

Pure Facts

Newsletter of the Feingold® Associations of the United States



March, 1996

Vol. 20, No. 2

Finding a summer camp for your child

Summer may seem ages away, but don't wait any longer to begin looking for a camp.

For the child on a special diet, selecting the right camp takes some extra time and effort. In addition to considering the facilities, location and cost, you will need to find a staff who understands the importance of providing suitable food, and has the ability to do so.

But even with a cooperative staff, your child will need to understand which foods are right for him and to be in charge of making the best choices. This is why it is a good idea for a child to be established on the Program beforehand.

Feingold parents will probably have to do more research than others, but it's good to know that there are resources to help you. One place to begin is the



National Camp Association's advisory service. Their staff works with parents to identify the best location, price, facilities, as well as any dietary needs. They offer a pamphlet, "How to choose a summer camp," but stress that it is best to call for individualized help. The number is (800) 966-CAMP and there is no charge for this help.

Several years ago *Pure Facts* carried an article on suggestions for locating a suitable camp, and we have reprinted it. To receive a copy please send a long self-addressed, stamped envelope to: FAUS Camps, P.O. Box 6550, Alexandria, VA 22306.

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Many are searching for new ways to treat ADD, ADHD

The Merrow Report, which aired several months ago, has triggered a reappraisal of commonly used treatments for learning and behavior problems in the United States.

The PBS show, titled "Attention Deficit Disorder, a Dubious Diagnosis?" cast a critical light on the widespread and rapidly-growing practice of prescribing drugs, especially methylphenidate (Ritalin). It examined the financial backing that pharmaceutical companies provide for support groups advocating medicine. Merrow also challenged the rationale for using stimulant medicines for children diagnosed as ADD or ADHD. Similar reports were aired by the TV news magazines 60 Minutes and 20/20.

This information was followed soon afterward by reports of teenagers (and

some adults) selling methylphenidate and using it to get "high", sometimes with tragic results. Parents of children on medication have been cautioned to be alert to the possibility of abuse, and many schools have increased their surveillance of the prescription bottles left in their care.

Then in January the Food and Drug Administration (FDA) reported that routine testing uncovered a higher than expected rate of cancerous tumors in mice being given large doses of the drug. While FDA qualified their findings, and concluded that the evidence was neither strong nor definitive, they

felt the public had a right to be made aware of the information and required the manufacturers to add these findings to their label listing the adverse effects. Ciba (manufacturer of Ritalin) contacted 100,000 doctors, stating "While we and FDA consider these findings of sufficient significance to justify informing clinicians...and studying them further, we both continue to believe Ritalin is a safe and effective drug."

Negative publicity such as this, along with the rapid increase in the number of children being medicated,

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The Feingold® Associations of the United States, Inc., founded in 1976, are non-profit volunteer organizations whose purposes are to support their members in the implementation of the Feingold Program and to generate public awareness of the potential role of foods and synthetic additives in behavior, learning and health problems. The program is based on a diet eliminating synthetic colors, synthetic flavors, and the preservatives BHA, BHT, and TBHQ.

Parenting skills sometimes aren't enough

Joan Smith was a caring, nurturing parent; Jim was a supportive husband and good dad, but their two children had some serious problems.

This is a true story of one of our member families, but because it involves bedwetting, we have changed the names of the family members to protect the privacy of the boy who we'll call Sean, now 9 years old. His sister is Heather, age 12.

Bedwetting was not the reason Joan began the Feingold Program for her family last year, as she would not have connected it with diet. The most troublesome issue was Heather's extreme mood swings.

She could be the picture of a bright, happy child, but would abruptly switch to violent, out-of-control behavior that made Joan think of the classic story of Dr. Jekyll and Mr. Hyde. As an infant this would take the form of screaming, flailing out at anyone and anything in reach, as well as at herself, and banging her head on the hardwood floor.

