

# Pure Facts

Newsletter of the Feingold® Associations of the United States



October, 1995

Vol. 19, No. 8

## FDA claims MSG is safe for most

The Food and Drug Administration has issued a report that the widely-used flavor enhancer, monosodium glutamate, is safe for all but a small percentage of the population, and that the effects some people notice after consuming it are mild and temporary.

FDA acknowledged that some people experience "MSG Symptom Complex" if they consume large quantities of the additive in a meal. The symptoms include: headaches, numbness, tingling sensations and heart palpitations. In order to bring about such a reaction, the agency estimates that an individual would have to eat 6 times the normal amount generally consumed.

The report was prepared for FDA by the Federation of American Societies for Experimental Biology (FASEB), a group reported by the media as "outside scientists hired to reanalyze all MSG research to help it decide how strictly to label foods."



As a result of the FASEB's report, FDA will revise the policies for labeling foods high in glutamate, but did not provide details on the new regulations. Commissioner David Kessler acknowledged that MSG could pose a real problem for asthmatics, but noted that the report "confirms what generally has been believed," referring to rebuttal of the charges that MSG can trigger serious health effects.

The (industry funded) International Food Information Council expressed its opposition to the labeling of "minute amounts of a compound that doesn't affect most people," as it "would not be practical."

## The other side of the story

The most interesting part of the MSG story never made the news reports.

FAUS has followed the conflict between the FDA and consumer groups over the safety of MSG. It provides a description of "how the game is played" when the benefits of the public clash with those of industry.

In June of 1993 *Pure Facts* reported the FASEB hearings on the safety of MSG. A consumer group, called the Truth in Labeling Campaign (TLC), participated in the hearings; they note that the panel was composed in part of scientists with ties to the glutamate industry. TLC further charges that the committee's preliminary report was

"leaked" to the industry, but denied to independent scientists and consumers. They say that delays were deliberately designed to allow the glutamate interests to design new studies to defend the use of the additive.

It was a surprise to learn that the committee's final report was quite different from the FDA press release reported above. The scientific committee acknowledges there is a subset of the population which really does react to MSG, but the panel noted they don't have enough evidence to determine the mechanism of an adverse reaction.

Kathleen Schwartz, of the consumer organization NO-MSG, told *Pure Facts* that the report advises further research needs to be done with an oversight committee which includes physicians and consumer representatives. Hopefully, this would prevent the sort of errors which have been reported in the past.

In his book *Excitotoxins, the Taste that Kills*, Dr. Russell Blaylock describes several blatant errors in past studies that FDA cited to defend the continued use of MSG. He points out the technique of a vested interest con-

*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.

Special issue on excitotoxins

## Other Side, from page 1

ducting many questionable studies so that when challenged they can point to the tall stack of industry-designed studies placed beside the smaller stack of independent studies and state that "The overwhelming number of studies demonstrate no such toxicity."

Another serious error in MSG research was discovered by Jack Samuels of the Truth in Labeling Campaign. In one study aspartame was added to both the MSG sample and to the placebo (inactive substance). When subjects reacted to the MSG and placebo as well, this was interpreted as evidence that MSG was not the trigger. But aspartame is similar to glutamate, and many sensitive people will react adversely to both. The contamination of a placebo with an active ingredient is not defensible science.

Blaylock points out another example: "Dr. George Schwartz discovered that a pamphlet put out by the FDA outlining the consumer 'facts' concerning the safety of MSG as a food additive had in truth been compiled and published by The Glutamate Association, which describes itself as an 'organization of manufacturers, national marketers, and processed food users of glutamic acid and its salts, including monosodium glutamate.' When Dr. Schwartz pointed this out to the FDA authorities they quietly removed the pamphlet from circulation."

MSG is not eliminated by the Feingold Program because it is less likely to bring about the fast, dramatic change in behavior/learning/health in most of our members that is seen with some other additives. We have, however, received reports of children experiencing episodes of 'shuddering' after consum-

ing this additive. A letter published in the *New England Journal of Medicine* in 1975 documents several cases of children experiencing what the writers consider to be a childhood form of 'Chinese restaurant syndrome.' Challenge testing confirmed MSG as the cause of the shuddering or shivering in the younger children, and migraine-like symptoms in an older child. *NEJ*. 293:1204-1205.

