

Pure Facts

Newsletter of the Feingold® Associations of the United States



November, 1993

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Alternatives to Medication for Tourette Syndrome

The Tourette Syndrome Association has long received reports of non-drug therapies which have helped families deal with TS.

They now have an Alternative Therapy Network, collecting information on techniques which have been used by those dealing with TS.

One of the popular alternatives is diet management, which, while not as successful for Tics as it is for hyperactivity and attention deficit disorder, has helped many families.

Sheila Rogers, who heads the network, writes, "Most of the information we have received relates to diet control, nutritional supplementation and environmental allergy therapy. A high percentage of those with TS appear to have allergies and/or sensitivities to foods and chemicals in foods, as well as to chemicals in the environment."

To receive information on the network or share your experiences, write to: Sheila Rogers, 214 Trace Court, Royal Palm Beach, FL 33411.

What is Tourette Syndrome?

Also called multiple tic disorder, Tourette Syndrome is a neurological disorder characterized by involuntary muscular movements, uncontrollable vocal sounds, and inappropriate words.

These multiple tics usually begin when the patient is between the ages of 2 and 16. Males are afflicted about three times more often than females.

For information, contact the Tourette Syndrome Association, 42-40 Bell Boulevard, Bayside, New York 11361-2874. Their phone number is (718) 224-2999.

The Alternative Therapy Network marks the first systematic effort to collect information on the effectiveness of non-drug therapy.

Ruth Bruun, M.D., Chairman of the TSA Medical Committee, writes, "it has generally been acknowledged that TS and tics may actually encompass a variety of different disorders with different cause. Therefore, certain treatments may be valid only for some patients. Other treatments which may be only mildly effective in most patients may be effective enough in a patient with mild symptoms or may be effective as an adjunct to one of the standard medications."

"Medications produce their effects by altering the rate of formation and release in the brain of certain neurotransmitters (chemical compounds which carry messages from one nerve cell to another).

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School Lunch — Some fresh foods coming up

In September the U.S. Department of Agriculture (USDA) announced their intent to increase the amount of fresh fruits and vegetables in school lunches, while reducing the fat content. School breakfast programs are also targeted to receive more fresh and nutritious foods.

The announcement was given by Ellen Haas, assistant secretary for Food and Consumer Services. Haas has long been an activist working for better foods through Public Voice for Food and Health Policy, which she headed until her appointment to USDA.



The plan calls for doubling the quantity of fruits and vegetables served to the 25 million school children, and introducing greater variety (i.e., vegetables other than fried potatoes).

Surveys have found that the majority of children eat less than one serving of fruit a day.

The agency is planning to provide nutrition education to children, along with the increase in produce. Fresh fruits and vegetables will be emphasized, and there will be a gradual move to using produce which is grown organically or with limited pesticide use.

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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.

Tourette Syndrome, from page 1

Since certain nutrients are necessary as building blocks for the manufacture in the body of these neurotransmitters, it is logical to assume that these nutrients may also have an influence on behavior. It has been demonstrated, for example, that a meal which is rich in lecithin (eg. one containing eggs or liver) may elevate the level of choline in the brain and thus cause an increase in the amount of the neurotransmitter, acetylcholine."

TS and ADD/ADHD

In the June 1993 issue of *Pure Facts*, we described a book titled *Tourette Syndrome and Human Behavior* by David Comings, M.D., director of the Tourette Syndrome Clinic in southern California. Dr. Comings noted that the individual with TS is very likely to also have one or more other problems such as hyperactivity, attention deficit disorder, dyslexia, conduct disorders, mood swings, migraine headaches, panic attacks, speech or sleep problems, or addictive behaviors.

Dr. Harvey Singer, director of the Tourette Syndrome Clinic at Johns Hopkins University, notes that 50 to 60 percent of Tourette patients also have ADHD (attention deficit hyperactivity disorder).

One of the most controversial aspects of treating such people is that some of the medicines used for these conditions can bring on or worsen the TS symptoms.

Some doctors say that the drug, Ritalin, can cause the symptoms to appear in a child who is predisposed to having TS. They do not use the drug if there is a family history of tic disorders. Other doctors contend that such a child would eventually have the tics and other symptoms anyway, and the Ritalin just causes them to appear sooner.

One Child's Story

One of our members wrote to *Pure Facts* about her experience, and asked that her name be withheld:

"In the May issue of *Pure Facts* there was an article about children who use Ritalin in addition to the Feingold diet, to better control themselves. My husband and I also had to make that decision.

