

Pure Facts

Newsletter of the Feingold® Associations of the United States



June, 1995

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Consumer Protection Dealt a Serious Blow

After many years of effort, the Republican-dominated House and Senate are expected to gladden the hearts of food and chemical manufacturers by trashing the 1958 regulation known as the Delaney Clause.

Background: In 1958 Congressman Delaney introduced a rider to an appropriations bill. This clause called upon the Food and Drug Administration (FDA) to prohibit the deliberate addition to food of any chemical found to cause cancer in humans or animals.

The Delaney Clause is important to Feingold members; it was responsible for the removal of Red No. 2, Carbon Black and other additives from our food supply. These additives were banned because they were found to be carcinogens (cancer-causing agents), not because they can provoke behavior or learning problems. In fact, the FDA

doesn't even have procedures for evaluating the effect an additive can have on behavior or learning.

The Delaney Clause also prevented the introduction of many new, potentially dangerous chemicals. It was the basis for a legal settlement reached in October between the National Resources Defense Council (NRDC) and the Environmental Protection Agency (EPA). The EPA agreed to a plan which would ban 36 pesticides currently used on foods, and known to cause cancer.

The Delaney Clause is routinely violated, and has been for many years. In 1984 the Acting FDA Commissioner,

Dr. Mark Novitch, recommended that HHS (Health & Human Services, the parent agency of the FDA) ban six synthetic dyes, noting that "FDA scientists have determined that recently submitted toxicity data clearly demonstrate that each of these color additives induces cancer in properly conducted animal feeding studies." Of the six dyes Novitch named, three were allowed to be used in foods. These are: Yellow No. 5, Yellow No. 6 and Red No. 3. Not long afterward Yellow 5 was given permanent approval, and all of them are still being used in foods.

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Smelly Toys

The use of fragrances has increased at the very time the public is growing aware of the harmful effects scents can have.

"What cigarette smoke was to the past decade, other smells may be to the '90's. Restaurants, hotels — even some churches — are segregating the overperfumes. One woman's Poison is becoming another's poison," writes Laurie Grossman of the *Wall Street Journal*.

Employers are considering studies which show that piping some types of scents into the workplace has been shown to increase production.

The *Journal of Dental Research* reported a study that found floral scents reduce the anxiety dental patients experience.



The National Academy of Science has estimated that nearly 15% of the population is chemically sensitive. These are the people most likely to react to some of the powerful chemicals used in perfumes.

A particularly disturbing phenomenon is the increase in the use of scents in children's toys. Scented stickers were followed by markers, crayons, and now even Barbie has fallen into the perfume vat. Sweet 'N Pretty Barbie Fashions are saturated with cherry, peppermint and tutti frutti candy smells. Now "Tropical

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.

Suzanne — nearly two decades on the Feingold Program

In many respects Suzanne Singletary was not typical of the child using the Feingold Program,

Today, at age 22, Suzanne is a talented, caring, vibrant young woman who is very involved in giving her time and energy to her community. This is a long way from where she was at age 3.

Gabriella (Billy Gay) Singletary was a child study major, taught school, and was Mom to three other children when her youngest daughter was born. But nothing in her background prepared her for dealing with this little girl who was often out of control. Suzanne's personality was typical of the Jeckyl-Hyde story parents often cite. She could go from sweetness to hitting, biting and kicking everyone around her, with no obvious cause, and there was little her frustrated parents could do. Instead of finding help when she turned to professionals, Billy Gay was told "It's all in your head."

After an article about Dr. Feingold appeared in the local newspaper, Billy Gay began to experiment with trying to eliminate food additives, and saw a difference in her child. A nutritionist friend wrote to Dr. Feingold, who referred her to the local parent group recently formed in New York. This was the beginning of her connection with the Feingold Association, and she has stayed on as a willing volunteer for all of these years.

By keeping careful records in her



diet diary, Billy Gay came to the astonishing conclusion that it took 5 days for a reaction to take effect after Suzanne had an infraction. This meant that those who gave Suzanne the forbidden piece of artificial candy, or the doctor who put the orange drops in her eyes never witnessed the violent behavior they caused.

