

Pure Facts

Newsletter of the Feingold® Associations of the United States



April 1996

Vol. 20, No. 3

“It Takes a Whole Village” — We *have* a whole village

The First Lady’s book encourages us to view ourselves as guardians of the children of the world. Some individuals and organizations are already doing this.

Columnist Berlinda Bruce, writing in the *Wilmington DE News Journal*, has challenged her readers to share the responsibility for helping a troubled teenager named T.J. Howell. A description of the child reads like our symptom checklist (and then some!): ADHD, bipolar disorder, Tourette syndrome, outbursts of destructive rage. Like many chemically-sensitive children, T.J. is extremely bright, but doing poorly in school.

Predictably, the traditional treatments have already been tried, with limited, temporary improvement, followed by a return of the aggression. The columnist’s solution is to give T.J. more of the services which have not changed anything in the past. Because Medicaid doesn’t provide enough coverage, those of us Ms. Bruce describes as “you villagers” are encouraged to lobby our lawmakers so that more of our money can be spent on costly techniques which have proven to be of limited value.



There is a village

Children like T.J. are routinely helped by a “village” of dedicated individuals and nonprofit organizations: the Feingold Association, the Carl Pfeiffer Treatment Center, the Alternative Health Network, to name a few. When a child’s behavior cannot be explained by environmental (psychological) factors, it only makes sense to explore other approaches. Sadly, most children seldom receive the help that addresses the biochemical causes of their behavior. Instead, the only treatments offered are the same ones which have failed in the past.

This issue of *Pure Facts* includes a listing of resources which are part of this “village.” This is a good reference to keep and perhaps share with others, because families searching for help are not likely to learn of them through their doctor or local mental health facility, or through state or government publications.

In a peculiar twist, the practitioners who use time-honored techniques for healing (including elimination diets) have become regarded as “alternative” physicians. Those using powerful, mind-altering chemicals — often giving them to very young children despite the manufacturer’s caution that their safety has not been established — are seen as “traditional” practitioners. A growing counter-balance for this deeply entrenched mind-set is the village of caring individuals, doctors, and organizations who are successfully helping children like T.J., and sharing their successes with others through a network of information.

United Nations agency alarmed about Ritalin use in the U.S.

In our global “village” other countries have expressed their concern over the diagnosis and treatment of children with learning/behavior problems here in the U.S.

The International Narcotics Control Board, an agency of the United Nations which tracks drug use worldwide, has expressed alarm at the rapid increase in the use of Ritalin (methylphenidate) in the United States. They warn of long-term health risks. Prescriptions for the drug have nearly tripled between 1990 and 1994, according to the agency, and ninety percent of the sales are in the U.S.

The U.N. agency also cautions about the black market in which adolescents buy or steal Ritalin from siblings or their peers, and subsequently abuse it. They are calling for an investigation by the World Health Organization.

[As Feingold members know, many of the synthetic food additives found to trigger ADD/ADHD, are widely used in the U.S., but are restricted or banned in other countries.]

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.

“Failure to Thrive”

Instead of growing and thriving as most babies do, Jordan just kept getting sicker.

Jan and Phil Gaudy had not expected their little boy to have such serious health problems; Jordan's development had gone well for the first months while he nursed. But as he graduated to table food, his growth and development slowed, and he seemed to be sick most of the time. Doctors would later discover that Jordan had a birth defect — the passageway in his throat was very narrow, and germs seemed to lodge there, resulting in croup and asthmatic attacks. Jan recalls that he would get sick simply by being around others not in the family, “Basically, Jordan didn't have an immune system.”

The sickly baby quickly responded to a change in diet.

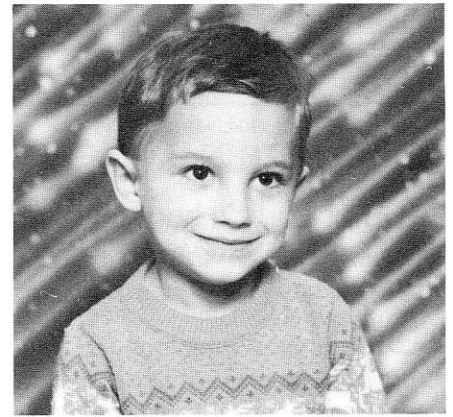
While other two-year olds were running and playing, Jordan couldn't walk more than ten feet before he would be gasping for air. Most of the time, he was on powerful drugs, including antibiotics and steroids, and at age three weighed only 23 pounds. He rarely ate without throwing up most of his food, and having a bout of diarrhea immediately afterward. He cried or whined most of the time, and at family gatherings all of the photos show Jan holding her unhappy toddler.