"Our son had been on the Feingold diet for two years, but needed additional measures to successfully meet the expectations of full day kindergarten. We started out on 5 mg. of Ritalin, and by the time he

was going into first grade the dosage had been increased to 20 mg. That is not a high dose as I know of one 9 year old boy who takes 120 mg of Ritalin daily. According to the *Physician's Desk Reference*, Ritalin dosage should not exceed 60 mg. daily.

"Our son was having problems with paying attention and concentration at the onset of first grade. His doctor increased the dosage only 5 mg.

After the increase in Ritalin our son started to have multiple, persistent, involuntary motor and vocal tics.

"Before we started treatment of ADHD with medication, my husband and I asked about side effects. We were assured the most serious side effect he would probably experience was a stomach ache. We were also given some papers for further information. One section mentioned that a serious side effect that may occur is Tourette Syndrome symptoms. If that happens medication should be stopped immediately, and that symptoms should stop. It also stated that if the symptoms do not cease, your child had Tourette's Syndrome since birth, and the Ritalin caused the symptoms to emerge a little sooner. They would have eventually emerged a few more years later if not on the medication.

"After the increase in Ritalin our son started to have multiple, persistent, involuntary motor and vocal tics. We stopped the Ritalin, but the symptoms increasingly became worse. These involuntary vocal tics increased up to 40 times per minute. He was not able to function at school; he basically could not function at all.

Our doctor had told us that our son had TS from birth, but later admitted that he was never born with it, that the Ritalin caused it.

"Before all this happened, we had heard of a center which treats ADHD. No medication is used, only vitamins, minerals and amino acids according to excesses or deficiencies in certain blood levels.

"In four days of treatment his symptoms decreased dramatically and by the fifth day he only had TS symptoms periodically. It took another two months be-

fore they were gone completely.

"The doctors at the center did not know that the detoxicant would help get the Ritalin out of his system. Its primary purpose was to lower his histamine level. Thankfully, it did both.

"Today his blood levels are much closer to normal range. He has been on this program for six months now and is much better behaved and more focused than he ever was on Ritalin.

"Our doctor had told us that our son had TS from birth, but later admitted that he was never born with it, that the Ritalin caused it.

"Our son remains on the Feingold Program, but we are able to be more flexible as he can tolerate more kinds of foods."

Genetic Basis for Tourette Syndrome

Tourette Syndrome was long considered to be a psychiatric disorder, but is now believed to be the result of an inherited gene. While boys are most likely to exhibit the symptoms, particularly tics, girls are more likely to have obsessive-compulsive behaviors. It is still not clear how these various pieces of the puzzle fit together, and what part diet may play.

Another Trigger for Tics

Some children develop tics after they have had a bout with strep, according to researchers at Brown University School of Medicine and Memorial Hospital of Rhode Island.

When a child has an infection the body creates antibodies to fight it. A strep infection appears to stimulate a form of antibodies that affects the neurotransmitters, which in turn, can trigger tics and a wide range of symptoms (hyperactivity, ADD, obsessive-compulsive disorder, etc.).

If your child has had a strep infection, which is followed by any of these symptoms, you may want to suggest your pediatrician look up the article and consider the appropriate tests and treatments. The citation is: *Antineuronal Antibodies in Movement Disorders*, by Louise S. Kiessling, M.D., Ann C. Marcotte, Ph.D., and Larry Culpepper, M.D., M.P.H., *Pediatrics* Vol. 92 No. 1 July 1993.

USDA's ambitious proposal will also trim the fat of school lunches (which now derive 38% of calories from fat) to come into line with the current recommendation of 30%. Turkey sausage and cheese with lower fat content are now being tested.

Feingold parents hope that this will not mean the end of whole milk in the school cafeteria. (Lowfat milk generally contains hidden preservatives in the added vitamin A palmitate.)

The Problem with Low Fat Foods

Lowfat foods should be good for you. More and more consumers are seeking them out in the belief that these products are healthier. Unfortunately, food manufacturers often replace the fat they remove with undesirable additives. Here are two ingredient labels from Miracle Whip. The first is the original product, which appears on Feingold foodlists. The second is the no-fat version which is not acceptable.