More recently, corn and eggs have appeared to be foods which trigger an allergic reaction, but this was not easy to pin down for all these years because of the long time lag. The Singletary family's diet has been more complicated than most. But they choose to emphasize the very positive aspects of

the things going on in their life. Rather than feel resentful that she has sensitivities not shared by other family members, Suzanne long ago decided that this is the body God gave her, and she was going to use it to the best of her ability. Today that translates as a talented performer, with a deep love for dance. She is a junior at Lees McRae College in North Carolina, with a double major in dance and education.

Not only is Suzanne active in her home town, but in her college community as well. She tends to the children in her church's nursery, sings in the choir, has taught dance, and conducted tours of the college campus. The Singletarys are so proud of their youngest daughter, who sang for her high school graduation, starred in *Peter Pan*, was active in the 4-H Performing Arts Group, and is on the Dean's List with a current GPA of 3.8. Recently, she began to use Ritalin, in addition to the diet, and finds that it helps her to concentrate, with no negative side effects.

There were times as she was growing up, when Suzanne felt restricted by her diet, but the consequences were too awful to stray for long. Today she eats natural food as much as possible, and says she can actually *taste* the additives used in foods! Still a high-energy person, Suzanne has channeled it into positive and joyful channels.

Ritalin use as a recreational drug can be fatal

Members who combine stimulant medication and diet management need to be aware of the increasing use of Ritalin among teens. If this drug is present in your home, please keep close tabs on it.

A 19-year-old Roanoke high school student died after snorting Ritalin at a party. This practice has become widespread within the past few years, and the drug is seen as a socially-acceptable substitute for cocaine.

Young people generally assume it is relatively harmless, and are known to use it in school bathrooms, or even during class. But the practice is anything but harmless; breathing in the crushed pills causes the drug to be directly absorbed into the bloodstream. The practice of snorting Ritalin and drinking alcohol greatly intensifies the effects. It triggers a burst of energy and rapid speech, increases blood pressure, causes the

heart rate to speed up, and can trigger seizures, hallucinations and cardiac arrest.

Some of the attractions of getting high on Ritalin are: the ease of obtaining it, the low price, and the fact that the effects last for about two hours. Some teens take pills from a sibling's prescription; others buy it from peers who resist taking it for ADD. The going rate is \$3 to \$5 apiece. It's easier for a teenager to obtain the drug than it is to buy beer. Many teens are under the impression that the drug is safe to use recreationally since they see it prescribed for young children.

Scented Toys, from page 1

Splash Barbie" is not only saturated, but the doll comes with a small bottle of perfume, and the advertising promise, "now you can smell like Barbie."

Mattel is adding perfume to other toys, not just dolls. Their 'GAK' is a play-doh type of modeling compound which is available in various scents. Here are some of the choices: Hot Dog, Pizza, Popcorn, Apple Pie, Sun Tan Lotion, and The Beach.

Dial makes a soap for kids which is scented with (artificial) Wild Fruits & Berries.

Other companies are following Mattel's lead, and Disney offers a line of dolls called the Perfumed Princess Collection.

Even if a parent refuses to buy such items, a child could easily be exposed. One single perfumed toy could contaminate an entire toy box of playthings. In a school or day care center, it would be very difficult for a sensitive child to avoid exposure.

FAUS contacted the manufacturer, Arco Toys/Mattel last year to express our strong objections to the practice of chemically treating toys. The company spokesperson encouraged us to write to them with our concerns. Here are some of the things we pointed out:

The National Institute for Occupational Safety and Health has found 884 neurotoxic chemical compounds used in the cosmetic and perfume industries.(1)

Numerous untested petrochemically based fragrance raw materials are used in a myriad of consumer products. (1)

Of the 70,000 chemicals now in commercial use, less than 10% have ever been tested for toxic effects on the nervous system and "only a handful have been evaluated thoroughly," according to the National Research Council.(2)

A National Academy of Science study in 1987 found that none of the chemicals used in cosmetics...had been tested for neurotoxic effects, and none of the tests conducted were considered adequate. (1)

Challenge testing using a spect scan under controlled conditions demonstrates that exposure to perfume alters brain function in some individuals. Such exposure decreased blood uptake in certain portions of the brain that have to do with cognitive function. (3)

Cognitive evoked potentials with the EEG assessing the P 300 component have shown that some people who inhaled perfume have impaired cognitive function as evidenced by delayed P 300. (3)

Chemical compounds which produce adverse effects in adults are especially harmful for children, and the younger the child the more vulnerable he/she is likely to be.

