

Pure Facts

Newsletter of the Feingold® Associations of the United States



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Health Care 1994

Health care is in the news and on the minds of consumers and policy makers alike.

The term "health care" used to refer to the help one sought in times of illness, but today it encompasses a wide range of treatments and services available, as well as strategies for dealing with the cost of expensive new technology. Health care has another aspect — a growing desire on the part of many people to enhance their health and minimize the need for drugs and surgery.

Consumers are finding there are many things they can do to avoid illness and injury. It can be as simple as wearing a seatbelt or giving up smoking. In fact, some of the most serious health problems we face are the result of human behavior: lung cancer, gunshot wounds, drug addiction in newborns, AIDS, obesity, and most likely, asthma and heart attacks. If one type of behavior creates a problem, a different behavior can

avoid it. Employers are looking for ways to encourage preventive behavior and reduce the ever-growing expense of medical care. Some businesses now charge an additional premium to insure smokers. Others subscribe to a nurse-call line where employees can speak with a nurse trained to answer questions and suggest further help.

It wasn't long ago that only the "health nut" was concerned about what



he ate, or considered taking vitamin supplements. But research in recent years indicates that foods, and the vitamins/minerals they contain, can enhance health. *Medical Tribune* reports that 8 out of 10 M.D.'s now take vitamin E supplements.

The January 23 1993 issue of *New England Journal of Medicine* reported that Americans made more visits to "alternative" health care providers than they did to traditional physicians — 425 million visits compared to 388 million.

Health care providers are beginning to take advantage of the lower cost of alternative medicine. The Oxford Health Plans, an HMO, now includes naturopathic physicians. Mutual of Omaha will cover certain alternative therapies.

Continued on page 6

Feingold Adults Shop for Wine

Feingold adults on Stage Two may find it difficult to obtain information on ingredients in wine. Like all alcoholic beverages, wines are under the jurisdiction of the Bureau of Alcohol, Tobacco & Firearms, and are not subject to the same labeling regulations as other food products.

Although wines may legally contain synthetic dyes, artificial flavorings and anti-oxidant preservatives, it is unlikely that they are used. The additives most likely to be a problem are sulfiting agents, which function as a preservative in many wines.

The "French Paradox"

The sale of red wine jumped after a 60 Minutes show suggesting the French habit of drinking wine may be responsible for the fact that, although the French eat foods high in fat and cholesterol, they avoid heart disease and obesity.

It's not wine which is the critical factor, say others, but the fact that the French diet includes a generous amount of vegetables.

Sulfites occur naturally as the wine ferments. Federal law requires wines to state "contains sulfites", but only if there is more than 10 parts per million. Amounts below that are assumed to be safe, even for sulfite sensitive people. Wines bottled prior to 1987 are not covered by the regulation, and should be avoided by the sulfite-sensitive. Feingold members who are asthmatic are advised to avoid sulfites, but other members might not be affected.

Of the 500 million gallons of wine sold in the United States each year,

Continued on page 3

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.

Fine Tuning the Feingold Program

I was raised in a home where my mother made most of our food from natural ingredients. When I grew up and moved away from home my diet changed significantly.

My diet choices didn't catch up with me until my first pregnancy, when I suffered from exhaustion and many unexplained illnesses, as well as a worsening of psoriasis. These problems continued on and off for twelve years. I began to suspect that diet played a part when I paid closer attention to food in an effort to lose weight. I felt more energetic and positive. The earlier symptoms improved, but did not disappear.

My son also suffered from many health problems. During his first year of life he spit up constantly, had a continual runny nose, frequent ear infections, upper respiratory congestion and diarrhea. Later, he would be plagued by leg pains, vomiting, stomach pain, Tourette symptoms, bed wetting, and behavior and learning problems.

I believed there was a connection between what my son was eating and his physical and mental health. Both of us began to experiment with every diet imaginable, and found noticeable improvement by eliminating sugars and processed foods, but nothing worked consistently.

Because we were on the Feingold diet we were able to track down the other foods and chemicals we were reacting to.

