

Pure Facts

Newsletter of the Feingold® Associations of the United States



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It's time for Mother's liberation

Women may be more liberated than they've been in the past, but when a child has a problem, it's usually Mom who gets the blame.

Mother's Day falls at a lovely time of year, when spring is in its glory and the world seems to be at its best. But for many women, what should be a holiday of recognition for the past year of love and caring seems more like a mockery.

A growing number of women are finding that the image they had of motherhood during those months they awaited the arrival of their child has been replaced by a cruel reality. New mothers have always seen their image of sweet little babies replaced with the reality of strong-smelling diapers. But for many mothers today, this reality shock is more than simply having to



adjust to less sleep and more frustration. For many, their infant or child is having serious problems not experienced by women in earlier generations. No need to elaborate; every Feingold reader can fill in the details from her own experience.

Thanks to the legacy of Sigmund Freud, our culture tends to see psychological factors as the cause of an amazing assortment of ills. When the patient is an adult with chronic fatigue or Gulf War Syndrome, they are told it's psychological. When the patient is a child with ADD or ADHD, many point to Mom as the cause. If she refuses to

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Pesticides, their effects, and our right to know

A recent report published by the World Resources Institute has traced the effects of pesticides and finds that they appear to seriously damage the human immune system. This is especially true in developing countries where these chemicals are often used without providing protection for the workers. In addition, the new book, *Our Stolen Future*, has stimulated much discussion concerning the threat pesticides pose for our fertility, intelligence and survival.

Most of the strawberries sold in the United States are grown in California, and that crop accounts for nearly a quarter of the methyl bromide used in

this country. Methyl bromide is a clear, odorless gas which has been used for decades to kill weeds, various insects, rodents, and is sometimes used to kill termites. No wonder it is so effective; it is classified as an "acute toxin" by the U.S. Environmental Protection Agency. This is the EPA's Category 1, which is reserved for the most deadly chemicals.

Humans are vulnerable to methyl bromide, experiencing symptoms such as headaches, nausea and respiratory difficulties, from exposure to even small amounts. Of the 18 people who have died after exposure, some were burglars who broke into houses which

had been treated with this chemical to rid them of termites. Methyl bromide has been shown to cause birth defects in animals.

Now that chlorofluorocarbons (CFC's) have been banned, methyl bromide is considered to be one of the most damaging chemicals destroying the ozone layer.

Five years ago the industry proposed to ban it at the end of March, 1996, but the California legislature has overthrown this timetable, presumably until the year 2001, when the EPA expects to ban methyl bromide throughout the United States.

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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.

use drug therapy to help her child she is blamed by practitioners. If, after much agonizing and soul-searching, she uses drug therapy, she is blamed by critics (often childless) who confidently state that she is simply taking the easy way out, and the child would be fine if she were a better parent.

But "overprotective" or "uncaring" mothers don't cause chemical sensitivity any more than they cause asthma, allergies or autism — all were once thought to be Mom's fault. And psychological solutions don't resolve chemical problems.

Certainly, there are bad parents, inadequate or uncaring mothers; but these are not the people who search long and hard for answers. The women who contact the Feingold Association and other support groups are the moms who care more, search longer, and try harder.

Some of us were our own worst enemy

Of all the critics, the most relentless is likely to be the voice we hear inside our heads. How many of us believed that we were to blame for our child's problems? Here is one such mom's account:

Thank you for all your help! My son has made remarkable changes since he has been on the diet. Adam was such a healthy, happy baby, always giggling and laughing. But he changed as he got older, and when he was in kindergarten his teacher expressed concern that he didn't seem to feel good about himself. He was withdrawn and made few friends. He would be very sweet, then suddenly start screaming at me, "I hate you! You are the worst mother in the world! I wish God never gave me to you! I wish I was never born!"

We took Adam to a psychologist, and he saw her twice a week. His doctor thought Adam was having some kind of seizures. He did thyroid tests, brain scans and other tests on him.

I couldn't figure out how I could have messed up this child so badly in 6 years because — of course — it was my fault since I'm his mother.