An estimated 15% of the children in the United States exhibit symptoms generally referred to as 'attention deficit disorder'. Work initiated at the Kaiser Permanente Medical Center (San Francisco) in the 1960's, (4) and continuing today by the Feingold Association, has confirmed that fragrances are an irritant for many of these children. Products such as Sweet 'N Pretty Barbie Fashions with fragrance have the potential to affect the health, behavior

the National Institute for Occupational Safety and Health has found 884 neurotoxic chemical compounds used in the cosmetic/perfume industries.

and cognitive ability of sensitive children.

In 1980 the National Science Foundation estimated that 200,000 families were following the 'Feingold diet' (now called the Feingold Program.)

The Feingold Association of the United States is a nonprofit organization providing information and support to families using the program and to the general public. The association cautions members to avoid exposure to fragrances and products which contain them.

FAUS has never received a response from Mattel. You can call them at 1 (800) 524-TOYS.

Footnotes

(1) U.S. House of Representatives, Committee on Science and Technology: "Neurotoxins: At Home and the Workplace," 99th Congress, 2nd Session, June 1986, Report 99-827, U.S. Government Printing Office, Washington, DC: 1989.

(2) National Research Council, Commission on Life Sciences, Board on Environmental Studies and Toxicology, Committee on Neurotoxicology and Models for Assessing Risk, Environmental Neurotoxicity, National Academy Press, Washington, DC. 1992

(3) Interview with C. Duehring, Director of Research, Environmental Access Research Network.

(4) *Introduction to Clinical Allergy*, Ben F. Feingold, M.D., Charles C. Thomas, Springfield, IL: 1973.

Baby Perfume

The practice of children's exposure to fragrances is not new. It is common in the Hispanic culture, and prosperous French families bought toilettries for their children as far back as the 1930's.

Now baby perfume is gaining in popularity in France, and it's only a matter of time until the lucrative business travels across the Atlantic in search of new markets.



What's in Perfume?

A single perfume can contain hundreds of different natural and synthetic chemicals, and many of them are likely to be petroleum derivatives. But some of the natural ingredients sound just as unsavory.

Ambergris is a substance long used as a component of perfumes. It is a secretion from the intestines of the sperm whale.

Civet is a secretion from the anal glands of an Asian or African civet — a cat-like mammal.

Musk - a secretion from the male musk deer.

Castoreum is a secretion from the beaver.

Kind of makes you wish it all came from rose petals, doesn't it!

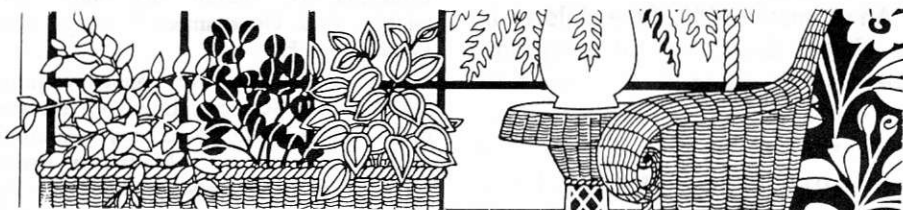
In 1985 the FDA gave itself the authority to skirt the law by developing the concept of an 'acceptable risk'. The theory was that if it could be shown that only a few people would develop cancer as a result of exposure to a particular chemical, then it could be approved. One proposal advanced at a late night meeting of FDA leaders was that the risk be set at one chance in 100 million, but that was deemed too tough a standard.