By sheer accident and good luck, I came upon an article in the *Washington Post* by Marguerite Kelly. She mentioned the Feingold diet and I called that minute. Within a month our family was on the Feingold diet and from that day on, our health has steadily improved. Once we were well established on the Feingold diet we were able to readily spot other food sensitivities. Dairy, mold, yeast and fish were a problem for us, and we eliminated them.

Our major success came with the accidental discovery that I could cure my psoriasis by eliminating phosphate additives from my diet! I had purchased

sodium hexametaphosphate, a product which many chemically sensitive people use as a laundry whitener.

When I got the hexametaphosphate on my hands they immediately began to swell and bleed. I decided to remove phosphates from our diet on a hunch that what happened to my hands could be related to my health. Within a week I began feeling great, and my health has remained consistently good since then.



After a month on a phosphate-free diet we realized that our son's Tourette symptoms were greatly diminished, and we saw an improvement in his ability to concentrate and his overall health.

I considered trying to remove all phosphates, including those which occur naturally in foods, but that's a big job, and would place a lot of restrictions on our food. We find that just eliminating the phosphate additives is sufficient, including baking powder with phosphate. We're fortunate to have a Fresh Field's market where we can buy wonderful food without the unwanted additives. It's a bit of a drive to the Annapolis (Maryland) store, but I am happy to make the trip each week and love our new way of eating. My family never lacks for anything, and both of my sons find plenty of appealing foods on hand.

There's another plus to shopping in a natural atmosphere. I used to find that when I walked through the produce department of many supermarkets I would feel sick for an hour afterward.

It took years of frustration and many failures in experimenting with diet to resolve our problems. Occasionally a product like toothpaste containing phosphate will throw us off track, but since we have been on the Feingold diet it doesn't take long to isolate the offending additive.

A bit of advice for those having difficulty getting children to stay on this diet. My husband and I learned the hard way that all we could do was provide good food in the home and encourage our son to stay on his diet. We could not force him to do what he did not want to do. Through counseling we learned to be supportive and encouraging when our son maintained his diet, and to be patient and supportive when he failed.

We have found that involving the whole family has made the task easier. Everyone cooks, bakes and shops. It takes the burden off one person — usually Mom.

Another suggestion: lean on people for support when you need it. Feingold volunteers are available to assist. I can never repay my Feingold friend for the hours of telephone conversation that got me through the rough spots in the beginning. Just having someone to talk to who understands is an immeasurable help. As a Feingold counselor myself, I can honestly say I love to receive phone calls from other members.

Phosphates, used in many processed foods, were triggering the psoriasis and my son's Tourette symptoms.

Today our lives are so much different. One unanticipated side effect is that I find I am now becoming bored; since I have so much more energy I am looking for challenging things to do. But the main difference is in the quality of my son's life. He plays soccer and baseball, has earned a green belt in karate, participates in scouts and school activities, and for the first time since nursery school, he is making friends. His grades have significantly improved without our help, and teachers have positive things to say. For the most part he is a healthy, active, wonderfully normal person who is great fun to be around. Well, fun to be around most of the time — considering he just turned 13 years old!

Note: it is the policy of Pure Facts to withhold the name of any adult or child who request this, or when symptoms could prove to be an embarrassment.

about one percent is made from organically grown grapes. The amount of acreage being converted to organic farming is growing quickly, and organic, low sulfite and no-sulfite wines are becoming increasingly easy to find.

The Feingold Program does not require one eat organic foods, nor does it eliminate sulfites, but many members prefer to avoid pesticides and preservatives whenever possible.

If you have access to a natural food supermarket, you might find the wine you want there. But don't overlook the traditional places where wine is sold; many carry a small selection of organic or no-sulfite brands.

Wine Link is a mail order business offering low and no-sulfite wines made from organically grown grapes. You can write or call for information: 440 Talbert Street, Daly City, CA 94014 (800) 231-1171.