Once, when I was picking him up at the day care center, Adam started screaming, "You're not my mother, I'm not going home with you! You're going to try to kill me!" I tried to talk to him, finally I had to

forcefully pick him up and put him in the car. He cried and screamed until I told him that if he wasn't my child that I had better take him back so his real mother could pick him up and take him home. He looked at me real funny, then said, "You didn't look like my mom but now you do." (They usually had things like Froot Loops for snacks.)

Adam seldom smiled and was very belligerent. Once he even tried to run away from home. He seemed to be withdrawing into his books, reading 4 to 5 hours a day. He was very bright, reading the Hardy Boys series in first grade, but he continued to lack confidence in himself.

When a friend told me about the diet I had little confidence in the idea, but thought it was worth a try; I was at my rope's end and would have tried anything. I couldn't figure out how I could have messed up this child so badly in 6 years because — of course — it was my fault since I'm his mother.

Adam was on the diet for 2 days and we knew we had found the answer! He gradually returned to our happy loving child again, and is now beginning to make friends at school. He has been very cooperative about the diet, and says he doesn't like the way he feels when he eats something artificial.

Thank you for giving us our son back!



Treat Yourself!

For an encouraging perspective on the whole business of mothering, a good book to curl up with is titled, *What's a Smart Woman Like You Doing At Home?* It is published by Mothers At Home, a support group for full time moms, and those who wish they could be. The book is directed to the at-home mom, but has delightful information for all of us.

In one section titled "What Do You Do All Day?" Linda Burton describes the main thing that a Mommy does is to teach her children "hundreds of ten-second lessons which explore every area of human knowledge and experience."

A mom teaches her children about life, even when she is not directly interacting with them. "Children who only play in the general vicinity of their mothers are picking up lessons from her, with nary the exchange of a word. How does Mommy treat other people? What makes her curious or excited? What if she wants to learn something new — where does she go to learn it?"

Burton describes a trip to buy groceries, "an activity which many an outside observer would have labeled 'mindless carpooling' to perform the 'menial task' of getting the family groceries." She recalls, "We discussed what we saw on the drive, what it meant, where we were going, what we

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were doing that evening, and what we thought about it all. We talked about why some helicopters flew in formation, we pointed out Queen Anne's Lace and talked about where it grew and how to preserve it if we wanted to. We discussed what a 'staple' was (the kind you get at the grocery store and the kind you use on papers) and how that was different from a 'stable' which led to an animated conversation about the little baby Jesus and why he was born and how we might find out what myrrh looked like. In the store, we talked endlessly (it seemed) about what vitamins were in what foods and what the potassium in bananas did for our bodies and why they were better than Froot Loops. We addressed a variety of economic issues, as well as why we read food labels, how to read food labels, why you don't push in line, and why they tell us some things on television commercials that are not true." [Perhaps it isn't only Feingold Moms who talk this way!]



Needless to say, there are many people who would have observed me with my children that day and concluded that 'she only took them to the grocery store.' And yet, believe me, it is not the thirty minutes of intensive playtime or lesson time with Mommy that is going to shape our children's lives, so much as the day in and day out view from the front seat of the grocery cart.

Mothers At Home, 8310-A Old Courthouse Road, Vienna, VA 22182 1 (800) 783-4666. To receive a sample copy of their monthly publication, *Welcome Home*, call the number above, and mention you saw it in *Pure Facts*.

Treat Yourself Some More

Flowers are lovely, so is jewelry or a new blouse. But on your special day, consider treating yourself to something that will make your life easier.



If cooking is what you like least, maybe part of the reason is that you don't really have the tools you need. For me, that meant a good 3 quart saucepan, really nice whisk (one with a handle you can grip, not those flimsy little wire things sold in supermarkets) plus a large 32 ounce measuring cup. Now I can make lumpless sauces and gravies...no small feat, considering my limited cooking skills. Also, a few extra measuring cups, spatulas and measuring spoon sets mean I can use them with reckless abandon, not having to wash little spoons when I switch from liquids to dry ingredients.

Those 'air-bake' pans will help prevent your natural treats from burning. Or perhaps some colorful serving bowls catch your fancy.