Miracle Whip Salad Dressing (original version)

Soybean oil, water, vinegar, sugar, egg yolks, starch, food starch-modified, salt, mustard flour, spice, paprika, and natural flavor

Miracle Whip FREE Nonfat Dressing

Water, sugar, vinegar, food starch-modified, natural flavor, cellulose gel (microcrystalline cellulose), salt, dried corn syrup, citric acid, artificial color, lactic acid, xanthan gum, cream, with potassium sorbate and calcium disodium EDTA as preservatives, egg yolks, skim milk, paprika, spice, mustard flour, beta carotene (color), Yellow 6, Blue 1.

Do we *really* need Blue 1 in salad dressings?

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Citric Acid

Do I need to avoid products preserved with citric acid?

No. It's an additive which is well tolerated by most Feingold members. Unless you suspect a sensitivity to it (always a possibility with any food or additive) you need not eliminate it.

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Our Kids



Jennifer Colbert of Oahu, Hawaii, will be ten years old in December. She tells us Santa really doesn't come in a canoe but visits all of the children on the Hawaiian islands in his usual transportation on December 25th, just as he does all over the world.

Since she began the Feingold Program Jennifer has blossomed into a young lady who excels in school and enjoys reading as part of her high academic achievement, as well as beyond school when she reads for pleasure.

Her enhanced social skills now allow her to have many new friendships and activities. 'Atta girl, Jennifer!

Nine (and 1/2) year old Jason Matherne proudly shows us his uniform. He is a member of the Cubs and is now an A and B student.

His mom, Cindy, writes: "If it wasn't for his special diet he would never be able to play ball. We are very grateful to the dedicated people working to help our children lead a normal life."



For some children, being on the diet means that, for the first time in their life, they feel calm. This can be puzzling, and the child may wonder if something is wrong.

Eight year old Cassidy is barely off his Ritalin and on the Program, but he is already experiencing a difference. He came home from school and told his mom he felt "weird". When she asked him why, he explained, "Maybe I've been doing bad stuff and I don't know it, and nobody's noticed. I haven't gotten in trouble all day by anybody!"

Susan Lewis writes: "My son is in 3rd grade and for the first time I feel so good about myself and him. Last year at school was pure hell for us both. I fought tooth and nail and flat refused to put him on Ritalin....notes, phone calls from his teacher every day. Every time I went to school I came out mad and cried. I spent the last year mad and crying and so did Huey. He made such bad grades and the comment section was terrible.

"I put him and all of us on your program and he managed to pass. This year is so totally different. No 'U's', no incompletes. My son made all B's except for math and it was an A. The comment section says he is improving every day, still has trouble staying on task, but he is working so hard.

"This time when I read it I sat down and cried, but it was truly happy tears.



"My son said 'Mommy, are you mad?' As I crushed him to me, I said 'No, baby, Mommy is so happy she can't help it and I'm so proud of you. I knew you could do it, I knew you could do it!' The smile on his face was the biggest reward of all."

Holiday Cooking

If turkey will be on the menu, don't forget to look for a plain, unbasted and unstuffed bird. Read the ingredient labels as even plain fresh or frozen turkeys may have added hydrolyzed protein (which contains MSG).

Don't forget that cranberries are a stage two food. If you're looking for something colorful for a stage one dish, consider experimenting with pomegranate juice, which is available in many health food stores. Please share your pomegranate recipes with us!

Sweet potatoes don't need to have marshmallows melted on them to be delicious.

Mash cooked, peeled sweet potatoes with crushed pineapple plus its natural juice. Place the mixture in a greased baking dish and into the oven until it is heated through. The dish is so naturally sweet, your family will think you must have added sugar.



Yes you can make your own fruit-cake! Leave the fluorescent cherries in the supermarket and head for a store which sells dried papaya and pineapple. These sweet, attractive fruits will more than suffice. Add dates, figs, walnuts, pecans, and Brazil nuts for a stage one treat.

Here's a great time-saver. You really don't need to cut up the fruit and nuts before they are added to the batter. Stir in all but the largest (pineapple rings or papaya spears). After the batter is in the pans, just push the fruit pieces into it. When you slice the finished cake, the fruit will be sliced into small pieces.

Gravy can be a hassle if you're used to boullion cubes, and now need to do without them. If you are roasting a turkey there will probably be enough drippings to make a rich and tasty gravy.

Feingolders can use other ingredients as well. Browned, sauteed onions provide both color and flavor.