Last April, when Jordan was 3 years and 2 months old, Jan learned of the Feingold Program from an ad in her local “pennysaver” newspaper, and sent for information. She and Phil read the literature and agreed to give the Program a 100% effort for a whole year. She remembers, “The Feingold Program was our last ray of hope.” Jan had followed a generally healthy diet for her family, making many things from scratch. Her kitchen contained quite a few Feingold-acceptable products, but some were not; also, the toothpaste was unacceptable, and the family ate the natural salicylates.

The second day on the Program Jordan slept through the night. This is the same little boy who took no naps during the day and was up every fifteen minutes throughout the night. Most of

the time Jan had held him all night long as she sat in a rocking chair, catching what sleep she could. It's no wonder she had felt like a prisoner in her own home.

After ten weeks on the Program Jordan was off of most medicine and had gained eleven pounds. The whining and sleeplessness had gone, but Jan saw her child had a tendency to be hyperactive, which is another good reason to stay on a careful diet. All the drugs he was taking had hidden this, Jan believes. “I didn't even know what his personality was!” She recounted other changes which resulted from the Feingold Program: Jordan



When he began the Program a year ago, Jordan was still wearing an infant's size 12 month clothing. Now at age 4 he wears a child's size 5!



Jordan at 11 1/2 months old; you could count each of his ribs.

began talking, threw up his food much less frequently, stopped having diarrhea, and was able to play happily by himself.

As exciting as these improvements have been, Jordan still got sick more easily than other children. Jan believes the steroids and antibiotics pretty much killed off whatever immune system he had, and she was determined to find additional resources for her child. She “fired” their doctor, and with the help of her new pediatrician and a nutritionist, Jan has seen another exciting level of improvement through various natural supplements Jordan takes. The four-year-old now weighs 38 pounds and his height is almost the norm. He can run and play easily, can learn, and has managed to fight off colds and flu which would have been disastrous a year ago.

Jan and Miriah

Jordan wasn't the only family member reacting to additives and salicylates. The baby, 1 year-old Miriah, suffered from chronic eczema and hives. Jan recalls that after only 24 hours on the Program, the eczema and hives were both gone.

Shortly afterward, as Jan enjoyed her new-found freedom to get away from the house, she indulged in her favorite candy bar (a brand which is not acceptable on the Program). As enjoyable as it was, Jan felt guilty about “cheating” and made sure to dispose of the wrapper. She returned home, not feeling very well after eating the additives, and nursed the baby. Less than eight hours later, Miriah was covered with eczema and hives.

Jan is back to 100% Feingold, feeling great.

A "Village" of Help

Here are some of the organizations working to help children and adults with special needs. No doubt there are many more; these are the ones with which we have networked.

Allergy Information Association 65 Tromley Dr., Ste 10, Etobicoke, Ontario, Canada M9B 5Y7 (416) 244-8585 or (416) 244-9312.

Alternative Therapy Network 214 Trace Court, Royal Palm Beach FL 33411 (407) 798-0472 New ways of treating Tourette syndrome, ADD, hyperactivity, autism. Publishes *Latitudes*.

American Academy of Environmental Medicine P.O. Box 16106, Denver, CO 80216 (303) 622-9755.

Autism/Intolerance/Allergy Network, AIA is a program of the Feingold Association of the U.S. It addresses the symptoms of autism through diet.

Autism Research Institute 4182 Adams Avenue, San Diego, CA 92116 (619) 281-7165. Dr. Bernard Rimland has long worked to find solutions for symptoms of autism. He is networking with key professionals to "Defeat Autism Now."

Candida Research & Information Foundation, Drawer JF, College Station, TX 77841 (409) 694-8687. Information and referral on candida yeast and related disorders.