Joan knew that she could expect Heather to have one of these episodes within 30 minutes of taking medicine for her chronic ear infections. Joan was certain the reaction was to the medicine, and made many calls to her doctor; but she was told, "If a child is allergic she will get hives or have breathing difficulties." Not only were Joan's observations brushed off, she was told, "Mrs. Smith, the problem is you're used to a sick child. As soon as your child feels well you don't know how to deal with it."

Heather would suddenly express rage at the slightest frustration.

It has been many years, but Joan has never forgotten the incident when she was giving Heather a bath, and thought her toddler would enjoy playing with bubbles. Shortly after the well-known brand of bubble power was poured into the bath water, everything changed. The contented Heather suddenly became enraged, grabbed Joan's face, pulled it to her, and bit Joan's cheek so hard it bled.

Most of Heather's outbursts took place at home. Others generally saw the flip side of Heather's personality—the cute, bright little girl. While her friends were perplexed by the events Joan described, they believed in her. But the pediatrician didn't. He told her "You expect your child to be perfect and when she isn't you don't know how to deal with it." He offered to refer Joan to a psychologist so she could receive counseling.

One doctor in their group health plan felt that Heather probably had allergies, but refused to run tests. Joan tried stripping Heather's bedroom of the rug, curtains, stuffed toys, etc., and wiped it down twice a day in hopes that this would make a difference. It didn't.



One of the bizarre aspects of Heather's reactions was that she would not realize what she had done. Joan described one incident when some small thing set Heather off. The child was sent to her room upstairs, and Joan listened to the ruckus taking place overhead. Soon, objects began flying down the stairs, as Heather threw every object in her room which she could lift. Even her most cherished possessions were airborne. Then she emptied out the bathroom, flinging objects down the steps. The rage was

followed by sobbing, and Joan rocked her, comforting her until the child eventually caught her breath, and was able to speak. Heather was shocked to see her favorite dolls and books in a heap at the foot of the steps. She wanted to know how they got there, who would do such a thing, and was adamant that it was not she who did it.

Low frustration tolerance is such a classic symptom of a chemically sensitive child or adult, and Heather fit that description perfectly. The simple act of getting dressed in the morning was a trial. On school mornings Joan would be putting the socks and shoes on her fourth grade daughter, while 6 year old Sean easily dressed himself.

Each family member had a reaction to food additives.

As if these problems weren't enough, Heather suffered from stomach aches and joint pains. Her coordination was very poor; she ran into doorways, and "tripped over air." If Sean was playing on the floor, Heather would want to jump over him, but always managed to land on top of the hapless sibling. And this would be one more failure for the child who tried so hard, but never seemed to feel comfortable in the world. As she grew older, her self-image suffered. With teen years approaching, Joan grew increasingly concerned about what was in store for her daughter, so she was grateful when a friend told her about the Feingold Program.

The Smith family began it in June of last year, and have been watching one change after another, not just in their children's symptoms, but in their own as well.

Jim no longer nervously jiggles his foot; it had gotten so bad, Joan used to tell him she felt motion sickness! He was always a patient dad, Joan thought, but she has seen Jim's patience level increase. She feels calmer herself.

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New ways, from page 1

appear to have stimulated efforts to find alternatives to Ritalin. These include: nutritional supplements, clinics offering allergy-based programs, clinics offering counseling + drugs, as well as a look at other drugs, such as antidepressants, decongestants, nicotine and caffeine.

The antidepressant, vanlafaxine, is being studied at the New York University Attention Deficit Disorder Center and at Case Western Reserve University.

Interestingly, the research on nicotine was conducted at Duke University Medical School in North Carolina, the nation's major tobacco-producing state. Dr. Edward Levin reported that the nicotine patch, developed to help smokers ease off their addiction, may be useful in treating children with ADD and ADHD. Dr. Levin presented his findings at a two day sym-

posium on Alternative Pharmacology of Attention Deficit-Hyperactivity Disorder sponsored by the National Institutes of Mental Health. Thus far, the patch has been used only on adults.