Soy sauce (stage one) and Mrs. Dash's Steak Sauce (stage two) are good additions.

If you have the time and inclination, you can make your own beef broth by roasting beef bones and then making broth.

Most commercial beef broths contain a hefty dose of MSG. Check out health food varieties, but watch for salicylate flavorings in them.

The same is true with canned chicken broth (except for Swanson's Natural Goodness). But it's easy to make your own chicken or turkey broth and freeze it in portions for future use.

Well-Kept Secret Recipes

Nostalgic for those pre-Feingold Twinkies? Ever wonder what the Colonel's secret herbs and spices really are? Looking for an orange drink like Julius makes them? Miss your Reeses? This may be the book for you!

Todd Wilbur's *Top Secret Recipes* is an ambitious project to uncover the ingredients in many familiar food products.

He presents the book to the average consumer, with the realization that few will actually be interested in creating clones when they can easily buy these foods. But Todd Wilbur doesn't know about Feingold families and how many of us are willing to go to the trouble of creating natural versions of those things which are now off limits.

The recipes include:

Aunt Jemima Maple Syrup

Almond Roca

Dairy Queen Blizzard

Hostess Twinkie

Keebler Soft Batch Choc. Chip Cookie

KFC Fried Chicken, Slaw, Biscuits

Long John Silver Batter Dipped Fish

M&M's Caramel Twix, Snicker's Bar

Orange Julius

Reeses Peanut Butter Cups



Not all of the recipes will be easy to duplicate since some, such as Wendy's Frosty and Yoo-Hoo Chocolate Drink, call for powdered drink mixes which are unacceptable.

Others, such as Mrs. Fields cookies and Cracker Jack, are on our Foodlists.

But this little paperback makes interesting reading even if you don't do any cooking from it.

P.S. Wilbur says the Colonel's secret blend is: salt, pepper and MSG.

Top Secret's Aunt Jemima Maple Syrup

- 2 cups water
- 1 cup granulated sugar
- 2 cups dark corn syrup
- 1/4 teaspoon salt
- 1 teaspoon maple flavoring (natural)

1. Combine the first four ingredients in a saucepan over medium heat.
2. Stir occasionally, until the mixture comes to a full boil. Let it boil for 7 minutes.
3. Turn the heat off and let the syrup cool for 15 minutes.
4. Add the maple flavoring and stir.
5. When completely cool, transfer the syrup to a covered plastic or glass container.

Makes one quart.

Top Secret Recipes, by Todd Wilbur, *A Plume Book*, published by Penguin Books, New York. \$10.

Stocking the Medicine Cabinet

Because it is becoming increasingly difficult to obtain all of the varieties of Rhinosyn cough and cold medicines, FAUS was especially glad to learn of a new product.

It is an expectorant and cough suppressant called **Safe Tussin 30**, and is free of synthetic dyes and flavorings. The product is available at many major pharmacies, and can be ordered through their distributor.

Here are the ingredients in Safe Tussin 30: Dextromethorphan, Guizifenesin, Citric Acid, Benzoic Acid, Glycerin, Sorbitol, Peppermint-menthol flavoring, Purified Water. Salicylate-sensitive members should test it cautiously as menthol and benzoic acid may bother the very sensitive person.

The manufacturer is Kramer Laboratories, Inc., 8778 SW 8th Street, Miami, FL 33174 (305) 223-1287.

Kramer's Brand Manager has told *Pure Facts* that they are developing a natural cough lozenge free of synthetic colors and flavors. We will conduct research on this as well.

Fever-All Sprinkle Caps

Another product your pharmacist can order is Fever-All, a pain reliever for infants and children. This is a nonprescription acetaminophen powder designed to be added to a spoonful of water or other beverage. Since the medicine is very finely ground the child cannot detect it, and each particle is coated so it can't be tasted.

The aspirin-free medicine is packaged in pre-measured capsules; you break them open and sprinkle on food or beverage. The capsule itself contains artificial color, but this is not a problem for our members since it is discarded.

Your pharmacist can obtain both the Children's and Junior Strength Fever-All Sprinkle Caps through Upshur-Smith Laboratories in Minneapolis, MN.



New! Mixes for Feingold Families

Lyman Jenkins sold his maple sprinkles for many years. He kept telling folks what great cakes and cookies they made, but nobody seemed to listen.

Then he decided to add some ingredients to his sprinkles, put them in boxes, and sell cake, cookie and frosting mixes. Now he is having to hustle to keep up with the demand!