Public pressure and media coverage has forced the Food and Drug Administration to deal with MSG. But food additives which produce even more dramatic and rapid effects — synthetic colors, flavors and preservatives — and which are far easier to test, are virtually ignored by the press and government agencies.

## Learning more about MSG

The best resource for information on this additive is *In Bad Taste, The MSG Syndrome* and the later *Essential Update*, both by George R. Schwartz, M.D. The reader is provided with an eye-opening look into the history of this additive as well as the darker side of private enterprise.

The many hidden sources of MSG are listed, as well as suggested recipes for making soups, stocks and sauces without the need for this added chemical. Identifying hidden MSG is a challenge, and since manufacturers often add MSG to other ingredients it can be nearly impossible for the highly sensitive person to use processed food and totally exclude it. Even "health food" products often use hydrolyzed protein and yeast extracts which produce MSG.

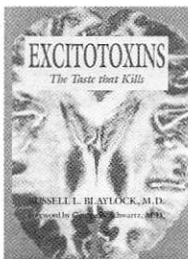
NO-MSG publishes a newsletter to keep its members up-to-date. For information contact the group at (505) 982-9373.

## Excitotoxins, The Taste that Kills

by Russell Blaylock, M.D.

The consumer who wishes to go further in learning about MSG will find this book to be an indispensable resource. As a neurosurgeon, Dr. Blaylock describes what happens inside the brain when an 'excitotoxin' is consumed. The brain contains various excitatory chemicals which occur naturally and are essential, but they are balanced by other chemicals which control those effects. He opens the reader's eyes to the exquisitely complex chain of events that takes place in the three pounds of gray matter we carry around. A portion of the book deals with a rather technical description of how neurons in the brain function. Readers with some background in science will have an easier time than others, but it is not necessary to grasp the full description to gain a very clear picture of the effects of additives such as monosodium glutamate and aspartame (marketed as Nutra Sweet®, Equal®).

The major portion of the book is less technical, but the information provided is disturbing. The very young and the old are seen as most vulnerable to the effects of "excitotoxins." This name is taken from the observation that when the brain is flooded with additional excitatory chemicals (in the form of food additives) its natural protective devices become overwhelmed, and the neurons in some portions of the brain swell and are destroyed. But while the young and old are the most at risk, Blaylock believes that any exposure poses some damage, and the neurodegenerative dis-



harmful chemical additives. This would explain why diseases such as Alzheimer's, Parkinson's, Huntington's and ALS (Amyotrophic Lateral Sclerosis, or Lou Gehrig's disease) seem to come about suddenly in people

eases we see occurring in some older adults are the result of various factors, including years of accumulated exposure to

who had appeared to be healthy. The brain has the ability to compensate for nerve destruction, but for only so long. Eventually, a lifetime of exposure to many insults, as well as the consumption of excitotoxins, will take its toll.

The author documents his findings with an impressive bibliography of studies spanning many years, and footnotes numbering nearly 500. Those wishing to explore the subject further will find these references helpful.

Both *In Bad Taste* and *Excitotoxins* are published by Health Press, P.O. Drawer 1388, Santa Fe, NM 87504.

## Consumer Group Sues FDA

The Truth in Labeling Campaign (TLC) has filed suit against the Food and Drug Administration. They are demanding the government agency require labeling of all MSG in processed foods. Current labeling allows the additive to be hidden in processed food with many different names.

TLC charges "FDA has built its case for the 'safety' of MSG on misleading and deceptive studies sponsored by the glutamate industry; and has dismissed much of the research that clearly demonstrates MSG places humans at risk."

For information: TLC, P.O. Box 2532, Darien, IL 60561 (312) 642-9333.

## What is HVP?

Many processed foods have substituted hydrolyzed vegetable protein (HVP) for MSG. This additive may sound more natural, but it delivers a big dose of flavor enhancer which Dr. Blaylock considers to pose an even greater threat than MSG. And if a diet soda is consumed with the MSG/HVP, the damaging effects are multiplied.

He describes the manufacturing process of HVP (sometimes referred to as hydrolyzed plant protein): the major ingredients are "junk" vegetables, unfit for sale, which have high amounts of naturally-occurring glutamates. Some sources named by Dr. Schwartz are: "old milk, decaying vegetables, or even pork blood."

