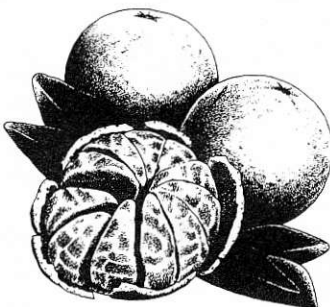


Vitamin C on a Stage One Diet

Few people care about giving up Red No. 40, but orange juice is quite another thing. Will the temporary removal of salicylate foods put you at risk for getting enough vitamin C? What about those who must stay on Stage One?

One of the early criticisms the industry lobbies leveled against the Feingold Program was that the temporary removal of oranges and some other fruits meant the diet was deficient in vitamin C. A few critics even suggested our children were at risk for scurvy. (Perhaps they were unaware that lemons and limes — both non-salicylates — were the historic antidote for scurvy.)

This criticism faded after the 1979 FDA sponsored study (Weiss et al.) demonstrated that children on the Feingold diet were receiving adequate nutrition. We had not heard about vitamin C until recently, when a volunteer told FAUS that



her school district raised this old objection as their reason for not investigating diet. What could she say in response?

With assistance from the US Department of Agriculture, plus the help of one of our member dietitians, we found out some surprising things about vitamin C and the Feingold Program. Many of the salicylate fruits and vegetables are terrible sources of vitamin C. Apple juice has barely any, apricots and cucumbers are very low, while grapes and raisins have so little, they aren't even worth considering. Plums have a tiny amount, and peaches have about double that — which isn't much.

Continued on page 4

Sulfur and Sulfites

Sulfur is an essential and abundant element, found in every cell of animals and plants. Most people, though not all, are able to process it. But when sulfur is used to create sulfites, many experience adverse reactions.

Several years ago a consumer advocacy organization alerted the public to the potential hazard from salad bars where the food had been treated with sulfiting agents. The most vulnerable people appeared to be asthmatics, and it was a shock for many to learn that some of the medicines being prescribed for asthmatics were actually preserved with sulfites.

As a result of the negative publicity, restaurant owners and supermarket managers discontinued the practice of treating the foods generally found in salad bars with this preservative, but sulfites are still used in other foods. Those most likely to contain sulfur-based preservatives include: grapes, wine, potatoes, and dried fruits. Sulfur-containing drugs are also a common source of exposure.

These chemicals serve various purposes. The nonprofit Health Awareness Resource Center describes the uses of

sulfur-based preservatives: "In 'fresh' food products sulfites prevent discoloration and oxidation (or breakdown) of the food; on grapes they are used as a fungicide; in wines they kill certain unwanted bacteria and assist in the aging process; in drugs they act as a preservative and a stabilizer; in packaged, processed food, they are a preservative. Other uses include as a bleaching agent for food starches; as a component in the manufacturing of cellophane; as a strengthener in dough conditioners."

The Food and Drug Administration believes that 19 deaths have been the result of a reaction to sulfites, and while the agency requires labeling if the food contains more than 10 parts per million of the preservative, and has encouraged manufacturers to use safer alternatives, they have not taken action to remove or restrict sulfites.

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 antioxidant preservatives BHA, BHT and TBHQ.

Autism and Allergies? One little boy's story

by Jean Curtin

"Michael is an enthusiastic learner, active class participator, creative and seeks challenges. Michael is always respectful, friendly, and a joy to have in class."

These words on this year's first quarter report card would make any mother's heart swell with pride. But to me, they are priceless, for Michael is not just any child...

As a baby, Michael seemed overly sensitive to the world around him. He would scream for an hour after the dog across the street barked. He constantly spit up his food, had frequent diarrhea, and, despite several formula changes, had trouble gaining weight. When his hands and feet began to turn purple during meals, I rushed him to the pediatrician. His words reassured me, "Don't worry, Michael just has an over-sensitive nervous system — he'll outgrow this by age eight months."