If the budget permits, your reward could be house-cleaning help from a commercial service. If not, drop some hints that you'd enjoy coupons from family members to do some of the less attractive chores. A gift like this is a sure winner.

Maybe a really good vacuum is what will make your household routine easier, or a filing cabinet in the kitchen — the kind with deep drawers that pull all the way out. It could be an extra stapler and pair of scissors to keep in the kitchen...at least for awhile until small hands find and relocate them.

The mundane little things are what we encounter day after day. When these threads of life are bright, it makes the whole fabric of our lives nicer.

Mothers as Activists

Mothers and Others for a Livable Planet enables women to combine their caring for both our children and our Earth.

In their newsletter, *The Green Guide*, co-founder Wendy Gordon described the true cost of chemically dependent, or "industrialized," farming in terms of the damage it causes to our planet and its living creatures. She writes, "Conventional farmers rely heavily on pesticides that may cause cancer and disturbing aberrations to our reproductive systems and, in turn, to our offspring's. Of the 28 most commonly used pesticides, at least 23 are potentially carcinogenic. The National Academy of Science projects thousands of new cancers per year from pesticide residues in food."

Mothers and Others provides consumers with the tools to encourage the growth of "sustainable farming" which relies on natural methods in place of synthetic chemicals. They publish these materials:

8 Simple Steps to the New Green Diet: How to Shop for the Earth, Cook for Your Health, and Bring Pleasure Back to Your Kitchen. \$2.95, 55 cents postage.

The Way We Grow: Good-Sense Solutions for Protecting Our Families from Pesticides in Food. \$8.95 plus \$2 postage.

The Green Diet Supermarket Tour Manual - finding the most economical and environmentally friendly products. \$5, plus \$2 postage.

The Green Shopper's Survival Kit, including Simple Steps to the New Green Diet. \$5 plus \$2 postage.

For more information on their Shoppers' Campaign for Better Food Choices, contact: Mothers & Others, 40 West 20 St., New York, NY 10011 or call (212) 242-0010, ext 305.

Genetically engineered crops pose risk of pesticide resistance

How can you tell what chemicals are found in the pesticides you use?

You can't. Just as the labels for foods can be deceptive, the same is true for ingredient listings of pesticides.

You can read the label, but it represents only the "active" ingredients, which are generally a tiny fraction of what is actually used. For example, the active ingredient in Raid is only 2 percent of the product, and only 1 percent of the ingredients in the weed-killer, Killex. The "inert" ingredients which make up the remaining 98 or 99 percent are considered trade secrets which need not be disclosed by the manufacturer.

Unfortunately, some of the "fillers" in pesticides are as potent as those which are listed. Some contain benzene, a known cancer-causing agent (carcinogen). Benzene is found in gasoline, and is the reason gas pumps have special fittings to prevent consumers from breathing the gas fumes.

Some products contain trichloroethylene, a suspected carcinogen. Other products use the solvents toluene and xylene, which are considered to be enough of a hazard to be classified as a "toxic spill" if they get on the roadway.

Babies and children are the most vulnerable to the effects of pesticides.

The Environmental Working Group and the National Campaign for Pesticide Policy Reform has criticized major baby food manufacturers for using foods which contain measurable levels of pesticides. They contend that these chemicals include possible carcinogens and neurotoxins (causing cancer and damaging the nervous system), and that even though the levels found met the government's guidelines, even small exposure could be damaging.

The consumer groups expressed concern that Congress wanted to repeal those pesticide safety standards now in effect, and this would result in even greater exposure for children.

One of the most effective pesticides available for food crops, a substance which kills insects without causing harm to humans, is a compound known as Bt, or "bacterium *Bacillus thuringiensis*," a soil bacterium.

Synthetic pesticides often work well in the short run, but have many drawbacks. They remain in the soil for years, and they kill off the weakest insects, allowing only the hearty survivors to reproduce. This results in the development of resistant bugs. So far, bugs have not been able to adapt to Bt because it only lasts for a few days before it is destroyed by sunlight. It has been successfully used for many years.