Additional sources of information are: California Certified Organic Farmers, 303 Potrero Street, #51, Santa Cruz, CA 95060 (408) 423-2263

Frey Vineyards, 14000 Tomki Road, Redwood Valley, CA 95470 (707) 485-5177

Organic Grapes into Wine Alliance, 54 Genoa Place, San Francisco, CA 94133 (800) 477-0167

Organic Vintages, P.O. Box 832, Ukiah, CA 95482 (800) 877-6655

Fetzer Vineyards, P.O. Box 227, Redwood Valley, CA 95470 (707) 485-7634

Bully Hill Vineyards, RD #2, Hammondsport, NY 14840 (607) 868-3610

Four Chimneys Farm Winery, 211 Hall Road, Himrod, NY 14842 (607) 243-7502

New York State Organic Farmers Association, P.O. Box 21, South Butler, NY 13154 (315) 365-2299



Phosphates

A number of years ago, a book was published in Germany concerning the role of phosphates in MBD ("minimal brain dysfunction").

The author, Mrs. Herta Hafer, found that high amounts of phosphates were triggering symptoms of hyperactivity and what is now called ADD in some children. Since synthetic colors, flavors and preservatives were less prevalent in Germany at that time, the phosphates stood out as offenders. German diets are high in cold cuts and meats prepared with phosphates, so these were removed, as were many natural sources of phosphate.

Asked about modifying his program to take phosphates into account, Dr. Feingold reiterated his position that the program should be left intact, and members can be encouraged to explore any additional individual sensitivities. He wrote:

My basic concept is, "Any compound in existence, either natural or synthetic, has the capacity to induce an adverse reaction in any individual with the appropriate genetic profile. Accordingly, nothing is exempt." So we must evaluate every compound and class of compounds on the basis of risk versus benefit. Of this measure the diet as outlined is the most important single group of compounds. What is also important is that these compounds have no nutritional value. Their removal or alteration in quantity entails no harm or risk. It must be emphasized we are introducing nothing, either natural or synthetic.

I am aware that lead may be a factor in some children, but apparently the incidence is so low it cannot be made a generality to the degree I incriminate additives. I am also aware that we must some day look at all the trace elements and also copper and mercury disturbances. But here again, they are apparently not a common factor.

As for the phosphates, I am acquainted with Herta Hafer's work and have been in communication with her for the past several years. She sent me a copy of her book, which is in German. Here again, it would be unwise to adopt this as a routine recommendation.

Ben F. Feingold, M.D., 1979

PIC Research on Wines

The FAUS Product Information Committee (PIC) is not conducting research on organic wines. There are too many varieties available, and they change every year. If you are on Stage Two and find you are able to tolerate grape juice, you may be ready to try out some wine.

A sulfite-free or low-sulfite organic wine would be a good choice. Test it as you would any salicylate.

Who's In Charge?

Although the BATF is responsible for wine labeling, many agencies get in on the organic wine act.

What foods can be labeled as "organic"? The Food & Drug Administration determines this.

Who regulates the advertising of organic foods? The Federal Trade Commission.

What ingredients can be used in foods which are called organic? The Department of Agriculture decides.

Then each state has its own agency to certify a product is really organic.

Red Wine Headache?

If you develop a migraine headache after you drink red wine, don't assume it is from sulfites or other additives, or that the cause is alcohol. It could be triggered by naturally occurring substances, called flavanoids, which give red wine its characteristic color.

A London physician, Dr. Merton Sandler, conducted a test which challenged eleven people who believed they got migraines from drinking red wine. Nine of the eleven did react as expected to the wine, but not to a control drink.

Alcohol and Phosphates

One of the things the Hafer diet eliminated was alcohol, since "Alcohol intensifies the effects of phosphate which in turn aggravates the symptoms of hyperactivity."

All cola drinks are high in phosphate, as are deli meats, cured meats, processed cheeses, and many prepared foods.

FAUS Testifies before USDA

The US Department of Agriculture is the agency responsible for the school lunch program. In September, Secretary Mike Espy announced the agency's plan to improve the foods by increasing the use of fresh fruit and vegetables and reducing the percentage of fat. (See *Pure Facts*, October 1993.)

Public hearings were held in Atlanta, Los Angeles, Flint, MI, and Washington DC in order to solicit comments and suggestions. Many came forward to participate and each speaker was given five minutes.