Charlie Foundation to Help Cure Pediatric Epilepsy, 501 10th St., Santa Monica, CA 90402 (310) 395-6751. Provides information on the ketogenic diet. Video available; send donation to cover cost.

Chemical Injury Information Network, P.O. Box 301, White Sulphur Springs, MT 59645. Support and information for people who have suffered chemical injury.

Children First, 4628 Chestnut Street, Bethesda, MD 20814 (301) 652-5580. Advocacy for children being given drug therapy when other techniques may be more appropriate.

Cure Autism Now, 5225 Wilshire Blvd., Suite 503, Los Angeles, CA 90036 (213) 549-0500. Dedicated to funding research with direct clinical applications for treatment.

Health Research Institute (Carl Pfeiffer Treatment Center), 1804 Centre Point Drive, Suite 103, Naperville, IL 60567 (708) 505-0300. A medical staff determines if excesses or deficiencies in vitamins, minerals, or exposure to heavy metals are related to health, behavior, or learning problems.

Developmental Delay Registry, 6701 Fairfax Road, Chevy Chase, MD 20815 (301) 652-2263. Collects data and sponsors conferences bringing together professionals and organizations dealing with developmental delays in children. Audio tapes of speakers available.

Fetal Alcohol Syndrome (FAS) Family Resource Institution, P.O. Box 2525, Lynnwood, WA 98036 (206) 531-2878. Information and support for families dealing with FAS.

Food Allergy Network, 10400 Eaton Pl, Suite 107, Fairfax, VA 22030 (703) 691-3179.

Health Awareness, Inc., 18 Old Padonia Road, Cockeysville, MD 21030 (410) 560-6864. Provides information and holds workshops exploring techniques for enhancing health.

Human Ecology Action League (HEAL), P.O. Box 49126, Atlanta, GA 30359 (404) 248-1898 Support and information on living with environmental illness.

Hypoglycemia Association, Inc. Box 165, Ashton, MD 20861 (202) 544-4044. Information packet, bulletin, seminars concerning hypoglycemia and related issues.

Keto Klub, 61557 Miami Meadows Ct. South Bend, IN 46614. A support group for families using the ketogenic diet for seizures.

International Health Foundation, Inc., Box 3494, Jackson, TN 38303. Information on health problems related to the yeast, candida albicans.

Learning Disabilities Association of America, 4156 Library Road, Pittsburgh, PA 15234 (412) 341-1515

Mothers and Others for a Livable Planet, 40 West 20th Street, NY NY 10011. Translating environmental concerns to everyday life by providing practical solutions. Publishes *The Green Guide*.

National Academy for Child Development (801) 621-8606. Information and training to help parents evaluate their children's needs and treatments in the area of developmental delays.

National Center for Environmental Health Strategies, 1100 Rural Ave. Voorhees, NJ 08043 (609) 429-5358. Provides information on chemical injury and strategies for improving legislation.

National Center for Homeopathy, 801 N. Fairfax St., Suite 306, Alexandria, VA 22314 (703) 548-7790.

National Parent-to-Parent Support & Information Systems (NPPSIS) (800) 651-1151. Offers matching to another parent for all rare disorders & special health care needs.

NO-MSG, P.O. Box 1388, Santa Fe, NM 87504 (505) 982-9373 Books, literature & conferences on the dangers of MSG and ways it is hidden in foods.

Orton Dyslexia Society, Chester Bldg., Suite 382, 8600 LaSalle Rd., Baltimore, MD 21286 (410) 296-0232.

Parents Helping Parents, 3041 Olcott Street, Santa Clara, CA 95054 (408) 727-5775. Information and referral for all special needs in children. Assistance in starting parent support groups. Tapes available on diet, allergy & behavior issues.

Parents of Allergic Children, Box 344, Chester, VA 23831. Information on allergy. Include small donation to cover costs of information.

Practical Allergy Research Foundation, P.O. Box 60, Buffalo, NY 14223. Helps children with various problems triggered by allergy and sensitivity.

Princeton Brain Bio Center, 862 Route 518, Skillman, NJ 08558 (609) 924-8607

Safe Schools, 205 Paddington Drive, Lafayette, LA 70508 (318) 269-1735. Informs educators and the public of toxic elements in schools and provides practical solutions.