The Feingold perspective on these efforts

FAUS is not aware of any university or government agency investigating the connection between ADD/ADHD and food additives/salicylates. This comes as no surprise to veteran Feingold families. We are encouraged, however, by the reports we are receiving from parents contacting us for information; many have said "My child's doctor/teacher/guidance counselor told me to *please* let her know of any alternatives I find to the use of medication." FAUS continues to provide information to interested professionals. Please see the September 1995 *Pure Facts* for details on our professional packets.

Our view on drug therapy

The Feingold Association continues to be critical of the role of some government agencies, some companies, some organizations and some professionals regarding the treatment of children with symptoms of attention deficit or hyperactivity. However, we do not direct our criticism at parents who are using medication for their children. On the contrary, we support parents and support their choices, whether that choice be diet, stimulant drugs, another approach, or a combination. We believe that diet is preferred as a first intervention. Parents need to be informed, and have the right to be given complete, accurate information on all their options.



Parenting, from page 2

One of the biggest surprises was the end of Sean's chronic bedwetting. Joan had always been careful not to be critical; he was already tough on himself. But nothing they tried seemed to help. Curiously, Sean was able to stay dry the few times he slept at a friend's house. He accomplished this by trying to keep himself awake throughout the night!

Although Sean wasn't a difficult baby, Joan recalls, he didn't seem to want to be held and cuddled. But now he's very affectionate, he loves to give and receive hugs. It's clear that he was overly sensitive to touch. Noise also bothered Sean. Loud noises were especially disturbing, but even the gentle sound of rain on the roof bothered him, and he would put the blanket over his head in what Joan now realizes was an effort to muffle the sound.

Sean's piano teacher has noticed a big change. He loved learning how to play, adored his teacher, and looked forward to the lessons. But it was hard for Sean to pay attention, and his eyes seemed to be everywhere except on the keys. Two weeks after the Smiths began the Feingold Program his piano



teacher was delighted with Sean's ability to focus, and he progressed quickly. He now practices his lessons willingly — something he would not previously do, and tries to duplicate tunes he hears. Sean now has the discipline to prepare for, and participate in recitals.

Sean had many symptoms of the chemically-sensitive child, but Heather's were so extreme, that her younger brother's behavior did not stand out very much

Most of the time Sean doesn't have any problem refusing food from oth-

ers, but he experimented recently, accepting a Hershey's kiss his teacher gave as a reward. When he arrived home, Joan thought he was coming down with flu. His eyes were glassy; he was agitated and cried easily. He couldn't settle down and do his homework. Sean didn't seem to be getting sick, though, and told his mom about the candy had eaten. Sean said he felt like there were little spiders crawling inside of him, and he thought it was from the candy. Since that time, he has sworn off artificially flavored candy.

Both children feel comfortable refusing food they can't tolerate, and Heather no longer expects perfection from herself and others. Recently, after Joan helped her with her hair, the pretty 12 year old looked in the mirror and said, "Mom, I look really great!"

Joan and Jim had worked hard at being good parents, and they were health-conscious. But Joan believed that ingredient labels were accurate. She didn't know about the potential problems from natural salicylates, and thought lowfat milk was a healthy choice. FAUS volunteers understand how frustrating it can be when doing "all the right things" isn't enough.

Summer Camp, from page 1

FAUS treasurer, Pat Dunn, is delighted with the camp she found in Honesdale, Pennsylvania. Her son's experience at Summit Camp was very positive, and he is eager to return.

Summit describes its program as "therapeutic camping for boys and girls with learning disabilities and/or attention deficit disorders." But before you read further, it's important to point out that the type of program offered by Summit is expensive to provide. The ratio of 3 adults to each 4 children, as well as high quality food and other resources are reflected in the tuition. 1995 prices were \$5,625 for a full season (June 29 - August 20). The first session (June 29 - July 24) was \$3,200 and the second session (July 25 - August 20) was \$2,900.