The mixture is boiled in sulfuric acid for several hours, then neutralized with a caustic soda. This produces a sludge which is dried to make a brown powder, often spiked with added MSG. "Not only does it contain three very powerful brain cell toxins — glutamate, aspartate, and cysteic acid," Blaylock notes, "but also contains several known carcinogens (cancer causing substances). Incredibly, the FDA does not regulate the amount of carcinogens allowed in hydrolyzed vegetable protein, or the amount of hydrolyzed vegetable protein allowed to be added to food products."

The principal manufacturer of both MSG and HVP is the Ajinomoto company of Japan.

## Locating hidden MSG

Feingold members are aware that antioxidant preservatives such as BHT are often hidden in foods. If they are added to an ingredient used in a food, they need not be specifically listed. The same is true with MSG. When a manufacturer uses "broth" as one of the ingredients in his product, that broth may contain MSG, but it is not required to be included on the label.

### *Additives that contain MSG:*

Monosodium Glutamate  
Hydrolyzed Vegetable Protein  
Hydrolyzed Protein  
Hydrolyzed Plant Protein  
Plant Protein Extract  
Sodium Caseinate  
Calcium Caseinate  
Yeast Extract  
Textured Soy Protein  
Autolyzed Yeast  
Hydrolyzed Oat Flour  
Accent®

### *Additives that may contain MSG:*

Malt Extract  
Malt Flavoring  
Bouillon  
Broth  
Stock  
Flavoring  
Natural Flavoring  
Torula Yeast  
Seasoning  
High Flavored Yeast  
Seasonings  
Soybean Extract

## MSG in baby food

Although there are no laws prohibiting the addition of MSG to baby food, manufacturers removed this additive years ago following negative publicity.

The Truth in Labeling Campaign has recently accused Gerber of adding MSG back to its baby food. Gerber Graduates Microwavable Dinners Chicken & Broccoli in Cheese Sauce contains: water, cooked chicken (chicken, chopped and formed, water, salt, tapioca starch, modified corn starch), broccoli, modified corn starch, cheddar cheese (milk, salt, cheese cultures, enzymes, disodium phosphate, salt, lactic acid), carrots, nonfat dry milk, sugar, **torula yeast, natural flavoring, autolyzed yeast**, cream powder (cream, nonfat milk, soy lecithin), cheddar cheese flavor (cheddar cheese, modified food starch, whey, maltodextrin, partially hydrogenated soybean oil, corn syrup solids, disodium phosphate), **dried torula yeast**, salt, lecithin, extractives of annatto, extractives of paprika and **natural flavor** and natural butter flavor powder (modified food starch, **flavoring**, partially hydrogenated soybean oil, acetic acid).

Suspected or known MSG-containing ingredients are highlighted.

## Fat-Free, but not Trouble-Free

For years Feingold members have been cautious about using a product which has changed its label to read "new and improved!" We know that "preservative-free" does not always mean what it says. Then we saw that "sugar-free" often meant aspartame (NutraSweet®, Equal®) had been added. (The Feingold Association recommends members avoid the use of aspartame.) "Cholesterol-free" was an interesting marketing ploy; one manufacturer boasted his jams and jellies contained no cholesterol — but jams and jellies never contain cholesterol. Other jams/jellies have promised "no preservatives", but a product which is mostly sugar doesn't need preservatives.

The words "light" and "lite" were the next red flag, although the new ingredient was often nothing more serious than additional air or water. (Watered down beer and watered-down or air-fluffed margarine were sold at inflated prices.)

The newest marketing gimmick is "fat-free". It's true that some products are free of fat as well as free of unwanted additives; cookies and desserts sold in health food stores are likely to be suitable. (Check your Foodlist or submit products for us to research.) But fat-free products from major food manufacturers should be viewed cautiously. When the fat is removed, much of the flavor is lost, so they may rely upon generous doses of excitotoxins to compensate.



# Aspartame, Behavior, and Cognitive Function in Children with Attention Deficit Disorder

by Bennett A. Shaywitz et al.

This study was published in the January, 1994 issue of *Pediatrics*. Fifteen children diagnosed with ADD/ADHD were given a large single daily dose of aspartame or placebo for alternate two-week periods. The researchers report they found no clinically significant differences between aspartame and the placebo for seven different tests administered to the children.