Truth in Labeling Campaign, P.O. Box 2532, Darien, IL 60561 (312) 642-9333. Seeks accurate labeling of food additives, particularly MSG.

Wacker Foundation, publisher of *Crime Times*, Dept 132, 1106 North Gilbert Road, Suite 2, Mesa AZ 85203. Bringing awareness to the connection between biochemistry and crime.

Wellmind Association of Greater Washington, 11141 Georgia Avenue, Suite 326, Wheaton, MD 20902 (301) 949-8282. Assists families of individuals with mental disorders, including schizophrenia. Hosts workshops and provides newsletters. Also:

Wellmind Association of Seattle 4649 Sunnyside North, Seattle, WA 98103 (206) 547-6167

AIA Network News

From the Autism/Intolerance/Allergy Network

In the 1960s, Dr. Bernard Rimland set out on a single-minded mission to understand the behavior of his son Mark. Mark's diagnosis, autism, brought more than the heart breaking certainty that he would never relate normally to the world around him, would never process information correctly, would possibly never speak. His tragic diagnosis brought with it a stigma that caused perhaps more trauma to families than the disorder itself: the consensus of professionals treating autism at the time was that the bizarre, withdrawn behavior of such children was the fault of cold parenting. Rimland used the research skills he had honed as a graduate student and navy researcher to uncover new evidence pointing away from the "psychogenic model." Rimland's arguments, laid out in the book, *Infantile Autism*, pointed instead to a biological basis for autism.

Over the past thirty years, Rimland, a friend and supporter of Dr. Feingold, has continued to pursue causes of, and treatments for, autism. He is one of the founders of the Autism Society of America and the director of the Autism Research Institute. His work has resulted in many awards, most recently the Eden Prize for his lifelong contributions in the field of autism. In Janu-

ary of 1995, Dr. Rimland was instrumental in organizing a conference of physicians from around the world who have been looking at autism from their individual perspectives. More than a year later, participants in the Defeat Autism Now (D.A.N.!) conference have released a test protocol, available through the Autism Research Institute at a cost of \$25.

I asked Dr. Rimland the questions asked most often by parents who contact the Autism Intolerance Allergy Network about the protocol.

Q: Many parents are asking, "What good will it do to have all of these tests done on my child?"

A: "There are no guarantees, but a lot of bright, qualified, motivated people believe that this approach will pay off. This protocol represents the state of the art among people who were selected for being on the cutting edge of science, not using the usual stick-in-the-mud approach."

Q: How can parents get physicians to order these tests?

A: "Many of these questions are covered in the introduction to the test protocol. We need to start a revolution in the way health care is provided in this country, not just for autism, but for other chronic diseases such as diabetes, arthritis, attention deficit and

depression. In order to do that, we need to change the direction of the medical establishment. If your child's physician will not cooperate with getting these tests done, say goodbye. Be ready to tell the physician that you want to work with someone who cares more about what is going on with your child than what his buddies on the golf course will think. Be prepared for frustration."

Q: Are you saying that autism is a chronic disease?

A: "Yes, definitely."

Q: If I get all of these tests done, who is going to interpret them and provide follow-up care for my child?

A: "The Autism Research Institute will be holding training seminars in the near future for physicians interested in using this approach. The first one will be held in June of this year in Chicago (location to be announced). We will also be writing to physicians known to us to be knowledgeable in the DAN! approach to ask if they would be willing to have us refer patients to them."

Other measures for recruiting physicians to the DAN! approach are outlined in the introduction to the protocol. We wish Dr. Rimland great success in this venture.

Jean Curtin, AIA Program Specialist

The Flavor of Profits

You may recall the Associated Press recently carried a story that artificial flavorings may actually provide health benefits. On March 14 researchers from the National Center for Health Statistics presented their findings at a conference of the American Heart Association.

Because the chemical structures of many synthetic flavorings are similar to that of aspirin, and because aspirin is believed to help prevent blood clots, thus lessening the risk of heart attacks (are you following this?) and because Americans are eating more synthetic flavoring and having fewer heart at-

tacks, the conclusion reached is that the synthetic chemical flavorings used in foods might actually be beneficial.

The rate of fatal heart attacks in America dropped from 226 out of every 100,000 in 1950 to 104 for every 100,000, by 1992. At the same time heart attacks were declining, the use of synthetic flavoring increased. The average amount consumed in the United States rose sharply, going from 90 milligrams per person per day in 1960 to 125 a decade later.