Finally, the FDA settled on a figure a hundred times less stringent. Their decision was eased by one man's appreciation of the language of seduction: "I think we should make it one in a million," an FDA lawyer suggested late one night after many hours debate, "because I've never known a girl I could lean over to and say, 'Darling, you're one in a hundred thousand.'"

One of the problems with this line of reasoning is that there is no consideration of the cumulative effect people will experience from exposure to the hundreds of different cancer-causing chemicals they will encounter.

In 1986 the FDA added another facet to its policy of 'acceptable risk'. The agency added another term to its vocabulary: the 'de minimis' policy. This is the idea that the agency is not required to be bound by the law in regard to 'trivial' matters, agreeing with industry that additives such as Orange 17 and Red 19 pose a risk which is 'trivial'. The following year this decision was struck down in a lawsuit brought by the Public Citizen Health Research Group.

Despite the many flagrant violations, the Delaney Clause still operated as a dike to hold back the flood of new and previously banned additives which otherwise would surely be in our food supply. Unfortunately, there is no alternative regulation slated to take the place of this 1958 clause. The FDA has not suggested alternative regulations and the food/chemical manufacturers have not sought safer alternatives. The solution, sadly, has been to try to get rid of the Delaney Clause. Under the wing of Senator Bob Dole (R-KS) it looks like the anti-cancer protection — flawed as it was — will be gone.



Grow your own air cleaner

House plants have the ability to remove some toxins from the air, according to Dr. B. C. Wolverton of NASA's Stennis Center in Mississippi. He maintains that by using one plant for each 100 square feet you will be able to keep the air in your home fresher and free of common toxins.

Formaldehyde - major sources are: foam insulation, plywood, new clothes, new carpeting, furniture (pressed board, upholstery), paper goods, household cleaners

Plants that can help: Philodendron, Spider Plant, Golden Pathos, Bamboo Plant, Corn Palm, Chrysanthemum, Mother-in-law's Tongue

Benzene - found in tobacco smoke, gasoline, synthetic fibers, plastics, inks, oils, detergents

Plants to use: English Ivy, Dracaena Marginata, Chrysanthemum, Gerbera Daisy, Warneckei, Peach Lily

Trichloroethylene - exposure through: dry cleaning, inks, paints, varnishes, lacquers

Good plants: Gerbera Daisy, Chrysanthemum, Peach Lily, Warneckei, Dracaena Marginata

Note: Extremely salicylate-sensitive people could be adversely affected by handling some plants or by coming in contact with pollen they produce.

Letter to Pure Facts

I always enjoy the educational material in your newsletter. However, in the April, 1995, issue is an article on violent behavior that contains a major error.

There is no "Twinkie Defense." This was concocted by a magazine at the time of the trial. At no time did either the defense or the prosecution ever discuss diet, nutrition, or any component thereof as a defense for Dan White's murders during the trial. I was an expert consulted by both the prosecution and the defense prior to the trial. After extensive study of the case I came to the same conclusion that other expert consultants did: There is no basis for a biochemical or nutritional defense in this case. Had there been, I would have recommended it to White's defense counsel (who was ever so eager to find a plausible explanation for his client's behavior). I would appreciate it if your readers would be advised of this correction for the sake of historical accuracy. I plan to cover this "myth" among several others in my forthcoming revised and updated second edition of *Diet, Crime and Delinquency*.

Thank you.

Sincerely,

Alexander G. Schauss, PhD

Director

American Institute for Biosocial Research, Inc.

Editor's response:

Thanks to Dr. Schauss for setting us straight on this. The sources *Pure Facts* used in researching the article subscribe to the Twinkies theory — that the defendant's junk food diet was an important aspect of the trial.

Dr. Schauss' work connecting diet and delinquency is well known to many Feingold members, and he was a speaker at our national conference held in San Diego in 1980.

His book is an excellent resource on the subject, and the new edition should be a welcomed addition to this sorely overlooked topic.

For more information on the work of the American Institute for Biosocial Research, contact them at P.O. Box 1174, Tacoma, WA 98401 or call (206) 922-0448.