Pat described her reaction to Summit: "Steve's experience this past summer was excellent. They are very food sensitive (though not perfect). They do offer rice milk and non-dairy ice cream. They are a sugar free camp and caffeine free, in fact, the staff sends

sugar snacks that come from home back home with a note. I was impressed with their dedication in helping these children. Their philosophy is simply to help the children with social skills, good and appropriate food, and to have a good time while doing it. They do not preach to parents and will administer any drugs requested."

In an interview with *Pure Facts*, Associate Director, Regina Skyer, stressed that it is important to have an interview with the parents beforehand, either by phone or in person. They are accustomed to working with different special needs, and have had many Feingold campers, but it is not strictly "Feingold" food.

A typical breakfast will include natural cold cereals, hot cereal, juices, fruits, and hot dishes (eggs, pancakes). Lunch would be sandwiches, fresh salad with homemade dressing, vegetable soup, and perhaps a pasta dish, or hot dogs or hamburgers. Dinner would be similar to lunch, and fresh fruits are readily available. They can also accommodate kosher and vegetarian diets.

Since there are so few resources like Summit, campers come from as far as California, and the camp has regional representatives in major U.S. cities. 1996 marks the 28th year the camp has been operating. Parents can call (800) 323-9908 for more information, or you can write to The Summit Camp at 110-45 71st Road, Suite 1-G, Forest Hills, NY 11375.



Camp Latieze

This popular camp might not be operating their "Feingold" session this year. For many years the Shasta County school system in Northern California has sponsored Camp Latieze. While the food has been natural during all of the sessions, they set aside one week where only Stage One Feingold food was provided.

Patt Burkett, the dynamic lady behind these camp sessions has retired, and at press time the superintendent's office had not made a decision concerning this year's camp.

Allergy/Intolerance/Autism Network News

Parents can now obtain information on how their doctor can order a protocol for testing which includes gluten and casein sensitivity.

It all started seven years ago with a phone call. Dr. Robert Cade, an established researcher working at the University of Florida, Gainesville, had established a link between diet and schizophrenia. Cade had found large protein molecules in the urine of people with this mental disorder. Upon investigation, these molecules proved to be the result of faulty digestion of milk and/or grains. Then, the parent of a child with autism asked him to run this test for her child. By word of mouth, news of Dr. Cade's research spread. More parents asked for the testing, and more autistic children were placed on a diet free of dairy products and/or grains. Results ranged from minimal to spectacular, with a few anecdotal reports of children becoming normal with the removal of milk alone. Then, word got out on the Internet!

Dr. Cade, his research assistant Malcom Privette, and their lab assistant were soon very excited, but exhausted. He has fit this "autism project" in around all of his other many duties at the university, and funding has been scarce.

The results of Dr. Cade's study of 800 - 1000 individuals with autism will be out next year. The findings clearly implicate casein (the main protein in milk) and gluten (the main protein in wheat and other grains) as important factors in the gastrointestinal, immune, and behavior problems seen in many autistic individuals. "How many?" I asked Mr. Privette. His answer: "Nearly 100%." Dr. Cade's massive paper will also include evidence to suggest a causal relationship for these proteins in symptoms such as ADD.

Jean Curtin, Program Specialist

FAUS is delighted to announce that Dr. Cade will be presenting the results of his work for the first time at FAUS's annual conference to be held in Orlando, FL. An all-day workshop on new treatments for autism will be held on Friday, June 29.

Protocol available

Thanks to the work of the pioneer in autism research, Dr. Bernard Rimland, parents can now order a testing protocol to give to their doctor. It is called "Clinical Assessment Options for Children with Autism & Related Disorders — a Biomedical Approach." This exciting new resource came out of the Defeat Autism Now conference held last year.

The cost of the protocol is \$25. It can be ordered from the Autism Research Institute (ARI), 4182 Adams Avenue, San Diego, CA 92116.

Wholesome, healthy food — in a hurry

You don't have to give up delicious taste, ease and convenience to stay on the Feingold Program.