This is an interesting theory, viewed from the Feingold perspective. Drugs have beneficial effects; this is

why they are used. Dr. Feingold believed that food additives are very much like drugs, so it's no surprise that they could also have a positive side effect. (Antioxidants have been linked to a reduction in stomach cancer.)

But drugs also have adverse side effects. Aspirin is very harmful for some of the population; it is known to trigger asthma, hives, nasal congestion and Reye's syndrome in some people. And aspirin is not recommended for children, who are even more likely than adults to eat foods which contain synthetic flavorings. So shouldn't

Continued on page 5

April Fool Foods

In case you thought that labels now provide comprehensive information on ingredients, here are some sobering examples of misrepresentation.

Preferred Selection

Three Cheese Tortilla Chips

made in the US and distributed by Preferred Products Inc. of Chaska, MN

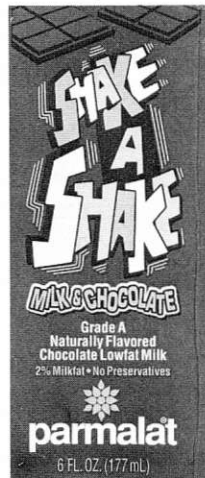
The ingredient list includes: "tartrazine" and "sunset yellow FCF."

Tartrazine is the name for the dye Yellow No. 5, a trigger for asthma, hives and other health problems in sensitive individuals. It has also been shown to bring about hyperactive behavior, irritability, etc.

Sunset Yellow is the equally notorious Yellow No. 6. Both dyes have long been required by the Food and Drug Administration to be listed by name because of the potential for bringing about adverse reactions in some people.

Pure Facts asked a representative of the FDA Office of Food Labeling if the regulations had been changed and if this food label was legal. We were told that it is *not* a legitimate label.

Ingredients: Lowfat milk, sugar, cocoa processed with alkali, modified food starch, solubilized (wheat) protein, maltodextrin, xanthan gum, caramel color, carageenan, **vanillin**, guar gum



FDA agreed the labeling of **Domino Naturally Flavored Chocolate Confectioners Sugar** was misleading,

since it contains "artificial vanilla flavor." But it isn't illegal. The loophole is that the artificial vanilla could be said to be flavoring the sugar, not the chocolate.



Ingredients: Sugar, Cocoa Powder (Processed with Alkali), Cornstarch, **Artificial Vanilla Flavor**.

A more obvious deception is Parmalat's **Shake A Shake Milk & Chocolate**. The boxed drink says

"Grade A Naturally Flavored Chocolate Lowfat Milk, 2% Milkfat, No Preservatives."

The product description on the back reads: "Shake-a-Shake is a 100% natural, wholesome milk drink..." But on the side of the package it lists "**vanillin**." As Feingold readers know, this is the name for synthetic vanilla flavoring. The average consumer is unlikely to catch this.

The FDA's response? Agreed, it is misleading.

For our questions about **Aleve**, Proctor & Gamble's non prescription pain reliever, we first contacted P&G, and later spoke with the Office of Compliance at FDA's drug division.

The label on the Aleve package does not list any synthetic dyes, but does include an unfamiliar ingredient: Opadry YS-1-4215. Open the bottle and you will find the pills are a very definite *blue!*

Inactive Ingredients: Magnesium Stearate, Microcrystalline Cellulose, Povidone, Talc, Opadry YS-1-4215.

Pure Facts asked P&G if the coloring comes from synthetic, petroleum-based dyes, and if so, which dyes they are. We also asked why there was no indication on the ingredient label that the pill is dyed. And we wanted to know what "Opadry" is.

Yes, it turns out that the blue comes from FD&C Blue No. 2. Opadry is the name for an "aqueous film coating," and the dye is contained in it. The P&G representative agreed that this makes it very hard for a consumer to make an informed choice. The FDA scientist agreed. But guess what! It's all perfectly legal. Unlike foods, drugs are not required to list synthetic dyes.

Flavor, from page 4

food designed for children be required to be free of aspirin-like chemicals?

