The more slowly glucose is metabolized, the less control the individual has over the activity connected with that portion of the brain. The lowest rates of metabolism were found in the areas of the brain which primarily control attention and motor activity.

Other areas of the brain found to be functioning with reduced metabolism are those which deal with handwriting and inhibiting responses.

The major value of the work appears to be that it confirms the biological basis for hyperactivity, at least in some individuals, and suggests a strong genetic component. Dr. Feingold often referred to this "biological profile" as the underlying factor, which can then be triggered by outside factors, such as food additives/salicylates.

The downside is that it will be tempting to conclude that this is what *USA Today* and the *New York Times* called a "brain abnormality". It's much easier to justify drug therapy for a child with an "abnormal" brain. This is reminiscent of the days when hyperactivity was called Minimal Brain Dysfunction.

Several Feingold professionals have suggested that it would be valuable to use this technique to monitor brain metabolism before and after a hyperactive

individual has consumed synthetic additives/salicylates. This might demonstrate a direct, measurable effect of the chemicals on brain activity. On the other hand, it could be that people who are genetically predisposed to hyperactivity also simply have lower brain activity in certain areas. Questioning the concept of what is "normal", the Kellogg Report pointed out the wide range of variations in the size and shape of organs in perfectly normal people. This could apply to metabolism as well.

If this research could lead to a non-invasive test for the hyperactive child it would be welcomed by all. At the very least it could help prevent overmedicating or help determine which drug — and at what dosage — is most effective in controlling symptoms.

The Feingold® Associations of the United States, Inc., founded in 1976, are non-profit volunteer organizations whose purposes are to support their members in the implementation of the Feingold Program and to generate public awareness of the potential role of foods and synthetic additives in behavior, learning and health problems. The program is based on a diet eliminating synthetic colors, synthetic flavors, and the preservatives BHA, BHT, and TBHQ.

Yellow Dye and Health Problems

I've always been interested in nutrition and medicine, both as a nurse, and as someone who just thinks it makes sense to eat good food.

I don't like to take medicine unless it's necessary, but when I saw my doctor for PMS symptoms, it seemed reasonable to try the Provera and Premarin he prescribed. Up until that time, my major physical complaints had been nasal stuffiness, periodic feelings of anxiety and mood swings.

Once the pills were added, these problems became severe. The reaction seemed to build up for about six days, culminating in swelling from excess fluid, a feeling that I couldn't breathe, as well as enormous itchy hives that were like welts. The previously vague anxious feelings became full blown anxiety attacks, and I ended up in the emergency room of our hospital more than once. None of the doctors I consulted had any idea what was causing all these symptoms, and I was told that I would have to figure out what was wrong myself!

My reading became intensive research, and I eventually ran across information connecting food coloring to hyperactivity in children. This alerted me to the problems caused by yellow dye. The PMS medication had yellow added! The pickles I loved so much, as well as the lime juice for mixed drinks and sour mixes had yellow dye! I began to find it in all kinds of foods, and non-food products I used.

Dr. Feingold's research made me aware of the connection between sensitivity to aspirin, salicylates and the dyes. I had been taking lots of yellow Sudafed for nasal stuffiness, as well as aspirin for headaches. I cut out all of the synthetic dyes, as well as the other questionable additives.



Of course, this is another Feingold success story! Not only did the enormous itchy hives disappear once I started on the Program, but so did my panic attacks, mood swings, PMS, and even the nasal stuffiness is gone — it feels great!

I want to tell every parent of fussy, unhappy children to think about the dyes, flavorings and preservatives that are going into those little bodies. Kids can't tell a parent how they feel; they don't know how to deal with these feelings. I couldn't even deal with them as an adult.

*Dorothy Albert
Swampscott, MA*

Editor's note: *Dorothy has her own business making hand crafted dough ornaments.*

She asked FAUS to prepare a card with information about the problems caused by food additives, and is enclosing one in the bag with every purchase.

Do you have an opportunity to reach people in your line of work? Would you like to help us publicize the Program? Contact the FAUS office for more information, and give us your suggestions.

Do Your Friends a Favor

Don't give out your old Foodlist. We recently received a phone call from a woman who was not having success with the Program. A member had given her a Foodlist which was several years old, and she didn't have any of the updates or other Feingold materials.