Fourteen years ago, Lynn Kirwan of Redmond, Washington decided there were many others beside herself who wanted to be able to provide their family with really good, old fashioned food from their own kitchen, but with the convenience of mixes. With an idea, \$12 in inventory, and a corner of her laundry room, Lynn began the business she called Canterbury Cuisine. The little company grew, won awards, expanded, and now provides delicacies to over 3,000 gourmet food shops in the U.S. and abroad.

We have Nancy Kemble, of the Squirrel's Nest Candy Shop, to thank for introducing us to Canterbury Cuisine. She has recently begun carrying some of their products. All of these are Stage One foods: Cinnamon Chocolate Sprinkles (great for latte and cappuccino), Shortbread Mix, Divine Vanilla Sugar (CS), French Vanilla Sauce (CS),



Strudel Coffee Cake (CS), Gingerbread Mix, Pumpkin Cake Mix, Northwest Apple Cake Mix and Cranberry Cake Mix. The pumpkin, apple and cranberry mixes are non-salicylate since they are basic cakes, and the consumer adds the rest (pumpkin, apples and cranberries). Other fresh fruits can be substituted for the apples and cranberries.

Canterbury Cuisine knows that health-conscious consumers are looking for hearty comfort foods, but in versions free of the high fat and sodium content of our grandparents' day. They want mixes, but without the MSG and synthetic chemicals being passed off as "healthy." For the family following a kosher diet, nearly all of the products qualify.

To order, call the Squirrel's Nest at (302) 378-1033.

Tracking down the cause of unexplained reactions

Gas appliances are generally not recommended for extremely sensitive people. One member wrote to FAUS about the gas leaks that were triggering reactions in her home this winter.

Without the Feingold Handbook, I would not have thought to check on the gas pipes in our house, but in December I began to go through the "other causes" list (of potential offenders) more or less systematically. I decided to call the gas company — it was impossible to get through to them. After a 20 minute wait on the phone I called the "gas leak" hotline and straightforwardly said I didn't know if there was a leak, I couldn't smell gas, but I worried that my kitchen stove was leaking. They came promptly. The gas stove checked out fine, but a leak was discovered in a pipe leading into the furnace. I was so relieved and happy that another source of problems had been eradicated. The basement had been the scene of a lot of disturbances, my daughter's reactions as well as my own. In my case I had attributed it to irritation at the various chores I had to do down there.

Then, a week later, the same uncomfortable feeling returned; it was so noticeable that I turned off the furnace one night in very cold weather. The house was down to around 50 degrees when

the gas man showed up the next morning. At first the meter which detects leaks didn't go off, but when the furnace switched on, the siren wailed. There was a leak in the valve and cracks around some bolts. The gas man then "red tagged" the furnace, which meant a new furnace for the holidays.

But it wasn't over yet. That same pinched feeling returned while I was doing laundry. Another call, another visit, and the discovery of a leak in the pipe leading into the dryer. He found a second leak under the dryer, but it registered on the meter only after the appliance was turned off. Two weeks later, that now awfully familiar feeling returned. It turned out to be another leak in the dryer pipe. Apparently, sealed leaks can create pressure and force open other weak spots.

I've refrained from calling for about three weeks, but I'm not so sure I won't do it again soon, just to be sure; with "four for four" the odds are good they will spot another! Now I know it's important to have the appliances checked both while they are on and off.



My daughter is doing really well; on a daily basis, her speech becomes more articulate. I do suspect a corn syrup sensitivity, and am removing this from our diet.

According to a skin test, I am allergic to tree pollen and cats. Could there be a link between either of these and a behavioral disturbance?

I can't get enough of your *Pure Facts*...it makes me feel humbly enriched to read as much as I can about what is proving to be never-ending fascination.

Editor's note: Yes, Dr. Feingold said that things to which we are sensitive or allergic can affect us in various ways. The reaction could be a physical one, such as hives, asthma or watery eyes. It could affect our ability to pay attention, and it could influence our behavior.