Drugs are used differently than food additives. When a patient receives a prescription, it is with the knowledge and oversight of his doctor, who is aware of possible interaction with other chemicals. Both understand there may be side effects, but consider the risk acceptable. How many of us want to be medicated without our knowledge or consent? But are we being "medicated" with these flavorings? Should Twinkies be available by prescription only, and list potential side effects, just like aspirin?

The chemical structure of synthetic colors and the preservatives BHA, BHT and TBHQ is also similar to that of aspirin. If artificial flavors are so beneficial, will these other additives also be considered "healthy?" Why then, have so many of the (aspirin-like) food dyes been banned as health hazards? Why do other countries restrict the use of the (aspirin-like) preservatives?

If consumers ate more natural salicylates, would they experience a similar decline in heart attacks? (Will the medicine of the 21st century suggest "an apple a day...?")

Before the cheering ends over the

suggested benefit of synthetic flavoring, it would be a good idea for the researchers to look at the other side of the issue, at the many problems which have drastically increased over the past decades, such as: ADD, hyperactivity, violent behavior — especially among the young, depression, asthma, ear infections, autism and other developmental delays.

It's disturbing to see the headlines which accompanied this story refer to artificial flavors as "healthy" and "good for you." We will be waiting to see if junk food manufacturers decide to make health claims for their products!

New study connects lead exposure with delinquency

For many years Herbert Needleman, M.D., has alerted his colleagues to the potential harm which can be caused by a child's exposure to lead. It is generally accepted that this metal can: diminish a person's intelligence, slow their reaction time, result in distractibility, restlessness, hyperactivity and aggression.

A book published in 1990 found that in males, lead poisoning was a predictor of delinquency and adult criminality. It also demonstrated that biochemical factors were more important than social factors (poverty, absence of a father, etc.) in determining if an individual would later become a criminal. (D.W. Denno, *Biology and Violence*. New York, NY: Cambridge University Press)

The February 7 issue of the *Journal of the American Medical Association* carried the results of a study by Needleman and colleagues. The subjects were 301 boys from Pittsburgh's inner city schools. They found that the bone lead concentrations in the children directly correlated with anti-social behavior, even at levels well below those associated with lead poisoning.

Our thanks to John Wacker for forwarding this information; the study will be covered in *Crime Times*, a free publication of the Wacker Foundation. For information, write to: Dept 132, 1106 N. Gilbert Rd., Suite 2, Mesa, AZ 85203.

Pure Facts

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

FAUS Conference News

Disney Discounts!

Feingold families have access to free membership in the Magic Kingdom Club. This will enable you to receive discounts at the stores and park attractions at Disney World. It also provides a discount on your AAA membership.

To receive your discount membership, send a self-addressed, stamped envelope to: Disney Discounts, Feingold Resource Center, 88 New Dorp Plaza, Suite 105, Staten Island, NY 10306.

Conference '96



Orlando, Florida
June 25 - 30, 1996

Pharmaceutical Giants Merge

Two major pharmaceutical firms, Ciba-Geigy and Sandoz, announced plans to merge, a move that would make the new company second largest in the world.

Ciba-Geigy

Ciba is best known for its drugs used to treat hyperactivity (Ritalin) and arthritis (Voltaren). The company is based in Basel, Switzerland, but has offices in virtually every country of the world. At the close of 1995 it employed 84,000 people.

In addition to drugs, Ciba invests heavily in the development of agricultural chemicals and seeds.

Sandoz

Also based in Basel, Switzerland, Sandoz markets agricultural chemicals as well as drugs. Their worldwide organization employs just under 50,000 people. In 1994 Sandoz bought Gerber Products Company for \$3.8 billion.

Novartis

The merger is expected to be completed this summer. The combined companies would be known as "Novartis." Worldwide, it would employ about 120,000 people. Novartis expects to realize about \$21.7 billion in sales.

The Disney Institute

Looking for an exciting new, hands-on learning vacation this year, either before or after you attend FAUS' annual conference? For adults and children age 10 or older, Disney World's new Institute may be just the ticket.

The 80 different programs offered each day cover entertainment arts, performing arts, sports & fitness, cooking, design arts, and the environment.

Want to learn cartoon animation, take cooking and wine classes, make better home videos, re-design your home's interior, play golf, or learn how to treasure hunt antiques? Want to work with noted filmmakers, artists, writers, chefs, or athletes?