If you like the flavor of maple you will want to test out: Maple Oatmeal Cookies, Maple Comfort Cake, Maple Gingerbread, Maple Buttermilk Coffee Cake, or Maple Buttercream Frosting (which comes with a warning that it is hazardous to lick the spoon; you may find the entire bowlful gets "tasted").

These natural, organic, kosher mixes sell for 4 for \$15 and are available in a "Maple Lovers 12 Pack" for \$35. The cost of shipping is included. You can contact Vermont Country Maple at P.O. Box 53, Jericho Center, VT 05465 or call 1-800-528-7021.

Looking for Low Fat Milk

It generally comes as a shock to health-conscious families that the low fat milk they use contains hidden preservatives in the vitamin A palmitate.

The added BHA, BHT or TBHQ is not required to be listed since the Food and Drug Administration considers it to be an unimportant "incidental" additive.

The reactions it triggers are far from incidental, however, especially when it is consumed daily.

Unlike cereals or potato chips, researching milk is far more difficult. There are thousands of dairies in this country, and this industry has traditionally been exempted from the same labeling laws that apply to other food suppliers. Dairymen are not accustomed to listing which of the various additives are used in their product.

Who is Your Milkman?

The FAUS Product Information Committee is extending an offer to member families. Send us the name(s) of your local dairy(ies); include their complete address and (if possible) phone number, and we will research their lowfat milk in an effort to find brands free of hidden preservatives.

The Committee asks you to use a 3x5 inch index card for each product (only one product to a card). Write down the name of the milk as it appears on the carton, as well as the name of the dairy. If you have trouble obtaining information, consider checking your local phone directory, contacting the telephone information operator, or calling the reference department of your public library. Libraries have many resource books listing businesses of all types. Send the cards to:

Lois Miele, FAUS PIC, 12699 Senda Acanilada, San Diego, CA 92128.

The committee will contact each dairy and attempt to obtain information on the vitamins used.



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.

Colors!



Here at last, Feingold cooks can now have purple dinosaur cakes, pink roses with green leaves — red, orange, yellow green, blue and purple. All of this with no reaction afterward!

Years ago, Feingolders were able to buy bottles of natural liquid coloring, but they were discontinued. FAUS has located a manufacturer of natural colorings, and the Squirrel's Nest candy shop is packaging them in one ounce plastic dispenser bottles. These colorings are thick and highly concentrated, and should be effective for many uses, particularly frostings.

Since one ounce is a lot of coloring, and natural colorings (unlike the petroleum based brews) are very expensive, you may want to share a set with a friend.

The set of six one ounce bottles is \$22.50, which includes shipping and handling. To order, contact Nancy Kemble at the Squirrel's Nest, 1 North Broad Street, Middletown, DE 19709.

Allow about two to three weeks for your order to reach you.

Mothballs

Moth repellants which contain naphthalene (such as camphor balls) can be fatal to children if they are swallowed. Infant deaths have been reported after the babies were simply exposed to blankets and clothing which had been stored with mothballs. Products containing paradichlorobenzene should also be avoided as they are suspected carcinogens.

FAUS Conference 1994

Hey there, Buckaroos, it's not too early to begin making plans to attend our national conference!



We will be meeting in Fort Worth, Texas on June 22 through 25th.

You can call (817) 788-0383 for early bird information.

Ritalin Shortage

CIBA, the manufacturer of Ritalin, has contacted pharmacists to alert them to a coming shortage of the drug as the quantity allowed by the Drug Enforcement Administration is being used up more quickly than anticipated.

The DEA has tight control over all drugs in the category known as "Schedule II" as they have the greatest potential for abuse. The DEA is concerned about the diversion of the drug to street use.

In their letter, CIBA tells pharmacists, "If the product remains unavailable, you might suggest [patients] consult their prescribing physician for alternate therapies."

Editor's note: We can think of a very good alternate therapy.

Parenting Aid

Kathy Kane, a single mom with two chemically sensitive children, has found a creative way to deal with the issues which arise in any family.

She has developed two card games, called Discipline Draw and Reward Roulette. A child chooses the consequences for his action by drawing a card requiring a chore or other penalty. When merited, a reward card is drawn. The purpose of the games is to make discipline less stressful for everyone and to reinforce good behavior.