She was adamant that she didn't want to join the association and receive current information, but indignant that she wasn't seeing success.

The Foodlist is only a part of the information and help our members receive, and it is essential that it be kept up to date.

We will send information and a complimentary newsletter to friends. Send in their names and addresses and let us know if there is a particular issue of the newsletter you think they would like to have.

Salicylate Sensitivity

The Elusive Diagnosis

Dorothy Albert's doctors had no clue as to the cause of her reactions. But medical journals contain many references to tartrazine (Yellow dye No. 5) sensitivity. Robert Buckley, M.D., writes, "To my knowledge, the first paper on food dye sensitivity was published by Stephen Lockey, an allergist in Lancaster, PA, in 1948. Every allergist is concerned with the symptomatic patient who does not get much help from desensitization shots. Dr. Lockey used a special exclusion diet for these people, and had them avoid aspirin and any foods containing salicylates. In the 1950's he proposed that the salicylate-free diet should also exclude junk food, and particularly the FD&C Yellow No. 5 color. He had found that some of his adult patients with asthmatic, gastrointestinal, and skin reactions had considerable benefit when placed on this special exclusion diet. When Dr. Feingold studied this diet, he was the first allergist to use it with children."

("Hyperkinetic Aggression of Learning Disturbance", Robert Buckley, Academic Therapy, Vol. 13, No. 2, November 1977)

There are many references in medical journals connecting salicylate sensitivity with a wide range of health problems. Additional articles by Lockey, as well as Juhlin, Chafee, Settignano, and others can be found in the literature.

The Food and Drug Administration requires tartrazine to be specifically labeled by name because the agency acknowledges that some people are sensitive to it. (It turned down a request from the Joint Council on Allergy and Immunology to ban it entirely.)

Believing that knowledge of tartrazine/salicylate sensitivity is common, FDA wrote in 1986: "Susceptible persons are likely to be selective about the food, cosmetics, and over-the-counter drugs that they use. Likewise, their physicians are likely to consider such intolerance in prescribing drugs."

(Federal Register, Vol. 51, No. 129, Monday, July 7, 1986)

The experience of Feingold members indicates that physicians and patients rarely suspect salicylate sensitivity. Experience also suggests the prevalence is actually far greater than the 47,000 to 94,000 persons in the U.S. estimated by FDA.

How I Saved Fairfax County \$62,296.00

Money is scarce. Politicians are worried, and school boards are nervous.

Here, in the "recession-proof" Washington, DC suburb of Fairfax County, Va, business has slowed and houses now stay on the market for a long time. Virginia is limiting funds for the state supported university system. Chances are, your area is going through the same belt-tightening.

Have you ever thought about how much money you have saved your state and local government by placing your child on the Feingold Program?

In Fairfax County it costs \$5,336.00 to pay for the education of one child for one year in an elementary school classroom.

If that youngster receives help for a learning disability from a resource teacher, add \$2,871.00 per year. And if the child's problems require him or her to be placed in a self-contained classroom for learning disabled children, the total annual bill is \$12,671.00. That's ONE child, ONE year.

I added up the 13 years my daughter has been in the public school system — thirteen years she did not need to be in

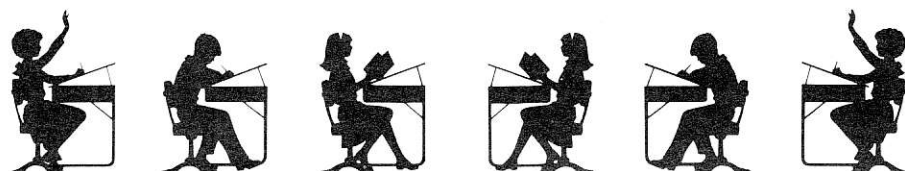
a LD class because she was on the Feingold Program. Then I figured the difference between the cost of a regular classroom and a special ed class. If you calculate that the costs have increased at the annual rate of about 4% for the thirteen years she was in school, the saving is \$62,296.00.

For the child who has problems so severe they cannot be dealt with in the public school, the county pays for "contract services" (spell that Service\$!) which make my \$62 thousand look like loose change.