FAUS Executive Director, Jane Hersey, testified at the Washington hearing on December 7. The following is a transcript of her testimony.

I am probably the only speaker who is **not** happy about USDA's plan to reduce the percentage of fat in school lunches. Let me explain why.

Low fat milk generally contains the preservatives, BHA or BHT; they are hidden in the vitamin A fortification and are not required to be listed on ingredient labels.

These petroleum-based antioxidants can trigger symptoms of hyperactivity and attention deficit disorder in sensitive children. Even though the additives are present in small quantity, their effect can be powerful, particularly when the milk is consumed every day.

Since whole milk does not have vitamin A fortification, it is the only milk which can be safely consumed by chemically sensitive children. How many children are we speaking of? Most estimates place the number at 10 to 15 percent of the school age population.

Milk is not the only culprit. For some reason, when a manufacturer removes fat from a product he may add undesirable synthetic additives.

Miracle Whip is a good example. The traditional version is a fairly simple combination of ingredients, and is well tolerated. When Kraft created its No Fat version of Miracle Whip, it added two petroleum-based dyes: Yellow 5 and Blue 1.

First of all, yellow and blue make green. Is it really necessary to put green dye in salad dressing?

"For the chemically-sensitive child the school cafeteria is a dangerous place."

And what's wrong with dyes? For one thing, Yellow 5 is acknowledged by the FDA to cause asthma, hives and various allergic reactions. Researchers have demonstrated that it can trigger hyperactive behavior.

For the past seventeen years the Feingold Association has been showing families how to avoid these chemicals, and thereby bring about normal behavior in children diagnosed with hyperactivity and ADD.

One of the first instructions, unfortunately, is that they must stop eating school lunches. For the chemically sensitive child the school cafeteria is a dangerous place.

But since schools are required to offer whole milk, the children can at least buy that, and feel somewhat a part of the group. If whole milk goes, there won't be much left for them.

Food should enhance a child's ability to learn, not prevent it. Our children are succeeding and thriving on the wholesome foods their mothers pack each morning, but their classmates are consuming unknown quantities of hidden additives in their school meals.

It doesn't have to be this way.

While USDA seeks ways to improve school foods, I ask you to consider the seventeen years of information, experience and success we have accumulated.

The Feingold Association can provide documentation of my statements, examples of school which have successfully removed the harmful additives, and practical how-to experience...and schools can accomplish this without incurring added expenses.

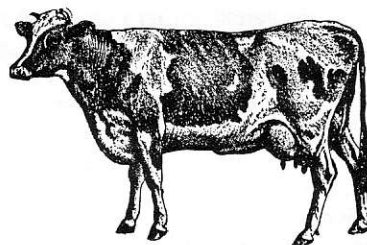
I hope you will consider this offer. We would really like to help.

No More Whole Milk?

As Feingold members have feared, there is legislation pending to get rid of whole milk in school cafeterias.

Vermont's Senator, Patrick Leahy, is sponsoring legislation which would mandate the use of lowfat milk in public schools. Neither the senator, nor his staff was aware of the hidden preservatives, and the implications this would have for the children.

FAUS has sent information to the senator's office and will stay in touch with his staff and ask them to reconsider the legislation, and perhaps take a closer look at the problem of preservatives hidden in vitamin fortification. There are many products which would be acceptable for our use if the added vitamin A were not preserved.



Phoney, but not Fatty

Good intentions were also the motive for changes in the school lunches served in Wichita and El Dorado, KS. In addition to reducing fat in meats, they are offering lowfat chocolate and strawberry milks. This means that these children are almost certainly consuming artificial dyes and flavorings in their "healthy" drinks.

Your Milkman

Have you sent FAUS the name and address of your local dairy? The Product Information Committee will write to each dairy in an effort to locate those which use unpreserved vitamin A in their low fat milks.

Since there are so many dairies in the U.S. we need your help to identify those which serve our members.

Mail the information to:
Lois Miele, FAUS PIC,
12699 Senda Acantilada,
San Diego, CA 92128.