Preteens and teens can experience primitive camping in the Florida wetlands. They can try their hand at sand sculpture, rock climbing, storytelling, computer dabbling, can attend classes on how to take better newspaper and yearbook photos, or produce their own TV and radio shows. Later, they can hang out at Youth Central, featuring video games, dancing, swimming, movies, improvisational acting and murder-mystery events. Each program has an instructor for approximately each 15 guests.

Package trips can be combined with visits to the Walt Disney World theme parks.

You can obtain more information from your travel agent, or call the Institute at 1 (800) 496-6337 for free literature; allow 2 - 3 weeks to receive it.

Feingold



News

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

April, 1996

Put Your Child on the Honor Roll

Your pride in your child's school accomplishments during this past year can be put in print. Proud parents, grandparents, doting aunts and uncles can honor their favorite students by submitting their names to appear in our Journal, to be presented at our annual conference held in Orlando this June. This is a great way to show your pride in your Feingolder for staying on the Program all year, and at the same time help the Association to continue our work.

Send the child's name and age, along with a \$10 donation to: FAUS Journal

127 East Main Street, Suite 106
Riverhead, NY 11901.

To receive a copy of the Journal, please include an additional \$1.50 for shipping.

A Mom Writes:

"My son has been on the Program for over a year. While his behavior was much improved, he would have sporadic reactions, and I could not get him fully toilet trained (he is almost 5).

"Just this month after a 24 hour virus, I was able to more accurately pinpoint the problem foods. I removed corn syrup. Two days later he was completely trained! Fortunately, corn syrup is noted in the Foodlists. Keep up the good work!

Another Mom Asks:

"Can a child have different reactions to different foods or additives? My child gets hyper and had trouble paying attention when he has been exposed to BHA and BHT. But TBHQ seems to make him violent."

The answer is an absolute YES! We have known of children who have an assortment of reactions so predictable that the moms were able to accurately determine if the culprit was BHT, synthetic colors, MSG, artificial flavors, or salicylates. Some children show clear reactions to various additives not addressed by the Feingold Program.

Please keep in mind that nobody knows your child better than you do; you are the expert. If you have a hunch about a reaction, test it out, and if you see a clear response, trust your own judgement.

Similarly, many adults can identify the culprit by the way they feel after exposure. In some cases the feeling is slight, even vague. One member, who is not very sensitive, complained every time her husband turned on the car heater. They later found it had a small leak.

Thank You Thank You Thank You Thank You

...to Bob Cauttero and the folks at NewsTalk TV for inviting us to come on their show and talk about ADD. Judy Schneider, Kori Schneider and Jane Hersey represented FAUS.

...to Lynn Murphy for her work at the Parent-to-Parent conference held in Albuquerque, NM

...to Shula Edelkind for representing FAUS at the recent LDA conference, and for Marlyn Schwarzenbach for helping us out...not to mention her Texas-sized hospitality.

...to Pat and Bill Palmer for their help at the recent Stamford, CT Developmental Delay conference, and Sandy Ehrenkranz for all of her work on our behalf.

Welcome to our new Program Assistants

Washington - Woodinville: Marita Stampfli
(206) 788-7504

New Hampshire - Lee: Susan Wilkinson
(603) 659-4623

Kentucky - Louisville: Kathy Beck (502) 394-0808.

New Jersey - Martinsville: Janine Dickey
(908) 356-3993

Getting Together

Warsaw, OH: Mary Laugesen would like to meet other members. Her number is (614) 824-3503.

Wrentham, MA: Lori Doustou is interested in starting a support group of Feingold parents. You can call Lori at (508) 384-2218.

Fair Lawn, NJ: Ginny Goerg would like to meet other Feingold parents in her area. You can reach her at (201) 796-9148.

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

Going to the Olympics?

If you plan to be in Atlanta this summer, Feingold volunteer, Shula Edelkind, invites you to call her for suggestions on how to find good restaurants for Feingolders, the best local attractions, etc. If there is sufficient interest we can plan to have a meeting or workshop as well.

Shula's number is (404) 315-7615.

Product Alert!