To learn how much money the Feingold Program has saved your school system, call the office of your school superintendent. They can refer you to the person in charge of the budget. Or ask the reference librarian at your local library; this is considered public information.

Next time you ask for cooperation from your child's school, you may want to bring some figures along.

Jane Hersey
Fairfax County, VA



Solutions

Members who are sensitive to corn syrup and salicylates may find it hard to locate suitable **juices and canned fruit**.

If you can't find a pear juice without corn syrup or salicylates, consider using baby food juices. Gerber has pure pear juice which is very similar to apple juice in appearance and flavor. It is available in a 25.3 ounce plastic bottle.

Canned pears may be packed in a corn syrup mixture, in a blend of juices which include salicylates such as white grape juice, or in just pear juice, so check the ingredient label. In addition, some canned fruits contain artificial flavoring, so be sure to avoid those.

Unexplained reactions? A Feingold mom reports that her son was finding it hard to stay out of trouble at school. He kept having his name written on the chalkboard.

After considering all the possible factors in Stephen's diet and environment she noticed they seemed to be eating out much more frequently — usually several times each weekend. She went back to home cooking and the behavior problems disappeared.

Experienced members can generally eat out, but if your child's behavior seems to have slipped, you may be overdoing it. Back up to your earlier Feingold days and see if this helps. Then enjoy the restaurant meals, but just not as often.

What's Wrong With Our Schools?

Editorial comments

Education is receiving a lot of attention these days. There is little dispute that something needs to be done. The "somethings" proposed are typically: give parents a choice, improve the caliber of teachers, lengthen the school year, and — predictably — spend more money. The following quote is taken from an article which appeared in *Business Week* magazine earlier this year.

"In recent years, a cruel paradox has been bedeviling observers of the U.S. education system: On the one hand, statistics indicate that the U.S. spends more on education on both a per-student basis and as a share of national income than virtually all of its major industrial rivals. On the other, numerous international comparisons of students' skills reveal that Americans are badly deficient in most areas of learning at a time when education and training are becoming an increasingly critical factor in determining national competitiveness."

Business Week, 1/29/90

In all the well-meaning solutions suggested, the one vital element forgotten is the child — the child who cannot concentrate, cannot behave appropriately and cannot learn. Paying higher salaries, lengthening the school year or giving parents a choice won't work if a child cannot read or spell. Spending more money won't help the youngster who can't keep his body in his chair or who forgets what she knew yesterday.

The concerned businessmen should go into the schools. They should observe the children, and speak with the teachers the day after Halloween, or even after lunch, and see what they have to say about food and behavior.

Good food is not likely to be a panacea for the problems of our schools, but there's ample evidence that it can make a tremendous difference.

When diet is considered, the medical approach is generally to single out one factor, such as cholesterol content of food, and to zero in on this as the single cause, much as physicians did when they identified a single cause of an infectious disease.

Unfortunately, there are many factors which work against the formulation of a new health paradigm.

Most of our nutrition education comes from food advertising. The estimated \$10 billion spent to promote brand name products is one hundred times the amount spent for nutrition education.

"The National Cancer Institute has traditionally spent less than 1% of its funds on nutritional research. This is all the more amazing in light of the statement by Dr. Gio Gori, Deputy Director of the Institute, that about 60% of cancers in women and 40% in men appear to be related to diet."

During the past decade, FDA efforts in the area of nutrition have been directed toward restricting the sale of vitamins and minerals, while critics charge that unsafe drugs are being ignored by the agency.

"Drugs are foreign to the body," the authors point out, "while nutrients, on the other hand, are essential to the body....The body stores up nutrients for future needs; it eliminates drugs as fast as possible."

While good food is slowly gaining recognition as a vital component of health, it is being increasingly subjected to nutrient-destroying processing.

"In America...never in history has such an astonishing and continuous abundance of food been produced year after year, not merely for farmer's own families (now less than 4% of the population) and the nation as a whole, but for countries around the world including the Soviet Union.

"At the same time, thanks to the modern food processing industry, never in history have nutrients been so systematically and massively destroyed or discarded...as during this golden age of nutrient discovery and technological ability."