Become an Activist!

At times it seems like there's no way a consumer can have an impact, but there may be a lot you can do.

Oprah

Several members called FAUS and asked us to contact the Oprah Winfrey show. The December 1st program concerned mothers of children who were violent, women who had tried everything they knew to help their children.

These parents had been through endless counseling, drugs, etc., all to no avail. They were now at the point where they did not want to keep their children if it meant receiving more of the same abuse. In addition to having suffered abuse from their children, these moms were — predictably — offered more abuse from some members of the audience.

What was missing from the show was any mention that there is a "better way" to help such children. FAUS has written to Oprah, and we would like to believe that our letter will make a difference among the thousands that are sent to the show each day.

Perhaps *your* letter will be the one that gets noticed. Don't worry about sentence structure; the producers simply need to hear from families who have successfully helped their children — children who were headed for serious problems.

The address is:
The Oprah Winfrey Show
P.O. Box 909715
Chicago, IL 60690

Dobson Letters

Grateful thanks to all who sent us a copy of the reply they received from Dr. Dobson. In our July/August issue we included a form letter addressed to Dr. James Dobson, whose radio show is the second most widely heard in the United States. Contact FAUS if you would like another copy.

Dr. Dobson has given extensive coverage and support to the use of drug therapy for ADD, but has not done the same for other treatments. His address is: Dr. James Dobson, P.O. Box 35500, Colorado Springs, CO 80935-3550.

Kraft/General Foods

For many years this giant food manufacturer has filled out our Product Inquiry forms. But now Kraft/General Foods tells us they can no longer continue to do this; they will, however, respond to questions from consumers.

PIC volunteers tried to explain that it would be a lot simpler and less time consuming for them to communicate with FAUS than with individual members, but our words went unheeded.

It seems like the only way to convince major manufacturers like Kraft/GF (and General Mills which follows the same policy) is for many members to call with their questions.

Depending upon the ingredient label of the product here are some of the questions you want to ask:

Does this product contain any hidden antioxidant preservatives?

Even with improved labeling laws, the preservatives BHA, BHT and TBHQ will still be considered to be "incidental additives" and need not be listed when they have been added by a supplier of ingredients used in a product.

Has the vitamin fortification, margarine or shortening been treated with BHA, BHT or TBHQ? If margarine is used, is it artificially colored or flavored?

Are there any natural salicylates in the food which may not be specifically listed on the label (i.e., in spices)?

Are any of the above antioxidant preservatives present in the packaging materials? Some string cheeses now have this.

You can contact Kraft/General Foods at 1-800-227-7478.

The consumer information number for General Mills is 1-800-328-1144.

Please let them know that your family follows the Feingold Program and how important it is for you to have this information.

Rhinosyn

Medi Plex Pharmaceuticals, the distributor for Rhinosyn natural cough and cold medicines has now merged with ECR Pharmaceuticals of Richmond, VA.

ECR has assured FAUS that the Rhinosyn products are being produced and Feingold members can continue to order them. (Orapen liquid acetaminophen has been discontinued.)

The company's address is: ECR Pharmaceuticals, P.O. Box 71600, Richmond, VA 23255 (804) 527-1950. You can call their toll free number:

1-800-527-1955

Product Alert!

Land O Lakes Butter Cookies have been changed; the new packages now list artificial vanilla. Please remove this from your foodlist.

Also changed: Stiefel Labs Sulfur Soap contains fragrance and should be removed from your list. Their Acne Aid Detergent Soap continues to be acceptable.

Wishful Thinking

Did you ever wish you could find **Dole Pineapple juice** in a drink box, rather than having to send those little cans in to school?

Maggie Cottingham suggests interested members call Dole and ask them to provide pineapple juice in boxes. Also, ask them to consider doing the same for their Pine Passion Banana juice blend. The number is **1-800-232-8800**. (In California call 1-800-232-8888.)

(Check your stores for **Minute Maid** pineapple juice available in juice boxes.)

While you're at it, why not call the folks at **Gerber** and tell them your school age kids would love to have their pear juice available in a box — without the baby's picture, of course!