There is an editorial in *Pediatrics* following the Shaywitz paper. It is typical of the scathing commentaries which have often accompanied studies producing results favorable to industry. The writers cite this single effort as proof positive that those who dare to connect diet with behavior, or to suggest that there may be a link with Alzheimer's disease are 'self-proclaimed nutritional gurus,' espousing 'pseudoscientific' 'nebulous belief systems,' etc., etc. (*Editor's note:* And I thought science was the pursuit of truth, offering an open forum of scholars engaged in the exchange of information, grounded in respect for the opinions of colleagues.)

Interestingly, Dr. Feingold did not see dramatic changes in most children after consuming the neurotoxin MSG. But as Dr. Blaylock points out in his book, *Excitotoxins, the taste that*

*kills*, the effects of neurotoxins such as MSG and aspartame are generally cumulative. He emphasizes that the effects from excitotoxins consumed by children "usually do not show up until many years later, even during adulthood..." "This damage is slow and cumulative, with each dose of MSG or aspartame damaging a number of important brain areas." One reason the FDA has not issued warnings about the consumption of these additives by children, he points out, is that there are generally no obvious effects, in an individual who consumes it, or in the newborn, as was the case with birth defects caused by Thalidomide.

Blaylock names one study where newborn rats clearly reacted with hyperactive behavior to injections of MSG; he cites another (using a rhesus monkey) which produced no obvious behavioral change, but resulted in significant damage to the animal's hypothalamus. Other researchers have linked damage in this portion of the brain to various learning problems and "injections of minute amounts of glutamate into the hypothalamus of animals has been shown to produce sudden rage." Although children are not exposed to MSG via injection, findings such as these are reason for concern.

## Aspartame effects not so "sweet" for sensitive member

Andree Thrush spent her early childhood in Belgium in the 1950's, where foods were grown without synthetic chemicals and were consumed fresh.

Problems began to emerge following a move to the United States. She attended high school in the 1960's, and after eating additive-laden food and soft drinks in the school cafeteria Andree would be unable to settle down and pay attention.

Saccharine, once commonly used in diet sodas, triggered an immediate reaction. One sip made her feel like all the blood was rushing to her head. Caffeine also brings on a reaction, but the worst offender by far has been aspartame.

Recently Andree bought a six-pack of sarsaparilla, recalling a favorite drink from her childhood. She carefully checked the ingredients listed on the cardboard packaging; it looked fine so she drank a bottle of the soda. What she would later learn was that the microscopic print on the bottle cap listed aspartame as an ingredient.

Within about 15 minutes she began to experience a bizarre reaction. The first symptom was the sensation that she was no longer inside her own body. Then she felt extremely hungry and tried to eat, but was unable to hold the fork without dropping it. At that point, she says, she began to shove the food into her mouth, using both hands, to the

dismay of her teenage children. Andree recalls she was aware of her behavior, but felt unable to control her body.

Her children urged her to eat more slowly, afraid she would choke on the food. She knew they were speaking to her, but they seemed to be far away and she could neither speak nor understand them. The drug-like reaction to the chemical then brought about the sensation of being unaware of where her body was in space; she could not feel her arms or legs. On one level, she knew she was in the midst of a reaction, but the emotional side seemed to overwhelm the rational side, and she cried because she couldn't find her feet!

Another time, after eating a roast beef sandwich with MSG, she became so groggy she fell asleep in her car and didn't wake up for five hours.

Andree has the advantage of a scientific background (she has been a nurse and is now an optician) and has a great deal of empathy for people who suffer chemical reactions and are treated only with drugs and institutionalization. Understandably, she is *very* careful about her diet, and counsels parents of her patients to do the same.

## Aspartame (NutraSweet ®)

### Is It Safe?

by H. J. Roberts, M.D.

Dr. Roberts provides a comprehensive review of the history of this additive and describes some of the hundreds of case studies he has collected from aspartame sufferers. (The FDA acknowledges it has received thousands of complaints from consumers who are adversely affected by this additive.)

This eye-opening book is ideal for the layperson, but very well referenced and documented for the reader interested in further research.

The publisher is The Charles Press, P.O. Box 15715, Philadelphia, PA 19103. It is available in both hardback and soft cover.