Now major chemical/pharmaceutical companies are selling genetically-engineered seeds which contain the Bt gene. They include: Monsanto, Ciba Seeds (part of the Ciba-Geigy conglomerate), and Mycogen Corp. These companies contend that the genetically engineered rice and other seeds will reduce the need for third world coun-



tries to use synthetic pesticides. So far Bt-producing corn, cotton, rice and potatoes are being sold.

One of the critics voicing concern is Fred Gould of the North Carolina State University's department of entomology. Professor Gould experimented with Bt-treated plants and found pests developed a 10,000 fold resistance to Bt cotton after just three years of exposure. The research Gould and colleagues carried out was published in the December 1995 *Journal of Economic Entomology*.

The Union of Concerned Scientists expressed similar alarm, contending that this valuable natural pesticide could be rendered ineffective. They say the Environmental Protection Agency (EPA) should have required more data before approving the sale of the treated seeds.

Millions of acres of Bt engineered crops are now planted in the United States. After several years of review, the EPA will decide if they will grant full approval for Bt altered seeds.

Effective alternatives to pesticides

for Ants

Revenge Liquid Bait Ant Killer uses boric acid to get rid of these little pests. Boric acid is an effective pesticide, but is one of the least toxic compounds. This liquid/gel contains a small amount of boric acid, in a sweetened solution. It is available from Wal Mart, Agway, Lowes, True Value, Ace Hardware stores, and can be ordered from the Vermont County Store (802) 362-2400.

for Termites

Etex Ltd offers a new, nontoxic way of ridding your home of termites. Their Electro-Gun shoots an electric current into wood, and while it's fatal to termites, it has no harmful effect on the operator.

For more information contact Etex at (800) 543-5651.

May, 1996

New England

Tourette Syndrome Family Camp Session

Thanks to a Feingold member for telling us about a special new camp program. On June 23 - 29 Camp Oceanwood will hold Tourette Syndrome Family Week at their facility in Ocean Park, Maine.

Morning programs for youth will include archery, crafts, horseback riding, and pool games. Adults will have time for discussion groups focused on TS, as well as rest, relaxation and recreation.

Afternoons, families usually spend time together at the pool, the beach, or visiting local attractions. Evening programs include hayrides, vespers, karaoke, campfires, and musical programs.

Oceanwood is owned and operated by the American Baptist Churches of Massachusetts. This is the first year they will be providing a camp session designed for families dealing with TS. They also have a session for individuals with cerebral palsy, and one for the retarded.

In addition to specialized camps focusing on horseback riding, leadership training, music and bicycling, sessions are provided for Hispanic families, single parent families, and for seniors.

The American Baptist Churches of Massachusetts also operates Grotonwood, a sister camp located in Groton, MA. Both camps welcome all people regardless of age, race, sex, religion.

Although the staff has only recently learned of the Feingold Program, they expressed a willingness to try to accommodate members wishing to attend. Information on Oceanwood is available by calling (207) 934-9655; the number for Grotonwood is (508) 448-5763.

Military family?

We hear from member families that if you are in the armed forces you may be able to stay at one of the hotels located at bases in the Orlando area — and at a very low cost. Plan your vacation to coincide with our 21st annual Conference, to be held this year in Orlando, FL on June 25-30.

At-home moms

Mothers At Home notes that when they analyze the economic impact of going from two wage-earners to one, many families find that the cost is less than expected. The reason? It's expensive to have both parents working outside the home. Higher taxes, as well as the cost of child care after school, commuting, parking, and wardrobe expenses take a big bite out of the extra income.

Thank You Thank You Thank You Thank You

...to YOU, our members, for your enthusiastic response to the new book "Why Can't My Child Behave?"

Many of you have purchased extra copies to donate to schools and libraries, or to have on hand as a "loaner" for a friend.

The income generated by these sales has been a tremendous help.

...and thanks to you for supporting our new mail order catalog. In addition to helping members obtain the hard-to-find items they need, the sales have helped FAUS to face the considerable expenses of conducting research, doing outreach, and running a national organization.

Bouquets are due to Pat, Shirley, Gail and Sherri for making this project a reality. And special thanks to Bill Palmer, the Chief of the Shipping Department and Quality Control Consultant!