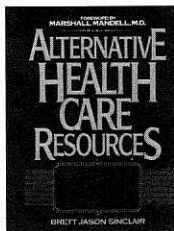
Gerber Products Co., 445 Date St., Fremont, MI 49412 (616) 928-2000.

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.

Health, from page 1

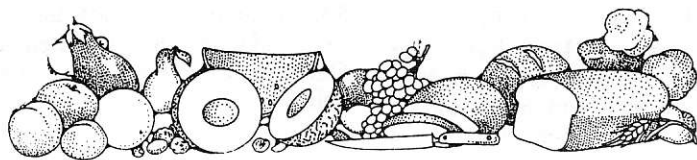
For many families, the introduction to a healthier lifestyle begins with the Feingold Program. Anyone who has witnessed the dramatic change in behavior so many of our kids exhibit quickly learns that foods/food additives made a difference—a **big** difference! We are often asked for suggestions on alternative health care, but since the association does not have a formal listing we generally refer the caller to other nonprofit groups such as ours, or to resource books.

Health consultant Brett Jason Sinclair has put together an ambitious book: *Alternative Health Care Resources; a directory and guide*. It gives information on nearly 400 organizations and publications, with a deliberate decision not to judge or rate the merits of each. The book, which includes a handy cross-referencing feature, is published by Parker Publishing Co. of West Nyack, NY.



"If some old-line physicians are feeling crowded, they don't have to look too far for the reasons. For all its manifest success, American medicine has become outrageously expensive and highly fragmented, with too many specialists focusing on different components of the same anatomy. Nor can conventional medicine cure everybody's ailments. For all these reasons, it should come as no surprise that alternative medicine continues to make inroads."

Forbes magazine, Dec. 1993



Missing USDA Report on Nutrition & Health

Tacoma, WA: In 1971 the U.S. government confiscated all copies of a major 129 page report by the USDA titled *Human Nutrition, Report No. 2, Benefits from Human Nutrition Research*, according to Dr. Alexander Schauss, director of Citizens for Health. The report concludes that many major health problems are diet related. Schauss writes:

"The 129 page referenced report, containing 25 tables, 30 figures, was the culmination of \$30 million of Federal studies on nutritional research. However one copy mysteriously missed confiscation and recently surfaced, allowing for the reproduction of copies of the original unreleased report."

Schauss continues, "the government has known for 21 years that such illness as heart disease, many types of cancers, and other serious degenerative diseases can be prevented by diet....It is inexcusable that they have kept this information from the public all these years!...Had this information been made available in 1971 we could be ten years ahead of where we are today in our knowledge of the role of nutrition in the prevention and treatment of disease."

"Because the government destroyed copies of the report, it wasn't until the 1977 Senate Select Committee on Nutrition and Human Needs, *Diet Related to Killer Diseases* report that the public was made aware of the amount of supportive evidence for a role for diet in the prevention of disease. Yet due to the destruction of the 1971 report, even the 1977 Senate Committee was unaware of the wealth of evidence available from their own government agencies."

The 1971 report is available from Citizens for Health, P.O. Box 368, Tacoma, WA 98401 (206) 922-2457. The cost is \$9.95 plus \$3 shipping.

Past Issues of Pure Facts Available

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

Dec 1992/Jan 1993

Salicylate Aspirin Sensitivity Handbook
Genetically altered foods
All about salicylate sensitivity

Feb 1993

Special issue on social skills deficits
Dealing with problems at preschool
Winter cautions

Mar 1993

Ear infections and speech delay
Problems with antibiotics
Hand stamping

Apr 1993

Autism - the invisible prison
Multiple chemical sensitivity
Candy rewards at school

May 1993

Feingold on a tight budget
When you hate to cook
Moms who use Ritalin love their kids too

Jun 1993

Brain chemistry
Traveling in France
MSG safety debated

Jul/Aug 1993

Asthma
Conference speakers
North Miami's natural restaurants

Sep 1993

Finding real food in the school cafeteria
Food research
Cereal and milk

Oct 1993

Young and violent
FAUS endowment fund
Latex allergy
Reaction checklist

Nov 1993

Tourette syndrome alternatives
School lunch changes
Medicine for kids

Copies are available. Please include your name and full address, plus 50 cents for each newsletter. Mail to FAUS-PF, P.O. Box 6550, Alexandria, VA 22306.