## FAUS Recipe Book Available

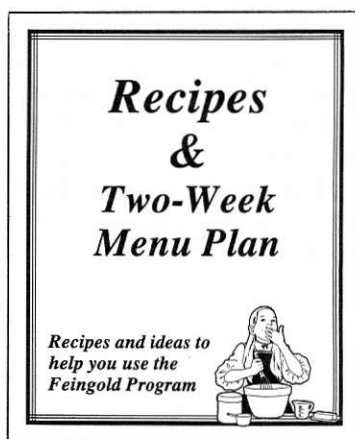
During the past year many of the FAUS materials have had a 'face lift' and have been revised.

FAUS materials seem to always be a work in progress. If you have been a member for awhile, you may be unaware of the new version of FAUS's Recipe/Two Week Menu Plan.

New members have given high marks to this collection of recipes. Some of the recent entries include: quick-fix Aloha Bread, Pudding (vanilla, lemon, banana, butterscotch), Fettuccini Alfredo, Easy Tacos, and soda recipes for lemon/lime and vanilla. There's also a microwave whole wheat batter bread with no crust (especially popular with some of our kids).

### The Tomato-less times

An exciting new feature is the revised UnTomato Sauce recipe. Before we go any further, let's get something out in the open. Yes, we *know* it sounds horrible to take a combination of carrots and beets, add some lemon juice and spices, and pass it off as spaghetti sauce. And we *know* you will find it hard to believe that your family would ever eat such a dish. (That's how I felt about carrot cake before I ever tasted it.) But the funny thing is that this new recipe doesn't taste like carrots or beets.



A good first step into the world of UnTomato is with a pizza — which is probably the thing your family misses most anyway. If you've made pizza, or watched anyone else make it, you know how little sauce is actually used. Then it's covered with cheese, meat, vegetables, etc., with only a hint of something red peeking out under the melted mozzarella.

### Getting it by your family

Please follow the recipe to the letter, and make it when the family is nowhere in sight. Some of our members have successfully served all kinds of 'tomato' based dishes to their family without revealing their secret.

Our Feingold mom who perfected the recipe found her daughter scraping the bowl and enjoying the contents, unaware she was eating carrots and beets!

The major drawback to UnTomato sauce is the tendency for pasta to pick up some color. When her son asked why the spaghetti looked pink, one mom explained that 'spaghetti sauce' sometimes does that. He was satisfied and went on to finish enjoying his dinner. (Notice she told the truth, if not the *whole* truth.)

All of the recipes in the revised Recipe book are salicylate-free, and have been designed to be used in conjunction with the little Getting Started book designed to help families during the first days of the program. This is a mini-version of the Stage One Foodlist. It contains some of the very well tolerated brands (most are free of corn syrup), which are available throughout the United States.

## Our Daily Bread

Give us this day an easy to fix bread mix.

In 1991 Laurie and Bob Lynch founded the Daily Bread Company, and now distribute Quick Loaf bread and bagel mixes throughout much of the United States.



The breads are moist and chewy inside, with a crisp crust. Best of all, they can be assembled in just a few minutes. Add club soda, seltzer or beer to a package of the bread mix, and it will bake in 50 minutes.

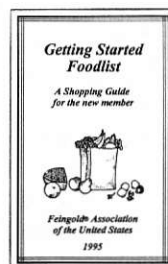
All of the Quick Loaf and Quick Bagel mixes are free of fat, and do not

contain yeast. The following varieties have been approved by the FAUS Product Information Committee:

Both the Onion and Plain Quick Bagel Mixes are Stage One.

Most of the Quick Loaf mixes are also Stage One: Garlic & Herbs; Hearty Cracked Wheat; Honey Oatmeal; Nine Grain; Onion Dill. The Cinnamon Raisin Mix is Stage Two.

To locate the product in your area, or inquire about mail order, call the Daily Bread Co. at (800) 635-5668.



Getting Started is also available to current Feingold members, along with a copy of our book, Reprints. This is a collection of articles from past

issues of *Pure Facts*, which are designed to help the new family get started on the Feingold Program.

This packet makes a good gift for the relatives; it is available through our Resource Catalog: Recipe book, Getting Started & Reprints are \$10 for the three, plus shipping. See the Catalog order form enclosed with this newsletter. Or members can order just the Recipe book alone for \$5 (shipping is included).