March, 1996

Gluten Intolerance

Beatrice Trum Hunter is the author of many books and articles on food additives, a long-time friend and consultant to FAUS, and a very special lady. She has authored two booklets for Keats Publication's Good Health Series. The first is called *Gluten Intolerance* (\$2.95) and the second is *Grain Power* (a full discussion of non-gluten containing grains and how to use them) (\$3.50). They are sold in major bookstores and health food stores, and are in some libraries. For information on ordering them from the publisher call 1 (800) 858-7014.

She also recommends a recently published book, *Against the Grain* by Jax Peters Lowell (Henry Holt, publisher, \$22.50).

Ms. Hunter notes, "What you should know is that frequently gluten intolerance is found along with **lactose intolerance**. Both conditions need to be addressed, if present. Two books have been published recently that should be brought to the attention of Feingolders." She suggests:

Raising Your Child Without Milk by Jane Zukin (Prima Publishers, Box 1260BK, Rocklin, CA 95677 US \$16.95)

Milk is Not for Every Body, Living with Lactose Intolerance, by Steve Carper (Facts on File, 460 Park Avenue South, New York, NY 10016, \$25)

Washington, DC

This little plot of land, the District of Columbia, has a reputation many times larger than its tiny size. Some of the things said about DC are good, and some are not. But our nation's capital chalked up a big plus recently with the opening of Bread & Circus, a "healthy market" operated by the fast growing Whole Foods company headquartered in Texas.

Not many markets have their own parking garage and elevator to take you up to the store. Not many have a full service restaurant attached (plus a counter and stools for diners in a hurry). And this is just the beginning.

What most sets Bread & Circus apart is its array of delicious foods — all free of harmful additives. It all looks so fresh and inviting, with the atmosphere and selection of a large gourmet shop, but without the gourmet prices. From the well stocked produce section, to the fresh seafood, free range meat, amazing array of sausages, in-store bakery and impressive salad bar, any Feingolder will feel right at home.

Bread & Circus has stores at 2323 Wisconsin Ave, in Washington, and 2700 Wilson Blvd. in Arlington, VA.

Thank You Thank You Thank You Thank You

...Ruth McCallum, younger at heart than any of us, for so many years manning the Feingold phone in Houston.

...to our ladies in New York who are working overtime to help Feingold grow. Please remember to send your recipes in. (See the next page for details.)

...Michael Savage, popular San Francisco KSFO radio talk host, for saying so many nice things about FAUS over the air.

Getting Together

Raleigh, NC (Apex): Alicia Lew is a long-time Feingolder who would like to hold an introductory meeting. She wants to get an idea of the number of people in the area who would be interested in attending. You can reach Alicia at (919) 362-9318.

Centreville, VA: Amy Jester is organizing an introductory meeting/workshop to be held at La Petite Academy this month. Call her at (703) 830-3153 for details.

Lafayette, LA: We are looking for members in this area who would be interested in baking Feingold-safe **cakes and cookies** for members. If you love to bake, it's a good way to help make children's birthdays very special while you earn money. Call Vicki Petitjean at (318) 988-2141.

Consumer Clout! (It doesn't hurt to try)

Feingold mom, Kathleen Krupar lives in Bay Village, a suburb of Cleveland, Ohio. The new, "healthy markets" opening in some parts of the country have not yet come to Cleveland, but Kathleen wanted to be able to buy organically grown foods for her family. She was able to persuade her local supermarket to carry a selection of organic products.

Kathleen tells Pure Facts that they do have access to a very good selection of meats grown without hormones, etc. It is provided by: Dick Ries Farm & Meats, located in Canal Fulton, OH 44614 (216) 854-3053.

If there are any members in the Cleveland area who are interested in getting together to share ideas about ways of making wholesome foods more accessible, please call Kathleen at (216) 892-1818.

Product Alert!

Our Foodlists state that any powdered (confectioners') sugar is acceptable, but we did not anticipate what DOMINO would do to **powdered sugar**. The sugar giant has introduced artificial dyes and flavorings into what was once a simple product. So avoid the lemon, strawberry and chocolate flavored sugars, and use only unflavored white.