Doughnuts!

Feingolders throughout the country will now be able to enjoy natural cake doughnuts.

They contain a small amount of **peach** in the juice used as a sweetener, so salicylate-sensitive members will need to test them out. Hopefully, even they might be able to have this treat occasionally.

The doughnuts are manufactured in a huge facility in Illinois, with the capacity of producing over a million doughnuts a week. But despite the big business approach, the manufacturer — Donut & Pastry Inc. — has come up with a natural vegetarian product which is flavorful and satisfying.

All of the doughnuts are free of: eggs, cholesterol, dairy, animal fat, sugar, synthetic additives, and they are kosher. Several varieties are made from spelt, rather than wheat.

The company also makes low-fat natural cookies, using the same fruit sweetener.

These products are available at many natural food stores or by mail order from:

Donut & Pastry, Inc.
926 W. Estes Avenue,
Schaumburg, IL 60193-4426
(800) 835-8097.

Doughnuts:

Old Fashioned Cake Donut: Plain, Glazed
Orange, Glazed Cherry, Carob Iced, Glazed
Apple Spice
Old Fashioned Decaf 'Cappuccino'/Soy Yogurt
Glaze (*coffee*)
Organic Spelt: Natural Plain, Carob Iced,
Glazed Blueberry
Jumbo Carob Donut
CranRaspberry Spelt Donut
Old Fashioned 'Pumpkin Pie'/Soy Yogurt
Glaze (*clove*)

Low Fat Cookies:

Carob Chip Brownie Yogurt
Lemon Yogurt
Date Raisin Yogurt (*currants*)
Apple Spice Yogurt

Pumpkin Seed Mystery Solved!

One of our Feingold moms, Hillary Shughart writes, "Eureka! I didn't think that I was trying anything new, so I was at a loss to explain the mysterious explosion of Feingold symptoms in my son — a one week period of marked hyperactivity, mischief, virtually unprovoked crying spells.

"Then, by chance, I came across the March 1995 SELF magazine, which has a blurb about 'The Great Pumpkin'. It states, '...pumpkin seed oil, with its high concentrations of zinc and **salicylic acid**...' As it turns out, exactly two weeks earlier, my extra freezer died, and one of the things to come out were some previously disdained shelled roasted pumpkin seeds. Frank decided he loved them and ate quite a bit over several days! Yet another 'double blind' personal experience confirming the need for my family to avoid salicylates."



Remember S'mores?

...those gooey sweet things made with a hot marshmallow, and melting piece of chocolate, sandwiched between two graham crackers?

Andrea Starkey suggests you make your own sweet memories by melting Baker's Semi Sweet chocolate in a fondue pot, and dip slices of banana, angel food cake cubes, pretzels, etc in it.

As a camping treat make it by heating a big pot of boiling water, place a smaller pot in it with the chocolate.

Another unexpected source of salicylates

Old fashioned root beer used to be "a fermented, slightly alcoholic brew flavored with bruised sassafras bark, wintergreen bark, and sasaparilla root." according to William Poundstone, author of *Big Secrets*.

Most root beers today are made very differently, using large amounts of sugar, and caramel to give the drink its brown color.

Poundstone writes, "Predominant in most modern root beer formulations is methyl salicylate, an oily synthetic compound also present naturally in wintergreen. Much cheaper than natural oil of wintergreen...methyl salicylate is a likely component of Hires [root beer]."

Big Secrets - The Uncensored Truth About All Sorts of Stuff You Are Never Supposed to Know, by William Poundstone, published by Quill, NY.

"Red" Potatoes

Do your hands become colored when you peel red potatoes? If they do, it's because you have purchased white potatoes which have been treated with red dye, since red potatoes traditionally command a higher price.

Real red potatoes tend to have a thin, almost translucent reddish skin, and when compared with a dyed potato, the difference would be obvious.

Dyed potatoes which are packaged are supposed to be labeled as such, and when they are loose, are supposed to be accompanied with a sign indicating dye has been added. Unfortunately, compliance is rare.