One day (at the age of eight months) as Michael sat on my lap eating a spoonful of pureed plums, he began to shiver like he was cold. Purple streaked up both legs, washed down his arms — within seconds, he was head-to-toe blue! Our pediatrician ordered a barrage of tests, then, finding nothing, sent us to a series of specialists. None of them could solve the mystery, or answer my simple question, "Why does this always happen while he's eating?"

Along with the constant worry over these "blue spells," there was a growing concern over Michael's behavior. At the age of twelve months, he would streak across the living room and pull his four-year-old sister's hair out. Sometimes, after a "purple spell," he would race around on a giddy high. Other times he would slip into a state of solemn withdrawal, turning his back on the world and shrieking if anyone approached him. None of the specialists we saw could give us an answer or offer us any hope.

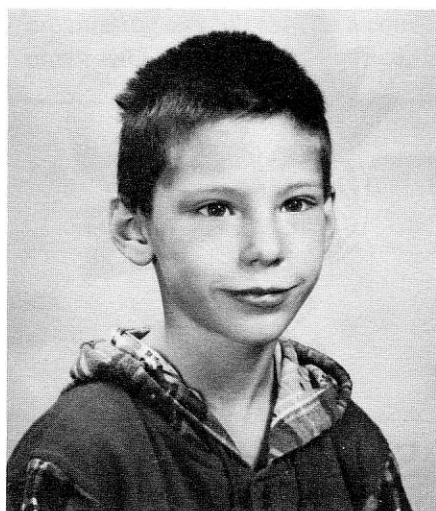
Our first glimpse of understanding came in the form of a television program featuring allergist Dr. Doris Rapp of Buffalo, NY. Using videotapes of children having reactions, she amply demonstrated the effects of foods on behavior in susceptible people.

Scarcely daring to breathe, I called her office and asked THE question: "Have you ever seen children turn purple with this?"

"Oh yes" came the answer, "We see it all the time."

I hung up the phone and cried. At last, after nineteen months of discouragement, there was a reason to hope.

Dr. Rapp's nurse referred us to an allergist an hour from home. Using food diaries, he pinpointed suspect



foods. My own natural skepticism made me reluctant to accept this explanation for Michael's problems — could food allergies *really* cause hyperactivity, tantrums, and even turning blue?

I almost cried the first time I walked into the grocery store with our new list of "forbidden" items. Oranges, white sugar, milk, corn syrup, additives, preservatives — what was left? Nonetheless, within one week, Michael was undeniably much calmer. His naps grew longer, he hit his sister less, and seemed more aware of the world around him. A few weeks later, again using food diaries, Michael's new pediatrician unraveled the "Purple People" mystery. He observed that most of Michael's "blue spells" happened after eating foods high in salicylates. These too were eliminated. Within days, all signs of the purpling episodes had vanished.

For two months we reveled in the changes we had seen in Michael. Then, following a series of bouts of pneumonia and ear infections, his behavior deteriorated. He began biting up and down his arms, banging his head, staring vacantly into the flickering television screen. The fragile hold we had gained in Michael's world slipped away. Our little boy sat for hours staring dreamily into space at nothing, or rampaged through the room, ripping apart everything in his path. Sadly, after all we had been through, Michael was gone.

I poured over medical books and journal articles searching for clues. Two-year-old Michael's allergies now included life-threatening reactions to cat dander and grass. He had also developed asthma. Asthma, allergies, nervous system, infections — what tied all these together? I found several references to vitamin B6 deficiency and asthma. One doctor linked B6 to neurological problems. Trying to fix Michael's many problems with a vitamin seemed like putting a bandaid on cancer. What if he had an allergic reaction to B6? Finally, with no other options available, I crushed a 50 mg. tablet of B6 into Michael's cereal. That night, Michael, twenty-seven months old, looked at me as I tucked him into bed. Within days, he began using words. I refused to believe that the B6 was helping until, three weeks later, Michael sat down one day to bang his head and said "Ow!" Rubbing his forehead, he got up and walked away. I said a silent prayer of thanks. Somewhere in the darkness of his mind, we had turned on a light switch.