KRAFT now treats the packaging materials on some varieties of their cheese with **BHT**. Kraft told our Product Information Director that if it is used, the BHT would appear on the label, so check the ingredient labels before you purchase any Kraft cheeses.

GRANDS! Cinnamon Raisin Biscuit, made by Pillsbury, has been **discontinued**. Please do not mistake the new version: GRANDS! 5 Big Cinnamon Rolls as being acceptable. They are not.

ANDERSON ERICKSON Vanilla Ice Cream, which is sold in the Midwest (Region 4) now contains **vanillin** (synthetic vanilla flavoring). Please remove this product from your Foodlist.

Anderson Erickson is currently completing our inquiry forms on their other ice cream varieties. Donna Curtis notes that the research we have on the company's products is several years old and the name of the line is now Family Styles. Members are asked to carefully read labels until more up-to-date information is available.

Attention Moms

We need original recipes for a new cookbook that volunteers from the Feingold Association of the Northeast are compiling. It will contain meals that take no more than 30 minutes to prepare, and quick desserts. Everything from soup to nuts is welcomed.

Please send (ASAP) to:
Feingold Association of the NE
c/o Rosemarie McNamara-Roberts
4 South Trainor Avenue
Center Moriches, NY 11934

Whoops!

In the February issue of *Pure Facts*, the complete phone number for Cybros, Inc. was missing. The full number is 1 (800) 876-BAKE.

In the Foodlist for the Northeast, there is an error in one of the area codes. On page 85 under "Products Change!" Donna Curtis' area code should be 217.

PIC Report

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

Stage One

ARROWHEAD MILLS* Cereals: Puffed Rice
BOAR'S HEAD Swiss Cheese (not available in all areas)
CHICK-A-DOODLE Soup: Chicken Thyme (mail order from Buckeye Beans & Herbs Inc. 1 (800) 449-2121)
CELESTIAL SEASONINGS Teas: Carribean Oasis Iced Delight, Peppermint
CROWLEY Yogurt Lemon Lowfat Swiss Style (CS)
DOMINO Granulated Light Brown Sugar
GARDEN CLUB Light Corn Syrup (CS) (available in OK, TX, KS, IA)
ITALIAN VILLAGE Home Style Square Cheese Ravioli (available in most of the US except South Central states)
KETTLE COOKED Potato Chips (made by Granny Goose Foods; available in California)
KROGER Low-Fat Yogurt: Vanilla (Kroger stores are located in Southeastern, Midwestern and South Central states)
KRUSTEAZ Low Fat Delux Oatmeal Cookie Mix (CS) (available in the Midwest and Western states)
LAURA SCUDDER'S Pretzels: Bavarian, Sticks, Tiny Twists, Twists, Unsalted Bavarian (available in California)
LEIDY'S Country Made Bacon (N) (NY, NJ, PA, DE, DC)
PENNYSTICKS Pretzels (CS) (mail order from Benzel's Better Pretzels, 1 (800) 344-4438)
ROYAL MAID White Cheddar Cheese (available at HEB stores in Texas)
WESSON No Stick Cooking Spray (non-aerosol)

Stage Two

CELESTIAL SEASONINGS Teas: Cinnamon Apple (orange peel), Lemon Zinger (orange peel), Sleepytime (blackberry leaves, orange blossoms - unsure of salicylate content)
KROGER Low-Fat Yogurt: Raspberry Sundae Style (CS,SB); Strawberry Sundae Style (CS,SB)
KRUSTEAZ Fat Free Wild Blueberry Muffin Mix (CS) (available in the Midwest and Western states)
LA VICTORIA Enchilada Sauce (chili peppers); Extra Hot Green Salsa Jalapeno (SB, jalapeno and bell peppers, tomatoes, tomatillos)
TINY TOTS Gummies candies (assorted flavors) (CS, raspberry, orange, apple, peaches; available from the Squirrel's Nest Candy Shop - see mail order listing in the back of your Foodlist)

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.