Feingold catalog — helps you with those hard-to-find items

Check out the catalog order form being mailed with this newsletter. Many items will be helpful to have on hand for the start of school in the fall.

Among the most popular items available from FAUS are the natural arts & crafts supplies, including finger paints and glue.

Face Paints

Now Feingold children can enjoy face painting without exposure to synthetic dyes and a possible reaction. The catalog includes a new face painting kit that can be used at Halloween, or any time.

Discipline and Rewards

These are card games designed to take the anger out of some of the most difficult parent-child interactions.

Developed by a Feingold mom, in Discipline Draw and Reward Roulette the child chooses the consequence for his action by drawing a card requiring a chore or other penalty. When merited, a reward card is drawn.

"Excuses, Excuses!"

This is the newest offering from the creative minds of K&D Specialties, who created the above cards.

What's more boring than having to write a note to your child's school, explaining why he/she was absent the previous day? It's being a school secretary and having to read all the notes that arrive daily! You can give the over-

worked school staff a hilarious respite from the usual fare with reasons such as: "My child was late/absent because he/she had to protest for nuclear disarmament and more marshmallows in the cafeteria's chocolate pudding." "we ran out of gas, the windshield wipers broke, the engine fell out of the car, and the policeman didn't believe us either." "he/she had to find out if the sands of time would run out on Erin, and Sean's killer would track her down on 'The Young and Listless.'"

Each pad contains 24 pages, and 12 different neon-colored notes, with various outrageous options, plus room to write in the actual reason.

Summer Fun: Imagine That!!!

If your travels take you through East Hanover or Middletown, New Jersey consider stopping by a new concept in educational entertainment for your 2 to 10 year old children.

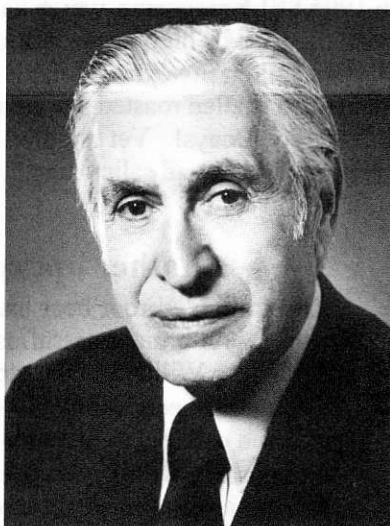
Imagine That!!! is a discovery museum for children where they can experience running a grocery store, being a fireman or paramedic, operating a TV studio, etc. — all with the clothing, props and equipment that make it seem real.

The children are free to explore 35 different 'adventure areas', without any time limitations. The food selections are limited, however, and Feingold members won't find very much to eat, so make your lunch or dinner plans with this in mind. FAUS has been in contact with the owners and will be sharing our information with them in hopes that they will see the value of including additive-free food. When you call or visit, please take a moment to let the staff know you would appreciate food to match the quality facilities being provided.

Imagine That!!! is a franchise, and the museums are expected to expand across the United States. Rockville, MD is slated to be the next site, hopefully in the same shopping center as Fresh Fields.

For details call Imagine That!!! at (800) 820-1145.

Happy Father's Day



Ben F. Feingold, M.D.
1900 - 1982

Our children's 'Honorary Godfather', Dr. Feingold would have celebrated his 95th birthday on June 15.

Moving?

Please send us your new address; the post office will not forward the newsletter.

The next *Pure Facts* will be our combined July/August issue.

Carl Pfeiffer Center

The Carl Pfeiffer Treatment Center in Naperville, IL addresses learning and behavior problems resulting from vitamin/mineral deficiencies or excesses. It is one of the organizations with which FAUS networks. Information on their pioneering work is available in their Health Research Quarterly.

To obtain a complimentary copy, contact the Center at (708) 505-0300.

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. For more information contact FAUS, P.O. Box 6550, Alexandria, VA 22306 (703) 768-FAUS.