It was more than a year later that we learned the name of the monster that had tried to destroy our son. Although the initial diagnosis of P.D.D. (pervasive developmental disorder) brought heartache, our previous experiences brought us hope. Through reading, we

Continued on page 3

Michael, from page 2

learned that many of Michael's behaviors were brought about by sensory problems. Drawing on the writings of high-functioning adults with autism, and experts in the field of sensory integration, we devised an intensive one-on-one program to help him make sense out of his world. We found a nutritionally-oriented physician who added vitamin supplements and anti-fungals to our list of "tools."

One at a time, the symptoms of autism faded. We were free at last to connect with the intelligent, sensitive, funny child who had been hidden so long from view. Michael entered kindergarten with his peers. As his motor skills improved, only mild processing problems remained. Although his allergies remain severe, and he must take his B6 and anti-fungals daily, these are the only limitations he has to live with now. We call Michael "a miracle with strings," as he is truly like any other nine year old boy — except maybe a little smarter.

I believe that Michael is very sensitive to sulfur-based additives, and that his sister and I are too. As well as he is doing now, these chemicals can trigger a severe reaction.

Our family fits what seems to be a pattern found in families of children exhibiting autistic symptoms: a history of migraines, allergies and asthma. Most of the foods mentioned by Dr. Rosemary Waring, a pioneer in this area, are ones Michael doesn't tolerate. (See the July/August 1995 issue of *Pure Facts* for more details.)

If you are the parent of an autistic child, I would urge you to read all you can, and trust your instincts. Do what makes sense to you. If you are overwhelmed by the possibility that allergies may play a role in your child's problems, hook up with a good nutritionist, or a support network such as the Autism Intolerance Allergy Network. Every program specialist in this volunteer network has a child with autism, and lives with the same challenges you face.

I do not know what percentage of autistic children have allergies, nor can I speculate on how many of these children need B6 or antifungals. I can only hope that you, like me, will find the answers for your child.

The Curtin family follows the Feingold Association's AIA (Allergy/Intolerance/Autism) Program. Jean volunteers as one of the Program Specialists.

Sulfur-based additives can trigger various reactions

FAUS has received reports from some members that sulfur-based additives have been found to trigger different reactions in adults and children. These include life-threatening respiratory distress, hives, sleep apnea, and behavioral reactions, including temper tantrums.

Some asthmatics are very sensitive to sulfur-based preservatives.

Sulfur & Sulfites, from page 1
Autism and Sulfur

The July/August 1995 *Pure Facts* described a workshop given at our annual conference by Brenda O'Reilly, who leads the Autism Intolerance Allergy support group in Great Britain. Brenda explained that the children in the AIA network lack the ability to get rid of excess sulfur. Normally, the body adds oxygen to sulfur, turning it into sulfate, which is then excreted.

For the child or adult who lacks the needed enzymes, it is necessary to avoid sulfur-containing foods, as well as the additives and medicines made from sulfur. Foods which are high in sulfur

include: cabbage, onion, garlic and egg yolk. (Milk, too, is a problem for children with autistic symptoms, as well as for many with symptoms of ADD).

FAUS Product Research

The FAUS Product Information Committee now asks food manufacturers to note if sulfite preservatives are used in the foods we research. This information will be noted on Foodlists, using the symbol "SF". The sulfite additives will be treated the same as corn syrup, nitrites, etc.; they will not be eliminated on the Feingold Program, but they will be noted to assist those members who prefer to avoid them.

Awareness Report on Sulfites

The Health Awareness Resource Center offers an in-depth report on sulfites, including common foods which contain them, and details on the failure of the Food and Drug Administration to restrict these preservatives.

The Resource Center was established by Judith Campbell. She had suffered from symptoms which appeared to indicate multiple sclerosis. It turned out that the culprits were sulfite additives and food allergies. By avoiding these, she has regained her health and acquired a strong desire to share information on how 'complementary healing therapy' can benefit others.