Neither the Food and Drug Administration nor the American Medical Association are likely to contribute to a solution. The authors charge both "have abandoned their earlier stands and joined the food-production industry in lauding the volume, variety, and value of today's food supply."

They also note the problem of con-

flicting interests in other areas. "Regulatory agencies and university researchers are closely tied to the food industry. In one year studied, almost half of the leading officials at the FDA had previously worked for organizations the agency was attempting to regulate."

Changes are even less likely to come from the medical schools. What the authors describe as tunnel vision in medical training begins with the premed curriculum, requiring an overwhelming number of science courses, to the virtual exclusion of the humanities. The result is a greater degree of specialization in a progressively narrow area.

"...many researchers," Beasley and Swift contend, "along with physicians and lay people who take an interest in the subject, see nutrition playing a primary role in human health that the more conservative bodies and those who follow their lead regard as unproven, unwarranted, and possibly dangerous."

The National Cancer Institute and American Cancer Society come in for criticism as well for having a "stranglehold" on cancer research, and for preventing Nobel laureates like Szent-Giorgyi and Pauling from gaining funds to do research on the connection between diet and cancer.

The patient who feels merely unwell or anxious is likely to be brushed aside. Only when the complaint becomes a full blown observable disease is he given treatment, and it is often a radical treatment.

Similarly, insurers are notorious for failing to cover small preventive medical procedures, but pay for major surgery.

Freud believed that "the mental is based on the organic" but few psychiatrists consider the diet/behavior connection. In true silver bullet tradition, the prescription pad is generally the first weapon whether the patient is an anxious adult or a hyperactive child.

Relating the Report to the Feingold Program

The authors express deep concern about the harmful effects of some food additives, and list hyperactivity in children as one of the effects. But in view of this, the support they show for the Feingold Program is surprisingly limited. There are several probable explanations.

The authors do not mention the important National Institutes of Health conference on hyperactivity and defined diets, held in 1982. A panel of independent scientists evaluated the studies to date and concluded the Feingold diet had never been subjected to scientific study, and it was "worth a try."

The authors mention the work of Egger, et. al., but do not include their findings that 79% of the hyperactive children challenged with Yellow No. 5 and a preservative clearly reacted.

The very important Kaplan study, published in the journal of the American Academy of Pediatrics the same year as this report, is not included.

While the authors show a comprehensive understanding of the clout wielded by special interests, they appear to be unaware of the money and effort industry lobbies have spent since 1973 to discredit Dr. Feingold's work.

Rather than digging into the original journal articles, which are very supportive of the Program, the authors rely on the opinions of "most researchers" and imply that the observations of parents are of little value.

A review of the research to date will support, not conflict with, parental observations. In one of the earliest studies, the Wisconsin study (funded by the food industry!) all ten of the preschool children responded to the Feingold diet. The older children, who had plenty of opportunity to cheat, showed improvement in their behavior, though less dramatic than the younger ones.

It's unfortunate the *Kellogg Report* does not recognize the value of the Feingold Program in teaching an enormous number of consumers how to easily make significant changes in their diet. Beasley and Swift write, "If we assume the prevalence of learning and behavior disorders is indeed about 15% of all school children then the learning- and behavior-disordered population comes to about seven million youngsters!"

The authors point out that medical pioneers have historically been ignored or harassed by their peers, and only after their death have their discoveries been integrated into medical practice. Dr. Feingold is certainly in distinguished company.

The Kellogg Report: The Impact of Nutrition, Environment & Lifestyle on the Health of Americans by Joseph D. Beasley, M.D and Jerry Swift, M.A., The Institute of Health Policy and Practice, The Bard College Center, Annandale-on-Hudson, NY 12504

Product Alert!

Vicks Formula 44 Cough Medicine now contains synthetic red dye and artificial flavoring. Please remove this product from your Medication List and, if time permits, call the company at 1-800-843-9657 to let them know you'd like to have them go back to the previous formula.

To learn more about ordering the acceptable Rhinosyn cough and cold products, contact Great Southern Laboratories at (713) 530-3077.