## "Attention Deficit Disorder: A Dubious Diagnosis?"

FAUS has learned of a PBS report on ADD to be aired this month — it may shock you.

The following is a press release provided to *Pure Facts* by the Public Broadcasting System:

**New evidence uncovered by the Merrow Report suggests that the current epidemic of Attention Deficit Disorder (ADD) is largely man-made and that hundreds of thousands of children are being misdiagnosed and unnecessarily medicated.**

That is the conclusion of a special edition of The Merrow Report, "Attention Deficit Disorder: A Dubious Diagnosis".

The program is strongly recommended by the National PTA, the National Committee to Prevent Child Abuse, and the National Education Association.

ADD is fast becoming a household name. In 1990, 750,000 children were diagnosed with it. Today, that figure is approaching 4,000,000. Most of these children take medication under a doctor's prescription, usually the powerful psychostimulant Ritalin or its generic equivalent — methylphenidate — to help them pay attention in school.

This special edition of the Merrow Report is being distributed to PBS channels nationwide on Friday, Oct 20 at 10 pm Eastern time. But dates and times will vary in different regions; check with your local PBS channel for the date and time it will be aired.

Evidence of dramatic increase is everywhere. At Nova Middle School in Fort Lauderdale, Florida, for example, only three students were being medicated for ADD when Steve Friedman became principal in 1990. Today, he tells correspondent John Merrow, "We probably have over 60, and most of them are on Ritalin. You come up here at lunch time and watch the line waiting to receive their pills; it's amazing to me."

Ciba-Geigy, the company that manufactures Ritalin, attributes the surge in ADD to "heightened public awareness," but The Merrow Report has uncovered evidence suggesting that Ciba-Geigy created much of that awareness by giving money to "ADD support groups" that recommend medication — including Ritalin — to parents.



One ADD support group has received nearly \$1 million from Ciba-Geigy. CHADD (Children and Adults with Attention Deficit Disorder) uses the money to pay for national "ADD awareness campaigns," "educational meetings," and mailings to hundreds of thousands of parents and teachers.

None of the parents, all of whom rely on CHADD for information about ADD and medication, knew of the Ciba-Geigy/CHADD financial connection.

However, as the program reports, CHADD's information is sometimes incomplete, misleading, or inaccurate. For example, CHADD's "Fact Sheets" do not report that Ritalin's pharmacology is essentially identical to amphetamine or that Ritalin is classified by the federal Drug Enforcement Administration (DEA) with potent drugs like codeine and morphine — drugs with legitimate medical use but high potential for abuse.

Many doctors feel comfortable prescribing Ritalin as a treatment for ADD. Dr. Simon Epstein, a psychiatrist in Stamford, CT, says medication "is what works, it removes the symptoms, it takes a non-functioning or limited functioning child or adult and turns his whole life around."

Young people on the program feel differently. Fourteen-year-old Matt Scherbel, who worries about Ritalin's side effects, tells Merrow, "Ritalin focuses everything down to such a fine point that nothing's fun anymore and you're not the same person that you were."

Ritalin is so readily available, the program reports, that young people have begun to abuse it. A 15-year-old recovering addict explains on the program, "Snorting it is one of the big things to do now, because it's free. I mean, if a friend has a couple of extra pills, he'll just give them to you."

CHADD is now petitioning the Drug Enforcement Administration to relax its oversight of Ritalin and methylphenidate, but at least one DEA official is skeptical. "The evidence suggests we're overprescribing," Gene R. Haslip says, "The United States is using five times as much (of this drug) as the entire rest of the planet combined."

### Pure Facts

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# Feingold



# News

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October, 1995

## United Way

This is the giving season for United Way and Combined Federal Campaign. In the past FAUS has received designated donations from these agencies listed, and local chapters have been the recipient in their area.