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

For more information call (703) 768-FAUS.

December 1993/January 1994

FAUS Receives National Publicity

Grateful thanks to Beverly Mills, whose syndicated column, **Child Life**, contained our address and phone number. To date, our 800 phone line has received more than 1,400 calls, and our post office box has been filled with requests for information.

Meeting Other Feingolders

Several of our members have told FAUS they would like to either start a support group or meet other families in their area who are using the Program.

Colorado - Erie: Sara & Dale Brubaker (303) 828-4008
Colorado - Littleton: Becky Hawkins (303) 933-3180
Illinois - Chicago: Gayle Kennedy (312) 631-2454
New York - Schenectady: Anne Grey (518) 399-4292
Virginia - Chesterfield: Sandy Smith (804) 790-1372

New Program Assistants:

Welcome! to our new volunteers. They are members who are successfully using the Program and have volunteered to help other families get started.

New Mexico - Farmington: Marilyn Wright (505) 325-2260
North Carolina - Matthews: Michelle Turi (704) 845-2889
Texas - Montgomery: Jane Johnson (409) 447-4179
Virgin Islands - St. Croix: Jan Tzinski (809) 773-1645
Virginia - Fredericksburg: Gloria Rurup (703) 891-5267

Minneapolis

The Medicine Shoppe, located at 2249 East 38th Street, is able to help Feingold families by creating (compounding) many medicines to fit your needs. Speak with pharmacist Neil Thompson. (612) 721-1623.

Florida

Publix, the popular Florida supermarket, now offers organic produce in some of its stores. Check out the Gainesville store if you live in the Palm Coast area.

Virginia

Colossal Cones have been seen at BJ's - at discount prices!

Maryland

The Feingold Association of Northern Maryland will welcome Dr. Paul Lavin as their February guest speaker. Dr. Lavin is the author of *Parenting the Overactive Child*, *Alternatives to Drug Therapy*, and a long-time supporter of the Feingold Program. He is a practicing psychologist and assistant professor of psychology at Towson State University.

FANM welcomes Gail Wachsmuth to their group. Gail is the FAUS director for the Eastern United States, and a woman of many talents.

Maryland, Virginia, D.C.

Looking for a food co-op? Here are several:

Bethesda Co-op, 6500 Seven Locks Road, Cabin John. Open Mon - Sat 9am - 9pm, Sunday till 7pm. (301) 320-2530.

Glut Food Co-op, 4005 34th Street, Mt. Ranier. Open Mon, Tue, Wed & Sat 10am - 7pm; Thur & Fri till 8pm; Sunday till 5. (301) 779-1978.

Takoma Park/Silver Spring Co-op, 623 Sligo Ave, Silver Spring. Open daily 9am - 9pm. (301) 588-6093.

The Common Market Food Co-op, 5813 Buckeystown Pike, Frederick, MD. Mon - Sat 10am - 7pm, Sun noon - 5pm. (301) 663-3416.

The Uncommon Market Co-op, 1041 Edgewood Street, Arlington. Mon - Fri 10am - 8pm. Sat 9am - 8pm. Sun noon - 7pm. (703) 920-6855.

University of Maryland Food Collective, BO203 Student Union bldg, College Park. Tue, Wed & Thur 7:30am - 9:30pm. Mon till 6pm, Sat 11am - 7pm. Sun noon - 3pm. (301) 314-8089.

New Products for your Foodlist?

Are there products available in your supermarket which look good, but are not on your foodlist? The FAUS Product Information Committee (PIC) can research them, and we may be able to add some more products. Please refer to the back of your foodlist for information on how to submit new products.

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No News from McDonald's

The fast food giant continues to use frying oil that contains the petroleum derivative TBHQ, putting all of their fried foods on the no-no list for Feingold families.