For information on the resources and help available, contact Health Awareness, 18 Old Padonia Rd., Cockeysville, MD 21030, or call (410) 560-6864.

The Many Names of Sulfites

If you want to avoid sulfur-based preservatives, these are the names to watch for: Sulfur Dioxide, Sodium Sulfite, Sodium Bisulfite, Sodium Metabisulfite, Potassium Bisulfite, Potassium Metabisulfite.

Sulfa Drugs

The use of sulfur to treat bacterial diseases began in 1935 when a German scientist noticed that a synthetic dye cured an infection in mice. Today, petroleum, the primary source of synthetic dye, is used in the manufacture of sulfa drugs.

Vitamin C, from page 1

The best sources of vitamin C in fruits, it turns out, are not oranges, but papaya, with 118 mg, and — the big winner — guava, with a whopping 242 mg of the vitamin for one serving, compared to 90 mg for a medium orange. The current daily recommended dietary allowance (RDA) of vitamin C is as follows: ages 4 - 10 years 45 mg; 11 - 14 years 50 mg; 15 years and older 60 mg.

This is how a typical serving of fruits and vegetables rated:

Very Good Sources of Vitamin C

Non-salicylate Fruits	Salicylate Fruits	Non-salicylate Vegetables	Salicylate Vegetables
Guava 242	Orange 90	Broccoli (raw) 113	Chili pepper - raw 242
Papaya 118	Strawberries 88	Broccoli (cooked) 90	Sweet red pepper 64
Grapefruit juice 78	Tangerine 35	Brussels sprouts 87	Jalapeno pepper - raw 44
Kiwi 75	Raspberries 33	Cauliflower (raw) 78	Tomato 35
Persimmon 66		Kale 62	Green pepper 32
Watermelon 63		Cauliflower (cooked) 55	
Mango 57		Spinach - raw 51	
Lemon 53		Cabbage (raw) 47	
Grapefruit 48		Collards 46	
Lime 37		Sweet potato 44	
Kumquat 36		Summer squash (raw) 44	
Cantaloupe 33		Cabbage (cooked) 33	
Honeydew 32			

Fairly Good Sources of Vitamin C

Non-salicylate Fruits	Salicylate Fruits	Non-salicylate Vegetables	Salicylate Vegetables
Pineapple juice 23	Cherries 15	Asparagus 26	
Star fruit 21		Rutabaga 26	
Pineapple 17		Onions - scallions 25	
Banana 15		Spinach - cooked 25	
Avocado 14		Peas 20	
Rhubarb 12		Potato - baked 20	
		Lettuce - Romaine 18	
		Parsley 17	
		Radishes 13	

Poor Sources of Vitamin C

Non-salicylate Fruits	Salicylate Fruits	Non-salicylate Vegetables	Salicylate Vegetables
Pear 8	Nectarine 10	Onion - raw 10	Pickle 6
Pumpkin 5	Peach 8	Yams 9	Cucumber 6
Pomegranate 4	Apricot nectar 7 1/2	Beans - lima 9	
Figs 2	Apple 5	Corn 9	
Coconut - dried 0	Plum 4	Artichoke 8	
Dates 0	Prune juice 4	Beans - green 8	
	Grapes 3	Lettuce - iceberg 8	
	Cranberry sauce 2 1/2	Carrot 8	
	Apple juice 2 1/2	Bean sprouts 6	
	Raisins less than 1/2	Chives 6	
	Grape juice 0	Beets 5	
	Almond 0	Bamboo shoots 4	
		Mushrooms 3	
		Celery 2	

Sources

Food Values of Portions Commonly Used, Eleventh Edition, by Bowes & Church

U.S. Department of Agriculture, phone interviews

Nutrition Almanac, McGraw-Hill, publishers

1995 Grolier Multimedia Encyclopedia

Now we have Stage One jams!

For years, a major stumbling block to following Stage One was the limited availability of jams and jellies. Now there's something special to put in that peanut butter sandwich.