Louis Rich Turkey Breakfast Sausage (frozen) now contains BHA and BHT. Avoid the product with the packaging stating "New Improved Taste". You can express your wishes to the company by calling 1-800-722-1421 or writing to: Ken Schaefer, Consumer Affairs Department, Louis Rich, P.O. Box 7188, Madison, WI 53707.

(Thanks to Pat Whitener and Debby Hintz for alerting us to these changes.)

Foodlist Addition

Lipton Pasta & Sauce - Creamy Garlic Lipton has filled out the FAUS Inquiry form for this product, and states that it contains none of the prohibited additives. (For those who must also avoid corn syrup, it does contain this sweetener.)

Food Adulteration in Australia

Something fishy is going on in South Australia. The following information comes from our colleagues there.

The S.A. Health Commission has granted permission for the Fishing Industry Council to use red and yellow dyes to color fresh prawns.

The two dyes are Ponceau 4R, a red dye not permitted to be used in foods in the U.S., and tartrazine (Yellow No. 5) widely used here, and acknowledged to trigger health problems in sensitive people.

We wish our colleagues in South Australia success in their uphill battle to reverse this.

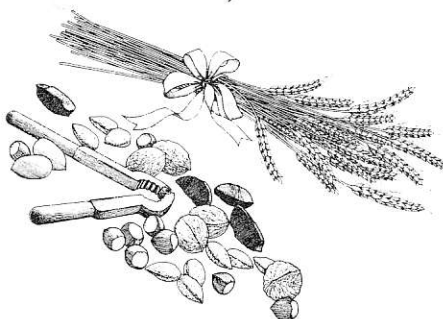
Easy-to-Make Cold Cereal

Feingold families don't have many choices when it comes to cold cereals, but here's one that's very easy to make, and tasty enough that your family may forget how nourishing it is. If you've been turned off by commercial granolas that are too powdery or too sweet or surprise you with little tooth-chipping bits, consider this delicious version. (Use unsalted nuts and seeds.)

4 cups rolled oats
1 cup sunflower seeds
1/2 cup peanuts
3/4 cup sesame seeds
(1/2 cup walnuts or cashews — opt.)
(1/2 cup shredded coconut — opt.)

1/2 cup vegetable oil
1/2 cup honey
1/2 cup water + 1 tsp vanilla

Cut-up dried fruits, such as dates, figs, papaya, pineapple, mango may be added. (For stage II, almonds and raisins can be used.)



Preheat oven to 350 degrees. You'll need a large baking pan. One with a slick non-stick lining is good. If you use a regular or foil-lined pan, brushing the pan/foil with vegetable oil to prevent the cereal from sticking.

Measure the oats, seeds, and nuts (and coconut) into your largest bowl or cooking pot. Stir the 1/2 cup oil into the mixture. Using the same cup, measure the honey and pour it in. Add the water + vanilla and stir it together.

Spread the granola onto the pan. Bake it for 10 minutes; then stir the mixture and return it to the oven for 5 minutes more or until light golden brown.

Cool briefly, then stir in the dried fruit. Store in a covered container.

Use this as a cereal or snack, or as a topping on hot cereal.

Our Video Gets Around

Dear FAUS,

"I recently borrowed a video out of the library: *'Impossible Kids? Possible Answers!'*" Our son, Brian, could have been one of the "before" children on your video.

"We would appreciate any information on the Feingold Program.

"I should also mention he has been in a L&A (learning and adjustment) class for about 3 1/2 years. He has very good days and then the opposite. We never know what to expect."

Donna Hoepf

Dear FAUS,

"My pediatrician has suggested I investigate the Feingold diet as a possible means of helping control my son's behavioral problems.

"Could you please send me more information — my pediatrician gave me a pamphlet and he is planning to loan me a video from the Feingold Association."

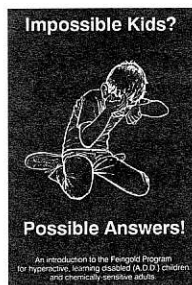
Catherine Cushing

(Letters reprinted with permission.)

I Want to Help

Have you seen the FAUS video? You may want to tell others about our program, but feel reluctant to give a "speech". Many of our members are showing the video at parent groups, teachers meetings, fraternal organizations, club meetings, church gatherings, etc.