Feingold



News

Published by the Feingold® Association of the United States, Inc., P.O. Box 6550, Alexandria, VA 22306 (703) 768-FAUS

June, 1995

In Memorium

FAUS members were saddened to learn of the death of 14 year old Frankie Tucker Clubb in a traffic accident.

Friends and family have honored Frankie's memory by making donations to the Feingold Association. These gifts have been placed in our Endowment fund, to be used to help other children for many years to come.

Thank you to the Tucker family and to all those friends who mourn his loss for thinking of the Association and other children who can be helped, particularly at such a difficult time.

Steak & Ale & Other Food for Feingolders

When I was at the LDA Conference in Orlando in March, I took my son out to eat at the nearby Steak & Ale restaurant. We have eaten at that chain in Atlanta for years and have not had any reactions.

As I was explaining to the waitress, Kim Orтели, that we would need a non-marinated steak and unseasoned vegetables because my son was sensitive to some common additives, she suggested I buy Dr. Feingold's book. Not only was she quite knowledgeable about the Feingold Program, but she even came by after our visit to the salad bar to make sure we had made no errors in our choices!

Unfortunately, Kim has moved to Daytona, where I hope some of our alert members will meet her at the Steak & Ale in that city.

Meanwhile, Alice Shockley, the restaurant manager in Orlando, wants to encourage our members to feel free to come to her restaurant during our June Conference, as well as all year long. She makes it a restaurant policy to cater to special needs. For example, the steak is seasoned with a blend of "salt, spices, garlic, paprika, onion, and red pepper" but upon request they will be happy to use only salt and pepper, or no seasonings at all if you prefer. The cooked vegetables are sauteed in garlic butter, but they may be steamed in a microwave, with no added seasonings if you like.

Olive oil and lemon make a good salad dressing for the fresh salad bar items, and I will be looking into the ingredients in their yummy brown bread.

It was a pleasure to find a restaurant willing to go the "extra mile" with a smile, so we can enjoy eating out and still have "Feingold-safe" meals. The restaurant address is: Steak & Ale

5855 American Way
Orlando, FL 32819
(407) 352-0422

Shula Edelkind

Thank You Thank You Thank You Thank You

...to Jan Fox and the folks at Channel 9 News in Washington, DC for your special focus on the Feingold Program. Thanks also to Luanna Lancaster and her son, Casey, and to Dr. Laurence Murphy for their appearance on the show.

...Jane Boswell and the folks at Home Educator's FAMILY TIMES for publishing an article about the Feingold Program. FAMILY TIMES is a free publication of the Homeschool Support Network. If you would like to be placed on their mailing list write to them at P.O. Box 1056, Gray, ME 04039 or phone (207) 657-2800.

Florida

Don't forget it's time for our Conference — to be held in Orlando, starting on June 20! If you live nearby, you may want to come for just selected workshops.

For details call Diane Wilde at (407) 767-0779.

Welcome to our new Program Assistants

Delaware - Newark: Beth McDonough
(302) 737-8673

Virginia - Springfield: Luanna Lancaster (703) 913-9712
Stafford: Michele Kessler (703) 720-7759

New Jersey - Gloucester Co.: Lori Graves
(609) 582-8389

Spanish Speaking (bilingual) Program Assistant
California - San Jose: Martha Escobeda
(408) 272-3264

New Hampshire

Darla Dickman of Hooksett would like to get together with other Feingold moms. Darla can be reached at (603) 268-0938.

Massachusetts Day Camp

Alice McDonald tells us of a day camp in **Natick, MA** which has a staff trained to help children enhance their social skills and self-esteem. Programs are based on a cooperative, non-competitive approach to recreation. Children bring their own lunch, but there are snacks available at the camp so you will need to check them out.

Campers are boys and girls ages 6 - 11. The programs run from 9am to 4pm Monday - Friday. To learn more about Creative Adventures at Academy Metro West, call (508) 655-9200.