Clairine's Tropica is a San Francisco-based company providing a line of jams made from various tropical fruits.

The jams are manufactured in Malaysia, and made with ingredients available in that part of the world. The fruits used are excellent sources of vitamin C, especially pink guava jam.

Unlike most jams made in the United States, these do not contain corn syrup; they are sweetened with a combination of (Malaysian) cane sugar and glucose syrup made from tapioca (a starch derived from the root of the cassava plant).

Although many of the ingredients are unfamiliar to families living in the U.S., the flavor is pleasant and they are very sweet. Children and adults should enjoy them.



Mango Jam
Pink Guava Jam
Starfruit Jam
Passion Fruit Jam

All of the above contain the fruit, along with sugar, glucose syrup, citric acid and pectin.

Kaya Spread

This is made from coconut milk, eggs and an extract from the leaf of a plant called pandan.

Clairine's sells a second line of the jams under the label "Buzzy's Tropica," which is available in some Safeway supermarkets.

Clairine's offers these Stage Two products: **Papaya Spice Jam** (contains clove), and **Mandarin Marmalade** (made from oranges).

Pam Weldon, a Feingold mom who operates the shop called For Pete's Sake, has the jams available in both 10 oz jars and in a six-pack mini sampler, called a Storybook Box. Each jar contains 1.68 ounces of the six different flavors. Clairine's also has a **Pineapple Jam** available.

For more information on how you can order these products, or to obtain a free catalog, contact For Pete's Sake, 560 Raymond Street, Lehigh, PA 18235, or call 1 (800) 864-7383.

Fig and Pear Preserves

Braswell's Fig Preserves and Pear Preserves are delicious Stage One products available by mail order from the Squirrel's Nest Candy Shop. The ingredients are as follows: **Pear Preserves**- cane sugar, pears, corn syrup, high fructose corn syrup, citric acid, pectin, **Fig Preserves**- figs, cane sugar, corn syrup, high fructose corn syrup, pectin, citric acid, erythorbic acid.

For a complimentary catalog, which includes hard-to-find candies, call Nancy Kemble at the Squirrel's Nest. It is located at 1 North Broad Street, Middletown, Delaware 19709. Her number is (302) 378-1033.

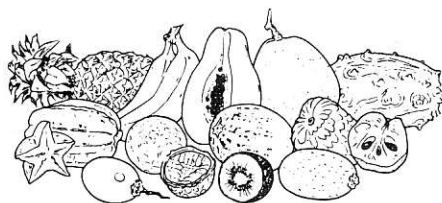
More good news for members on Stage One

What were once considered "exotic" fruits are becoming more familiar sights in your neighborhood supermarket. Here are some suggestions to make them welcome in your family.

Kiwi: New Zealand's gift to Feingold families is now being grown in other countries, including the United States. The fuzzy brown skin should yield slightly to pressure when ripe.

Kiwi's attractive green slices add a nice color accent to salads, but for regular eating, there's no need to have to peel these slippery little critters. Just cut the kiwi in half (as you would a grapefruit) and cup your hand around it. You will be able to scoop out the fruit with a spoon.

The only down side is that (like fresh pineapple) fresh, unprocessed kiwi will prevent gelatin salads from setting.



Non-salicylate tropical fruits are becoming more readily available throughout the United States, as juices, juice blends, dried fruits, and baby food fruits (for all ages).

Star Fruit: This unusual fruit also goes by the names honey apple, star apple and, more often, Carambola. The ripe carambola has an all-over yellow color, but some browning along the edges is acceptable.

It isn't necessary to peel the fruit or remove any seeds; just rinse it and eat out of hand. Or, for the pretty star shaped accents, use slices.

Atemoya: Also called the Florida Cherimoya, this green tropical fruit bears some resemblance to an artichoke. Inside is a "creamy white, pudding-sweet pulp."

December 1995 / January 1996

After the Diagnosis, Then What?