All that is involved is to show the 21 minute tape, then you need only be there to informally answer questions based on your family's experience with the Program. (If a question should come up and you don't have an answer, just refer the person to the nearest association or to FAUS, and we'll take it from there.)



Videos are available from: FAUS Video, P.O. Box 6550, Alexandria, VA 22306. They are \$10 each, or \$25 for four sent to the same address. We pay the shipping cost.

The Feingold® Associations do not endorse, approve or assume responsibility for any product, brand, method or treatment. The presence (or absence) of a product on a Feingold foodlist, or the discussion of a method or treatment does not constitute approval (or disapproval). The foodlists are based primarily upon information supplied by manufacturers, and are not based upon independent testing.

Past Issues of Pure Facts

During the past year, major articles which have appeared in *Pure Facts* include:

Dec 1989/Jan 1990

Government's lack of regulation
Hyperactive young adults
Recipes: Appetizers & Beverages
Amer. Psychological Assoc. article
Australian study of Feingold families

Caffeine & the Feingold Program
Sleep disturbances
Indoor pollution

Feb 1990

Feingold summer vacation
FAUS Conference, Baltimore
Sugars and Valentine's Day
Sugar sensitivities
Recipes: Cookies & Desserts

March 1990

Summer Camp
Red Dye No. 3
Addresses of major food companies
Consumer choices

April 1990

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Vacation Bible school
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Cosmetics
Historical view of food additives and the Feingold Program
Vinegar's many uses

Sept 1990

Starting the new school year
Better ways to help ADHD children
The KISS plan - how schools can help

New study on sugar
FAUS 800 number, bumper sticker

Oct 1990

Halloween ideas
New Medication List available
Mark - a child who could not read
Edible sparkles on foods
Nitrite-free ham, sausage & bacon
Illnesses from nicotine & pesticides

Nov 1990

Special *Pure Facts* issue designed to

Organic News

Once the Feingold member becomes aware of the harmful effects of synthetic dyes, flavorings and antioxidants, she tends to be leery of pesticides as well.

Other organizations are involved in promoting the reduction/elimination of these synthetic chemicals, and they have enjoyed some victories in Congress this year.

The Organic Foods Protection Act will provide for a uniform definition of the term "**organic**." Currently this is subject to the regulations determined by individual states.

The Department of Agriculture has been given \$40 million for research into **low-input sustainable agriculture** (meaning the reduction and/or elimination of harmful pesticides). This is ten times the funds previously allotted.

Other legislation will address the prevention of **groundwater contamination** by agricultural chemicals (see *Pure Facts* for October, 1990) and improved record-keeping by farmers using certain pesticides.

Unfortunately, consumers suffered a major defeat with Congress' failure to pass the **Pesticide Export Reform Act**. Chemicals banned in the United States will still be permitted to be sold to other countries and used on foods which are later imported into this country. Opponents have named this practice the "Circle of Poison."



be given to friends and relatives of Feingold children
Recipes: Holiday Foods

Copies of these issues are available from the FAUS office. Please include your name and full address, plus 50 cents for each newsletter requested. Mail requests to: FAUS-PF, P.O. Box 6550, Alexandria, VA 22306.

"The measure was killed by lobbying from the chemical industry and the administration", according to the *Washington Post* (11/7/90).

More information on organic/sustainable agriculture is available from: Americans for Safe Food, 1875 Connecticut Ave. N.W., #300, Washington, DC 20009.

Environmentalists received a major setback when California voters defeated **Big Green**, which would have meant a sweeping reduction of pesticide use. But the general trend in this country is toward their removal, and in some cases, industry is in the forefront.

Pioneer Hi-Bred International Inc., a major producer of seed grain for farmers, has initiated a new program called **Better Life Grains**. These are certified to be grown without chemical pesticides. Farmers wishing to grow organic crops can now purchase pure seeds for corn, soybeans, oats and other crops.

The Feingold member who sent in this information wrote, "This proves that we, as consumers, are making head-way toward clean chemical-free food. The reason this interests me so much is that my husband works for this company and I've been concerned about the chemicals he has come into contact with all these years. Many of them are pesticides the government initially said were safe, but later changed their tune."

Pure Facts

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