The following WALNUT ACRES products now contain salicylates and should be moved to Stage Two: Oat Bran Muffin Mix (currants), Peanut Butter Cookies (raisin juice), Black Bean Soup (cayenne pepper).

SUNBELT Chewy Granola Bar: Oats & Honey now has almonds (and corn syrup). If your Foodlist shows it in the first section, move it to Stage Two.

Another April Fooler

The teachers and staff in the St. Louis schools were pleased to see the popularity of the new fruit drink being served. How nice to see the children enjoy "**MR. PURE Pure Fruit Juices and Drinks!**"

An alert Feingold mom turned the bottle around to read the ingredient label and here's what she found:

MR. PURE Apple Cranberry Drink contains: water, high fructose corn syrup, apple juice concentrate, apple essence, citric acid, cranberry juice concentrate, red plum concentrate, **Red 40**.

MR. PURE Fruit Punch has: water, sugar, high fructose corn syrup, pear juice concentrate, apple juice concentrate, orange juice concentrate, citric acid, natural and **artificial flavors**, algin derivative, modified food starch, **Red 40**.

Reminder about Sugars

Your Foodlist notes that "any pure white cane sugar, granulated or powdered" is acceptable. Now that Domino has introduced artificially flavored/colored sugars, this could be confusing. Be sure to use only the plain, uncolored, unflavored sugars.

SNICKER'S MUNCH BARS are now available at For Pete's Sake. Call (610) 377-8950 for a free catalog of natural foods and treats.

ADD Plus

This mail order resource for books and tapes on helping kids with special needs has recently moved. The new address is: ADD Plus, 1900 Front Street NE, Salem, OR 97303. The phone number has not changed. It is: 1 (800) VIP-1-ADD.

For the Highly Chemically-sensitive

We had lost track of a company which goes under the name AFM. They produce an extensive line of paints, stains, cleaning supplies, adhesives, etc. which should be well tolerated by most people. They can now be reached at 1 (800) 239-0321.

PIC Report

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

Stage One

ARROWHEAD MILLS* Buttermilk Pancake & Waffle Mix
ARROWHEAD MILLS* Cereals: Puffed Millet
BAYVIEW FARMS Small Curd Cottage Cheese
(available in California)
BUZZY'S Tropica Passion Fruit Jam (sold at most Safeway stores)
CROWN PRINCE Peeled Tiny Shrimp (SF)
MARANTHA* Roasted Cashew Butter
RAPUNZEL* Organic Swiss Chocolate: Bittersweet - dairy-free, Bittersweet Chocolate with Hazelnut, Fine Milk Chocolate, Milk Chocolate with Hazelnuts, Milk Chocolate with Truffle Creme

Stage Two

La Victoria produces a variety of salsas, sauces and dips and has completed many forms for us, reports PIC director, Donna Curtis. Here are some of the products, which should be available to our members nationwide.

LA VICTORIA Extra Hot Red Salsa Jalapena
(SB, jalapeno & red chili peppers, tomatoes)
Hot Marinated Jalapenos
Hot Nacho Jalapenos
Hot Salsa Brava (SB, chili & bell peppers, tomatoes)
Hot Salsa Ranchera (tomatoes, chili peppers)
Hot Salsa Victoria (tomatoes, chili peppers)
Hot Thick & Chunky Salsa (paprika, chili & jalapeno peppers, tomatoes)
Medium Salsa Picante (SB in 76 oz size only, tomatoes, chili & jalapeno peppers)
Medium Salsa Suprema (SB in 76 oz size only, tomatoes, chili peppers)
Medium Thick & Chunky Salsa (tomatoes, jalapeno & chili peppers, paprika)
Mild Chili Dip (tomatoes, chili peppers)
Mild Green Chili Salsa (tomatoes, chili peppers)
Mild Green Taco Sauce (SB, bell & chili peppers, contains tomatillos)
Mild Red Taco Sauce (SB, tomatoes, chili peppers)
Mild Salsa Picante (SB in 76 oz size only, tomatoes, jalapeno peppers)
Mild Salsa Suprema (SB in 76 oz size only, tomatoes, bell & chili peppers)
Mild Thick & Chunky Salsa (tomatoes, paprika, jalapeno & chili peppers)
RAPUNZEL* Organic Swiss Chocolate: Bittersweet with Almonds

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.