The Developmental Delay Registry announces two major weekend workshops on "Healthy Options for Treating the Whole Child." The programs are geared for parents and professionals supporting children with autism, pervasive developmental disorders, learning disabilities and attention deficits. They will be held in:

San Diego, CA Feb 23 - 25, 1996

Stamford, CT Mar 15 - 17, 1996

Major presenters will include well-known experts on food allergies, immune system problems, nutritional support and other treatments, vision therapy, and occupational therapy.

The objectives of the workshops will be to:
Identify risk factors for acquiring developmental delays
Learn about treatments that address causes, not symptoms
Discover networks and support for helping children
Understand the relationship between sensory processing and learning and behavior
Determine appropriate educational alternatives
Explore avenues for preventing further delays

Families who have been helped by the Feingold Program, but find their child still has difficulties, will have the opportunity to be in contact with the those who are exploring the newest and most promising approaches to dealing with the remaining deficits.

FAUS Executive Director, Lynn Murphy, will be a workshop presenter at the San Diego conference.

To receive more information, call the DDR's new phone number (301) 652-2263.

"Reaching, Teaching and Loving your ADD Child"

In the coming months, Dr. John Taylor's popular workshops will be held in California, Louisiana, Texas, Hawaii, Washington, Minnesota, South Dakota, North Dakota, Oklahoma, Ohio, Indiana, New Jersey, New York, Idaho and Alaska.

During February he will be in the following California locations: Fresno, Visalia, Bakersfield, Merced, Modesto, Stockton, Santa Rosa, Monterey, and Salinas.

Dr. Taylor is a popular speaker who delights his audience with a wonderful insight into how the mind of the ADD youngster works and how to relate to these children in a practical, positive way. There are many books coming out on ADD, often not grounded in the real world.

These workshops offer practical strategies parents and professionals can put to use right away, as well as books which have been screened by Dr. Taylor. For details call 1 (800) 847-1233.

Thank You Thank You Thank You Thank You

...to Susan Lynn for representing FAUS at an ADD/ADHD support group she runs at her church. Susan lined up a red potato, an orange, a tub of whipped topping, and a jar of maraschino cherries and asked if the audience knew which foods were colored. They were shocked to learn **all** the foods were artificially colored!

...Pat Whitener, our Region 7 director, for organizing support group meetings in *both* Salem and Monmouth/Independence, OR! See below for details.

Welcome to our new Program Assistants

Maryland - Baltimore: Karla Sisson (410) 668-7399

Baltimore: Cathy Kuhn (410) 444-2866

Baltimore: Sally Tollens (410) 686-3767

Joppa: Barbara McNamara (410) 679-3178

Salisbury: Joyce Schafer (410) 742-0639

North Carolina - Walstonburg: Victoria Brown
(919) 747-7785

Pennsylvania - Allentown: Gloria Perlis (610) 437-3278

Hanover: Linda May (717) 632-5026

South Carolina - Charleston: Teri Prosser
(803) 762-0822

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

Virginia - Salem: Sherry Carl (540) 384-7701

Canada - Saskatchewan: Trudy McEwen (306) 634-7968

Getting Together

Salem & Monmouth/Independence, OR : Pat Whitener holds a meeting in Salem on the 2nd Thursday of every month and in Monmouth/Independence on the last Thursday of every month. Call Pat at (503) 838-2859 for details.

Franklin, NY: Sheila Terry would like to get together with other Feingold families in the area. She has a 6 year old boy who has chemical sensitivities. Sheila can be reached at (607) 369-7200.

Oceanside, NY: Karen Buckley is interested in starting an informal support group. Her number is (516) 766-4124.

Woolwich, ME: Michelle Hagerthy is interested in meeting other members; her son is 5 years old. Call (207) 443-9066.

Martinez, CA: Teresa Peters has offered to begin a support group for Adults on the Diet. If you are interested, call her at (510) 370-7550.