Maureen Schmeier suggests that members — especially those living in the Chicago area — call the company's headquarters and ask them to switch to an oil we can tolerate. McDonald's phone number is (708) 575-3000.

Breakfast Sausage

June Jones has substituted Louis Rich frozen turkey roll in place of the turkey sausage, which was removed from the foodlist after preservatives were added. Slice the turkey roll and add your own seasonings; cook as you would sausage.

Peanut Butter Teddy Bear

This candy, made by Sunspire, contains no milk and no chocolate. The Sunspire natural candies (including the Feingold-favorites, Sundrops and peanut caramel bars) can be ordered in bulk from Sunspire. Many can be ordered from the Squirrel's Nest.

Michigan - Northeast Detroit

Melanie Robbins writes, "Sunspire's Sundrops (the all natural alternative to M&M's) can be found at "Back to Nature" health food store in Fraser. Collette at the store is willing to accommodate Feingold families in whatever candy needs we have.

"Thought your readers may want to know. It took 6 months and two Feingold moms to find them!

"P.S. Detroit area Arbor Drugs and K Mart have been known to carry "All Natural" Dum-Dum suckers, but have discontinued them. Call your local stores to request they bring them back, and let your Feingold friends know!"

Santa Cruz, CA

In October the Santa Cruz City Council passed a recommendation discouraging people from wearing perfume in city offices, at public meetings or at city sponsored events. The purpose of the recommendation was to accommodate those who suffer from a reaction to the chemicals in perfume.

The recommendations are a part of the city's response to the Americans with Disabilities Act, which requires that citizens with special needs have equal access to public places.

Representatives of the Washington DC based Cosmetic, Toiletries and Fragrance Association traveled to Santa Cruz to attempt to thwart the perfume recommendations. Also testifying was the area's Avon representative who expressed concern about a reduction in the firm's \$700,000 annual sales.

Fragrances are big problem for many chemically sensitive people.

Area members may wish to contact Citizens for a Toxic Free Santa Cruz, 830 Meadow Rd., Afton, CA 95003.

Help Wanted

FAUS is looking for volunteers who would like to help on various projects and committees.

Scholarship Committee: FAUS has received donations to award scholarships to member high school students/graduates who wish to go on to college or to pursue specialized training. This is a rewarding project that requires only a small amount of your time.

Endowment Fund: Members with experience in finances are invited to share their expertise. The amount of time required is very small.

Grants: Here again we are looking for volunteers in this area who can serve as advisors to the FAUS board.

Pen Pal Coordinator: Match Feingold kids up with a pal so they can correspond, share experiences and have a good reason to polish their writing skills.

Contact FAUS President, Pat Palmer at (516) 369-9340, or call 800-321-3287, if you would like more information.

Englewood, Colorado

GEMS stands for Growing Experientially Multi-Disciplinary Service. It is a small non-profit program serving special needs children ages 2 1/2 to 7 years, and their families. GEMS has provided multi-disciplinary assessment/intervention in the community for 12 years. The program was founded by and is directed by Joan Eckert, MA, CCC-SP.

GEMS provides quality and creative therapeutic services such as speech/language therapy, occupational therapy, physical therapy and music therapy as well as psychological consultation within a trans-disciplinary environment.

The facility is located in the MarketCenter office complex in the TechCenter, at 7901 East Bellevue, Suite 270. (303) 721-6197.

Fredericksburg, VA

Thanks to Wayne L. Whitley, DDS, for the support and understanding he provides to Feingold families seeking to avoid synthetic chemicals. (Pediatric dental products are typically loaded with synthetic additives.)

Apple & Eve

The natural juice company is starting a newsletter, which includes free coupons for their drinks. To receive your copy write to: Apple & Eve, P.O. Box K, Roslyn, NY 11576-1123

Frookies Cookies!

Did you know that it's possible to order Frookies (Stage Two) cookies through the mail? Call 1 (800) 913-3663 and speak with Bernie.

Product Alert!

Reminder - remove Land O Lakes Butter Cookies from your Foodlist. They now contain vanillin.