FAUS announces a new book to bring Dr. Feingold's work up-to-date

The publication you have asked for is now available; it can be ordered through our membership office in New York.

In 1973 Dr. Feingold presented the results of his eight years of work with hyperactive children to the American Medical Association. He was surprised at the magnitude of the reaction he received. The AMA arranged for press conferences to be held in cities throughout the United States, and articles appeared in newspapers around the world, but within a few months the honeymoon had mysteriously, inexplicably ended. No studies had yet been conducted, and nothing in Dr. Feingold's work had changed; the support simply ended.

But the story had just begun. With the publication of his book, *Why Your Child is Hyperactive*, this information was now in the hands of hundreds of thousands of parents. Random House, which had approached Dr. Feingold and asked him to write a book, felt it would be as significant as Rachel Carson's *Silent Spring* — this country's wake-up call on environmental pollution.

Some of the parents who read and used Dr. Feingold's book formed local support organizations, and in 1976 FAUS was born. Since that time two decades of food research and hands-on experience has yielded a wealth of practical information.

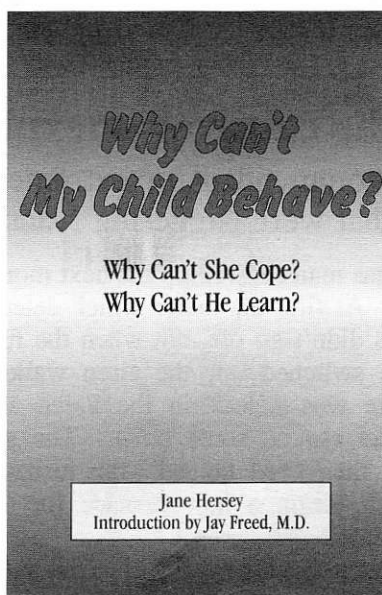
It's not that easy avoiding Green

If you've successfully handled the "pink plague" — the food dyes that accompany Valentine's Day celebrations, you will probably be able to deal equally well with the green mania of St. Patrick's Day.

Last year the Science Center of Pinellas County (near St. Petersburg, FL) held a party featuring hot dogs, chips, green Power Ranger fruit drinks, and cookies for the children to decorate. The children were also treated to St. Patrick's "tattoos."

How many sources for potential reactions can you spot?

There are now countless books on ADD, ADHD, etc., but few offer the practical how-to information that parents have tested and used to bring successful results. And nowhere has there been a comprehensive resource covering the scope of materials which has been described in *Pure Facts* over the past two decades. Now there is such a book! *Why Can't My Child Behave?* begins where Dr. Feingold left off, and is aimed at the audience he so cared about — the troubled family searching for help.



Why Can't My Child Behave? may be ordered from the FAUS Membership Office at 127 East Main Street, Suite 106, Riverhead, NY 11901.

The cost is \$22.00 for one book shipped to an address in the U.S. It is \$27 elsewhere. (In Canada, please send a Canadian Postal Money Order.)

If you wish to buy more than one book the cost is \$22 for the first copy and \$15 for each additional copy sent to the same address.



Why Can't My Child Behave? is a large book (480 pages) containing major articles from *Pure Facts*. It will serve many purposes and various audiences. As the title suggests, a primary reader will be the parent who is looking for answers.

New members will find hundreds of practical hints for solving the large and small problems they encounter as they eliminate harmful additives. Long-time members and volunteers should appreciate having the major topics in one place for easier access. And those who would like to have a resource to loan out may see this as a way to explain the Feingold Program to those around them.

Students researching ADD and related issues should find the section on scientific studies to be helpful. And the book examines the effects of synthetic additives on social issues and on our society in general.

Those of you who have asked us to provide a comprehensive listing of food additives will be pleased to see the appendix naming the major additives, the purpose(s) they serve, and identifying the no-no's, the marginal additives, and those likely to be tolerated.

Pure Facts

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