Mullica Hill, NJ: Shirley Feather is the mom of a 7 year old child with Down syndrome. She would like to communicate with other mothers of similar children who are using the Feingold Program. Her phone number is (609) 223-0144.

Product Information

Every time a product label changes, Feingold volunteers get nervous. We were especially concerned when the PALMER candy company discontinued using the word 'natural' on some of their chocolate novelty candies.

Palmer makes inexpensive chocolate candies which are fairly easy to find throughout the United States. Some supermarkets, drug stores and discount stores carry them during the 'candy seasons' of Halloween, Christmas, Valentine's Day and Easter.

Palmer has always made some of their candies with synthetic flavoring ('vanillin') and some which are natural. We feared that the company was planning to use artificial flavoring in all their candies, but a company spokesperson has reassured FAUS that this is not the case. Palmer's manager of technical services told our new PIC Director, Donna Curtis, that their:

Milk Chocolate candies use pure **vanilla**

Chocolate Flavored candies contain **artificial flavor**

These solid milk chocolate Valentine candies are all acceptable:

Pal Pops, Sweetie Pops, Heart-toons, Fortune Hearts, Sweet Lips, Hearts, Animal Expressions, Sweet Greetings, Gift Box Hearts, Read My Lips, I Love U, Love Always.

Virginia, Maryland, District of Columbia

Families living in the Washington/Baltimore areas are in for an exciting year of healthy food options.

WHOLE FOODS, the nation's largest chain of 'healthy markets' will be opening three new stores in the District of Columbia and Northern Virginia this year. The first will be located at 2323 Wisconsin Avenue in **Upper Georgetown**, and opens this month. In February, they will be cutting the ribbon at the **Arlington, VA** store, 2700 Wilson Blvd. **Vienna, VA** will be the third site, at the corner of Maple Avenue and Park Street (what used to be the old lumber yard).

The parent company is called Whole Foods, and many of their stores go under that name. The stores in the Mid-Atlantic and Northeast are called BREAD AND CIRCUS. Whole Foods also owns the chains under the names WELLSRING (NC), and MRS. GOOCH'S (CA).

Baltimore will be welcoming its first FRESH FIELDS in coming months, as the chain plans for a store to be located at Mount Washington, in the northern part of the city.

Reston, VA and **Manhasset, NY** have both gained new FRESH FIELD'S stores recently.

The March 1995 issue of *Pure Facts* carried an in-depth article on the exciting new trend represented by these Healthy Markets.

PIC Report

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

Stage One

B&M Brick Oven Baked Beans (CS)
BUZZY'S TROPICA Kaya Spread, Mango Jam, Pink Guava Jam, Starfruit Jam
CLAIRINE'S Kaya Spread, Mango Jam, Passion Fruit Jam, Pineapple Jam, Pink Guava Jam, Starfruit Jam mail order from For Pete's Sake
FOOD CLUB All Natural Shortbread Cookies
PATHMARK Crusty French Bread (Northeastern US)
ROSARITA No Fat Traditional Refried Beans
SNICKER'S Munch Candy Bar(CS) - not regular Snickers
TREE OF LIFE* Organic No Salt Creamy Peanut Butter
TURKEY STORE Honey Gobble Stix (CS, N, MSG/HVP), Smoked Gobble Stix (CS, N, MSG/HVP)
WESSON Stir Fry Oil

Stage Two

BIGELOW Herb Teas: Apple Orchard (orange, rosehips), Orange & Spice (clove, rosehips)
BUZZY'S TROPICA Papaya Spice Jam (clove)
CLAIRINE'S Mandarin Marmalade (orange), Papaya Spice Jam (clove)
DURKEE Family Style Sloppy Joe Mix (SF, chili pepper)
FRENCH'S Family Style Sloppy Joe Mix (SF, chili pepper)
NATURE'S PATH* Corn Flakes (grape juice)
ROSARITA Vegetarian Refried Beans (chili pepper)
SQUIRRELS' NEST Crisp Clusters (peach) mail order from the Squirrel's Nest Candy Shop