To learn more about the games, contact K&D Specialties, 119 1/2 Cypress Street, Wallace, ID 83873 or call (208) 556-6871.

Editorial Comments

Farewell to the health food store?

The Food and Drug Administration is working hard to restrict the sale of over-the-counter vitamins, minerals, amino acids and herbs. The agency proposes to limit consumers to vitamins equivalent only to the amount found in foods, and to require a doctor's prescription for larger dosages.

Since most health food stores depend upon the sale of supplements in order to stay in business, such restrictions could be fatal for the health food industry. This would have many implications for the Feingold member. It would be the end of magazines such as *Better Nutrition*, where many people learn of the Feingold Program.

Health food stores are the place we can go for a good selection of candy, gum, soups, soy sauce and salad dressings. It's where we can always find suitable toothpaste or chewable vitamins, and a good place to look for cosmetics. It's the source of many products for the member with food allergies.

The FDA wants to prevent consumers from having easy access to supplements, apparently, because some companies make false or exaggerated claims for their product. The FDA currently has the power to control such abuses, but they are not taking the appropriate action. The agency is not doing its job regulating these abuses (because they do not have sufficient resources, we are told) therefore they are seeking more control. Have I missed something in this argument?

At a time when traditional research is uncovering exciting new evidence that some supplements can prevent certain illnesses and enhance health, it would be sad to see vitamins treated like drugs, priced like drugs, and supplied only by pharmaceutical companies.

Pure Facts

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Pure Facts is published ten times a year and is a portion of the material provided to members of the Feingold Association of the United States.

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Feingold



News

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November, 1993

New York

Diana Kane reports: "Our first monthly support group meeting was held on October 8th and was a great success. We had a large turnout, interesting discussions and a lot of information was shared.

"We hope to see even more parents at the next meeting so remember to mark your calendar for the first Friday of every month. Meetings are held at the Holy Cross Lutheran Church on Jericho Turnpike in Commack, and begin at 8 pm."

If you have any questions or need directions, please contact Diana at (516) 724-2608.

Massachusetts

Vincent and Kathy Capano of Haverhill have recently become Program Assistants. Their nine year old son, Vinny, has been on the Program for more than 4 years.

Because of his success on the Feingold Program Vinny has successfully completed two years of Hockey Clinic and is now playing for the local hockey league, says his dad.

The Capanos would like to form a parent support group for Feingold parents and children in their area. If you are interested, contact them at (508) 374-9887.

Say it isn't so!

We hear there's a bill in the Massachusetts legislature to change the definition of Boston Baked Beans to allow the addition of tomatoes (salicylate)!

Northern Maryland

In October Dr. Beverly Reynolds of the Essex Community College spoke to the Northern Maryland group about non verbal communication and listening skills.

Volunteers represented the association at the conference of the Maryland School Counselor's Association on October 21.

Feingold families are looking forward to their fund raiser, **Babes In Toyland**, to be performed at Goucher College on December 13 and 14.

New Jersey

Todd Timbrook, of the Medical Center Pharmacy in **Northfield**, has offered to assist Feingolders in obtaining medicine to meet their requirements.

The pharmacy has a compounding lab, which allows a pharmacist to provide non-patented drugs in a form which can be tolerated. For example, he may be able to create a syrup which contains a medicine or vitamin that a small child can use.

Call the pharmacy if you have questions about medicines or if you need a hard-to-find product. They are located at 1750 Zion Road, Northfield, NJ 08225 (609) 645-1211.

If you live in the **Marlton** area and would like to shop where you can find people who are sympathetic to your dietary needs, consider stopping by **Zagara's**. This is a specialty and natural foods store that boasts the best of all worlds: organic produce, gourmet foods, ultra-fresh meat and fish, great bread and an in-store bakery, as well as helpful people willing to place special orders for you.

They are located at 501 Route 73 South in Marlton, and are open 7 days a week. For more information, phone (609) 983-5700.

Colorado

Please change the phone number for our Program Assistant, Cyndi Eakins. It is now: (303) 530-9311.

California

Welcome to a new Bay Area Program Assistant, Carolyn Savoy of San Leandro. Carolyn has been on the Feingold Program since 1978. She can be reached at (510) 895-0648.

Better Nutrition

Special Thanks to Frank Murray and the folks at *Better Nutrition* magazine. As a result of their article on childhood ear infections FAUS has received MANY inquiries.

The Oct. *Feingold News* was inadvertently left out of some newsletters last month and is being sent with this issue.