Candy

The Product Information Committee has updated their research on the popular PEOPLE POPS, a natural lollipop which is sold in health food stores and some specialty food shops. They have new names, but the recipe has not changed. The following varieties are acceptable for **Stage One**:

Double Chocolate Fudge
Frosty Chocolate Mint
Hot 'n Spicy Cinnamon
Lickin' Lemon
Pink Grapefruit

Stage Two candies are:

Give Me Grape
Orange Zip
Red Ripe Raspberry
Tangy Citrus Parfait
Very Very Cherry

A new product which may be added to your foodlist is the line of PEOPLE DROPS. They are the same as People Pops, but just have a different shape.

They may be added to Stage Two, and the ingredients on the assorted candies include: beet powder, turmeric, annatto, cherries, raspberries, grapes, oranges.

All of the People Pops candies contain corn syrup.

Doughnuts & Cookies

Thanks to Nancy Kemble of the Squirrel's Nest Candy Shop for helping us to research the new Donut & Pastry products described in this newsletter. Nancy also has CREME SUPREME cookies available. These are the Oreo look-alikes that are all natural and taste great.

Bob's Candies available

Mary Grantham of Bob's Candies tell us that Feingold families can order the natural white Bob's Snow Canes all year 'round by contacting her at 1 (800) 569-4033.

Try crushing these mint candies for a crunchy topping on ice cream or to mix with frosting.

The Teapot Mystery

Why was one of our chemically sensitive members having a bad reaction after she had done so well? Like many chemically-sensitive adults, she uses stainless steel cooking utensils, including a new teapot. In fact, it was just about the time she bought the teapot that the symptoms began. A closer examination of the utensil showed that it is not made entirely of stainless steel; the inside is lined with copper. The teapot went, and so did the unpleasant symptoms. This is the first time we have had such a report, and it reminds us that Dr. Feingold said an individual could be sensitive to anything.

PIC Report

The following products have been researched or re-researched and are acceptable to add to your Foodlist.

Stage One

FOSTER FARMS Lowfat & Nonfat Milks (CA only)
KELLOGG'S NUTRI-GRAIN Golden Wheat (CS)
LIFE SAVERS Pep-O-Mint (CS), Spear-O-Mint (CS)
[Note: Be careful not to confuse these with BREATH SAVERS, which look similar.]
NABISCO Cinnamon Teddy Grahams Graham Snacks(CS), Honey Teddy Grahams Graham Snacks(CS) [Use these flavors only.]
NABISCO Cereals: Cream of Wheat Instant, Quick Cream of Wheat, Cream of Rice
NABISCO Original Premium Saltine Crackers, Triscuit Wafers, Wheatsworth Stone Ground Crackers
PRAIRIE FARMS Lowfat & Nonfat Milk (Prairie Farms Dairy, Carlinville, IL - available in IL, IN, MO, KY, AR, IA)
SNACKWELL'S Cracked Pepper Crackers, Reduced Fat Cheese Crackers (MSG/HVP)

Stage Two

KELLOGG'S Fruitful Bran (CS,raisin,peach,apple) Raisin Bran(CS)
KELLOGG'S NUTRI-GRAIN Almond Raisin(CS), Golden Wheat & Raisins(CS)
LIPTON Berry Blush Tea(orange,cranberry)
Iced Tea Mix: Natural Flavor & Sugar
LIPTON Cup-A-Soup: Tomato(CS,paprika)
MC CAIN Junior Juice: Apple
SUNBELT Chewy Granola Bars: Oats & Honey(CS, almond), Raisin (CS,almond)

Not Acceptable

NABISCO Comet Cups (BHT & TBHQ in emulsifier)
NABISCO Fat-Free Apple Newtons (artificial flavor)
Fat Free Fig Newtons (BHT in flavor, artificial flavor)
NABISCO Vanilla & Chocolate Mix Teddy Grahams Graham Snacks (artificial flavor in chocolate)
NABISCO Ritz Bits Cheese Sandwich Crackers (artificial color)
RICH'S Enriched White Bread Dough (BHA/BHT/TBHQ in oil)
SNACKWELL'S Cinnamon Graham Snacks (BHT in emulsifier), Fat Free Wheat Crackers (BHT & TBHQ in emulsifier)

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