Not-Acceptable

Reminder: The following products have been removed from Foodlists during recent months:

AUSTIN Peanut Butter & Graham Cookies (Yellow 6)
ESTEE Deluxe Dark Candy Bar (vanillin)
KROGER Sweet Pickles (Yellow 5)
LOUIS RICH Turkey Nuggets (TBHQ in oil)
NESTLE Toll House Milk Chocolate Morsels (vanillin)
ORTEGA Taco Shells, Seasonings & Sauce (TBHQ added to packaging)

Research Pending

Do not use these products at this time; they are being re-researched to clarify confusing labeling:

MELSTER Peanut Butter Kisses (art. color)
NABISCO CREAM OF WHEAT Instant hot cereal (Quick Cream of Wheat is acceptable.)

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

Past Issues of Pure Facts Available

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

December 1994/January 1995

Boris study
Help for adults
Diet for seizures

February 1995

How foods and additives affect the brain
How the brain works
Tampa natural restaurant

March 1995

Rowe study on Yellow 5
The healthy markets
Children's drawings, before & after
Popcorn & pretzels

April 1995

Special issue on babies
Violent behavior in children
Waxes on produce

May 1995

The business of drugs
Non-toxic paints
Bug killer in medicines
"My M.D. never heard of Feingold"

June 1995

Delaney clause attacked
Smelly toys
Ritalin as a recreational drug

July/August 1995

Autism, Intolerance & Allergy
MSG sensitivity
FAUS Conference report
Pickles

September 1995

NEA book on "Sick Schools"
Studies on ADD often ignored
How schools evaluate children
New treats via mail order

October 1995

Special issue on excitotoxins
MSG - FDA press release
HVP and other hidden sources
NutraSweet

November 1995

Antibiotics - growing problem
Bedwetting
Reluctant Feingolder

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.

Australia

Congratulations to Sue Dengate, a Feingold mom in Australia who has published a book describing her search for answers to the problems her family was experiencing. Titled, "Different Kids," it will sound very familiar to *Pure Facts* readers!

Sue now runs a support group and publishes a newsletter — appropriately titled "Order in the House!" She can be reached via P.O. Box 85, Parap, NT 0820 Australia.

Newsletter Missing?

FAUS has received many reports recently of newsletters never arriving at their destination! If you are missing any, please file a complaint with your local post office.



"Cry Out"

What do Kirstie Alley, Arsenio Hall, and Tom Cruise have in common? No, not a new film, it's their commitment to helping children learn about ways to take good care of Mother Earth.

They, and others, have published a little book for kids, and made it available at no charge, thanks to funding provided by the Alley Foundation. (Kirstie Alley is a chemically-sensitive adult.)

In addition to hints on environmental issues, the book also contains a good listing of organizations devoted to improving the environment. For information on obtaining copies, contact: We Cry Out, P.O. Box 15308, Beverly Hills, CA 90290 or call (213) WE CRY OUT.

Conference '96

Have you called for information on our annual Conference? It will be held in Orlando, Florida on June 25 - 30.

Plan your vacation around 'safe' food, good company and great prices, plus outstanding speakers and workshops.

Phone (718) 987-7776 for details.

Crayola still doesn't get it

Binney and Smith Company, manufacturers of Crayola crayons, has responded to the many complaints they received from parents, worried that their child would try eating the company's fruit scented crayons.

Not to worry; the crayons have been reformulated. Now the scents are the less mouth-watering fragrances of lumber, new cars, leather jackets, baby powder and dirt. This unleashes the imagination. Will they offer yuppie crayons in expensive scents? Will mother borrow her child's Crayola to rub behind her ear? Will perfume makers use the new scents? Why not "new car cologne" for the man in your life, lumber scent for the outdoorsman or dirt for the back-to-earth enthusiast?

For chemically-sensitive individuals, scents are nonsense. Most are derived from toxic chemicals, including petroleum, but even naturally derived fragrances can trigger reactions in some individuals.

Pure Facts

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