### United Way

Alabama - Madison Co (Huntsville)  
Alabama - Central AL (Birmingham)  
California - Bay Area, and Santa Clara County (FABA)  
Colorado - Mile High (Denver)  
District of Columbia/Va/Md - National Capital Area  
Florida - Brevard County (Cocoa)  
Massachusetts - Mass. Bay (Boston)  
Michigan - Blossomland (Benton Harbor)  
Michigan - Genesee and Lapeer Counties (Flint)  
Michigan - Washtenaw (Ann Arbor)  
Minnesota - Hastings  
New Jersey - Camden County (Camden)  
New Jersey - Gloucester County (Woodbury)  
Oklahoma - Jackson County (Altus)  
Oregon - the Columbia-Willamette (Portland)  
Oregon - Mid Willamette Valley (Salem)  
Pennsylvania - City of Philadelphia  
Pennsylvania - Southeastern Delaware Co (Chester)  
Pennsylvania - Southeastern Penna (Philadelphia)  
South Carolina - the Midlands (Columbia)  
Texas - Capital Area - (Austin)  
Wisconsin - Dane County (Madison)

### Combined Federal Campaign

District of Columbia/Va/Md - National Capital Area  
Florida - Jacksonville Area  
North Dakota - Minot Area  
Ohio - Licking County (Newark)  
Tennessee - Greater Memphis Area  
Texas - Gulf Coast (Houston)  
Virginia - South Hampton Roads (Norfolk)  
Washington - Spokane County (Spokane)  
Wisconsin - Dane County (Madison)

If your agency is not listed above and you would like to have FAUS approved to receive your designated donation please call us at 1-800-321-3287 for assistance.

## Whoops!

A calendar typo — our listing of advertisers should read 'NonToxic Hot Line,' not 'Nontoic.' This mail order company sells air and water purification systems of all types, allergy vacuums, juicers, as well as tips on how to survive in a toxic world. For more information write to 830 Meadow Rd., Aptos, CA 95003 or call (408) 684-0199

*Thank You Thank You Thank You Thank You*

...to you! The many generous members who have sent donations for our School Year Calendar project. We are very grateful for your continuing support.

...to the folks at *Better Nutrition* magazine for telling your readers about the Feingold Association. To keep current on what's new in health and nutrition, look for *Better Nutrition* at health food stores.

...to Markey Dokken, who got the Association's report to its volunteers in the mail despite an impending hurricane.

...to Barb Keele for all her work on our new Recipe book.

...to Carole for asking her husband to arrange for a matching donation from his employer. *It really* has helped!

## Welcome to our new Program Assistants

**Virginia** - Salem: Sherry Carl (504) 384-7701

**Texas** - San Antonio: Karin Zander (210) 822-9313

**Kentucky** - Springfield: Bonnie Abbi (606) 336-9908

**Pennsylvania** - Bensalem: Leslie Doerle (215) 638-1110

**Maryland** - Delmar/Salisbury: Joyce Schafer  
(410) 742-0639

**Alabama, Georgia, South Carolina** - We could use more Program Assistants in the Southeast. If you have been successfully using the Feingold Program for six months or more and would like to be available to encourage other families just getting started, please contact FAUS for more details.

## Getting Together

**San Francisco, CA:** Marina Dulman would like to start a support group of parents in the San Francisco area. She has a 6 1/2 year old boy who has chemical sensitivities and food allergies. Call her at (415) 337-5401.

**Kensington, MD:** Penny Fovall's twin 4 year old girls are on a limited whole food/vegan diet. They are highly allergic as well as salicylate sensitive. Penny would like to talk with an experienced family combining a Feingold & vegetarian diet. Her number is (301) 530-1370.

**San Antonio, TX:** Kathy Partlow would like to get together with other Feingold families in the area. She can be reached at (210) 490-5645.

**Santa Clara, CA.** PHP and the Diet, Allergy & Behavior group meet monthly at the Family Resource Center. For information call (408) 727-5775, ext. 118.

**Lansdowne, PA:** The support group meetings will be held in Lansdowne, not Lansdale. Call Barby Armine at (610) 789-1657 for details.

## Product Alert!

NESTLE **Milk Chocolate Morsels** in a yellow bag with a purple label now say "New Richer Taste". Changes like these generally mean "watch out!" And for the Nestle morsels it means they now use synthetic flavoring (vanillin). Please remove this product from your Foodlist.

Caution: There has been a label change for **VASELINE Lip Therapy Petroleum Jelly**. It now says "Advanced Formula SPF8" and includes Vitamin A Palmitate, Flavor, and several oils. PIC Director, Donna Curtis, is checking this out, but cautions members to avoid this product until we can clarify what these ingredients actually contain. (Thanks to Sherry Kilbourne for bringing this to our attention.)