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.

PIC Report - Information from the Product Information Committee

The following products have been either newly researched or re-researched and may be added to your Foodlist.

Stage One (non-salicylate)

BAMA Pineapple Preserves (CS) available in the Southeast
BOAR'S HEAD White American Cheese
BURTON & CO (mail order) Kumquat Curd Fruit Spread, Lemon Curd Fruit Spread, Lime Fruit Curd, Pamplemousse (grapefruit-anise) Fruit Curd (510) 652-0101
CABOT Natural Creamery Butter
CARNATION Follow-up Infant Formula (CS)
COMBS Maple Sugar Candy
EDEN* Brown Rice Vinegar, Imported Shoyu Soy Sauce, Vegetable Chips, Wheat Free Domestic Tamari Soy Sauce
FOOD LION (Food Lion) Cottage Cheese, Vanilla Yogurt
GRAINFIELD'S* Low Sodium Corn Flakes
HAIN* Stoneground Whole Wheat Rich Crackers (CS)
HEARTLAND Plain Natural Cereal (CS)
JUST PIK'T Fresh Squeezed Grapefruit Juice
KETTLE CHIPS Sea Salt & Vinegar Potato Chips
KRINOS Capers, Olives: Alfonso, Calamata, Greek Black, Green Cracked, Nafplion Green Cracked, Oil Cured, Royal
LIFESTREAM* Essene Breads: 5 Seed, Date & Cinnamon, Multigrain, Whole Rye, Whole Wheat; Garden Vegetable Crackers, Multigrain Honey Puffs, Sesame Seed Crackers, Wheat & Onion Crackers
LUCERNE (Safeway) French Vanilla Ice Cream (CS)
MEYENBERG Goat Milk: Evaporated, Powdered, UHT-Pasteurized Aseptic Pkg., Ultra-Pasteurized Fresh
NATURE'S BEST Snack Crackers (CS)
STOLLER'S Nothin' But Honey Spread
VEGELICIOUS (mail order) Premium Beverage Mix (dairy substitute 800-497-4VEG)
VITA SPELT Pancake & Muffin Mix with Rice Bran (Purity Foods, 517-351-9231)
WILSON Peanut Squares (CS)
YOSHIDA'S Oriental Style Gourmet Sauce (SB,MSG/HVP)

Non-Food, Stage One

IVORY Unscented Conditioner - for hair

Stage Two (salicylate)

FRANCESCO RINALDI Pasta Sauces: Bolognese (CS) (tomato), Neopolitan (CS)(tomato), Sicilian (CS)(tomato, red & green pepper)
HEALTH VALLEY*Fat Free Organic Wheat w/Vegetables Crackers (paprika,chili pepper, tomato), Oatmeal Cookies (raisin)
HUNT'S Classic Spaghetti Sauce w/Tomato & Basil, Original Sauce Traditional (CS)(tomato)
JUST PIK'T Fresh Squeezed Orange Juice
LIFESTREAM* 8 Grain Flakes Cereal (peach), Apple Cinnamon O's, Berry Granola (peach, blueberry,raspberry,strawberry); Essene Breads: Carrot & Raisin, Fruit & Nut (almond,raisin), Raisin; Fruit & Nut Muesli (peach,almond,raisin, apple)
MOREHOUSE Yellow Mustard (paprika)
SMUCKER'S SIMPLY FRUIT Strawberry (white grape juice)
STONYFIELD FARM* Lowfat Egg Nog (peach) available in all states except Alaska and Hawaii
WILDERNESS Royal Blueberry Filling or Topping (CS)
WILSON Fruit & Nut Brittle (CS)(raisin)

Non-food, Stage Two

TOM'S* Natural Unscented Anti-Perspirant (tea), Natural Unscented Deodorant Roll-On (tea), Natural Unscented Deodorant Stick (tea), Natural Outrageous Orange Toothpaste, Natural Silly Strawberry Toothpaste

Product Alert!

ARNOLD'S Bakery Stoneground 100% Whole Wheat Bread contains raisin syrup, and should be moved to your Stage Two list.

When your submit a local product to be researched please try to locate the street address for the company. This information is not always given on the label.

Natural Candy Canes

Bob's is still manufacturing white candy canes. They can be found in some stores or ordered through the Squirrel's Nest . Check page 6 of your November *Pure Facts* or your Foodlist for the address.

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.