Another caution concerns **NABISCO Instant Cream of Wheat**. The company markets two varieties; one is sold loose in a box, and the other is packaged in individual envelopes, which are in a box. The cereal in packets contains BHT and the loose cereal does not. Please either check the labels very carefully for BHT, or use the Nabisco **Quick Cream of Wheat** instead — it's still acceptable.

*Reminder:* As we reported last month, Wendy's has changed the oil they use to deep fry; it now contains TBHQ.

## Fluoride Tablets?

Recently a representative of Colgate Oral Pharmaceuticals told FAUS that they now have uncolored and unflavored fluoride tablets available in bottles of 120. The product is LURIDE-SF .25 mg. This replaces the Luride-SF 1.0 mg tablets which were discontinued.

## Welcome to Donna!

Our new PIC Director, Donna Curtis, comes to the job with prior experience doing food research for her local Feingold Association. She has taken on a very big job, and is already conducting the research like an old pro.

Donna has two children, ages 11 and 14, and the Curtis family has been successfully using the Feingold Program for nearly ten years. She likes the fact that she can work from her home office in rural Illinois, and at the same time provide such a vital service for our member families.

## ...and grateful thanks to Debbie!

Although she has gone back to work full time, Debbie Jackson still finds more time to help FAUS with the PIC transition, to work in her local chapter, and to lend her many skills to FAUS. She reviews this newsletter each month, and advises us on matters of nutrition.

## About soaps...

Those with added fragrance are excluded from our list of products, but those with 'masking fragrance' are not. The ingredients in most soaps don't smell very good, so companies use a small quantity to cover the unpleasant odor; most Feingold members are able to tolerate these products.

## PIC Report

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

### Stage One

DON PANCHO Com Tortillas (CS)(OR, WA, and AK)  
PROGRESSO Chickpeas, Oil Cured Olives  
PROGRESSO Soup: Hearty Chicken & Rotini (N,MSG/HVP)  
QUICK BAGEL Bagel Mixes: Onion, Plain  
QUICK LOAF Bread Mixes: Garlic & Herbs, Hearty Cracked Wheat, Honey Oatmeal, Nine Grain, Onion Dill  
SAFEWAY: DAIRY GLEN Lowfat and Nonfat Milks  
LUCERNE Lowfat and Nonfat Milks, CASTLE CREST Lowfat and Nonfat Milks (AZ only)  
SNACKCRACKS\* Lite n' Krispy Rice Sticks  
TASTE ADVENTURE\* Split Pea Soup, Black Bean Flakes (this is instant refried beans)  
TREE OF LIFE\* Creme Supreme Cookies  
WAMPLER-LONGACRE 100% Pure Turkey Burgers

### Non-Food

NOXZEMA Free Medicated Shave Cream,  
Sensitive Cleansing Lotion  
OIL OF OLAY Bath Bar: Enriched Unscented for Sensitive Skin

### Stage Two

PATHMARK (Northeastern US) No Frills: Spanish Salad Olives (pimiento)  
PROGRESSO Soup: Hearty Vegetable & Rotini (N, MSG/HVP, tomato, red pepper)  
QUICK BAGEL Bagel Mix: Cinnamon Raisin  
QUICK LOAF Bread Mix: Cinnamon Raisin  
S&W 100% Premium Columbian Gourmet Coffee  
SHELTON'S\* Cooked Uncured Chicken Franks (clove)  
TASTE ADVENTURE\* 5 Bean Chili (bell, chili & red pepper, paprika, tomato), Black Bean Chili (chili & red pepper), Black Bean Soup (red & chili pepper), Minestrone Soup (bell, chili & red pepper, paprika, tomato), Navy Bean Soup (bell pepper)  
Red Bean Chili (bell, chili & red pepper, paprika, tomato)  
Curry Lentil Soup (paprika, chili & red pepper),  
Lentil Chili (chili & red pepper, paprika, tomato)

### Not Acceptable

KEMP'S Lowfat and Nonfat Milk (BHT) Minneapolis MN  
OIL OF OLAY Bath Bar: Enriched White (fragrance)  
PROGRESSO New England Clam Chowder (BHA/BHT/TBHQ in oil), Marinated Artichoke Hearts (possible BHA/BHT/TBHQ in oil)  
ZEST Family Deodorant Bar: Original Aqua Version (fragrance)

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