...to Angela Bonin for inviting FAUS to be included in her Saturday afternoon show on Health & Healing, presented by WRKO in Boston.

...to Donna Curtis for representing FAUS on a cable TV show in Northern Illinois. Despite the small audience, the response was terrific.

...to Susan Lynn in West Palm Beach, and Shula Edelkind in Atlanta, for bringing FAUS to the attention of your communities at recent health care expos.

...to Amy Jester for arranging a Feingold presentation at her child's preschool.

...to Bonnie Abbi for arranging (on very short notice) to help represent FAUS at the recent Parent-to-Parent conference which was held in Albuquerque, NM.

Bonnie is one of our Program Specialists with the Autism/Intolerance/Allergy program.

Welcome to our new Program Assistant

New York - Batavia: Jan Gaudy (716) 343-2448

"When does my subscription expire?"

Please look in the upper left corner of the mailing label which comes with your *Pure Facts* newsletter. This will give the date and year when your subscription will be due for renewal. FAUS sends out renewal forms, but keeps you on the list for an added month so you will not miss any of your newsletters.

If you plan to move soon, please let us know; the Post Office will not forward bulk mail.

Note from Donna Curtis, Director of the FAUS Product Information Center

BUTTER. How can something so simple be so complicated! With the help of Karen Kirkup, we have discovered that unsalted butter seems to always list "natural flavor." This, of course, raises a little red flag in the minds of experienced Feingold members.

Upon calling BREAKSTONE, we were told that the natural flavor in their product is a distillation of starter culture or, put simply, dried buttermilk. If we understood correctly, this "natural flavor" helps to preserve the butter in the absence of salt.

We would like to get a clearer picture of what can be included in butter without being noted in the ingredient listing. If you would like to help, please use the 3x5" card method in the back of your Foodlist to send the data on unsalted butters to Lois Miele for research.

Alternatives for Wellness, the new mail order service in New York, now has a toll-free phone number: (800) 286-7684. They are able to take VISA and MasterCard orders.

For Pete's Sake carries Lundberg's Brown Rice Syrup, used by many families following the Autism/Intolerance/Allergy Program, as well as those avoiding gluten for other reasons. For more information on hard-to-find and specialty foods, and a complimentary catalog, call Pam Weldon at (800) 864-7383.

Diamond Organics

Browsing through the colorful Diamond Organics catalog is a mouth-watering experience. They provide fresh, organically grown fruits, vegetables, nuts, herbs and flowers, and claim to offer produce that is fresher than you can find at your local supermarket. By using overnight and 2nd day air delivery services, they can get food into the air the same day it is harvested.

Diamond may be a good source for our salicylate-sensitive members wanting to test out some of the more unusual tropical fruits. Or for a luxury gift for that person who has it all, Diamond can suggest sampler packages.

They have recently added organic breads and pastas to the catalog. These breads are provided by nearby Monterey Bay gourmet bakeries, and are baked fresh daily. Also offered is Sadeg, the first certified organic olive oil produced in the United States.

Gourmets can order edible flowers, (as well as the kind just for admiring), and there is even a sampler package for those on a macrobiotic diet.

Diamond Organics does not use order forms, as they prefer to help each caller personally. You can reach them at (800) 922-2396. There is no minimum order requirement, and they accept major credit cards.

PIC Report

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

Stage One

AMERICAN Old Fashioned Natural Licorice - available at Target and Walgreen stores.
ARROWHEAD MILLS* Buckwheat Pancake & Waffle Mix
ARROWHEAD MILLS* Puffed Rice cold cereal, Rice and Shine Breakfast hot cereal
ARROWHEAD MILLS* Quick Brown Rice
ARROWHEAD MILLS* Sesame Tahini
BOAR'S HEAD Meats: All Natural Turkey Breast - skinless, Branded Deluxe Ham (CS,MSG/HVP,N)
BOAR'S HEAD Cheeses: All Natural Muenster (colored with annatto, a natural coloring), American White Slices pasteurized processed, American Yellow Loaf pasteurized processed, American Yellow Slices pasteurized processed, Provolone
BOAR'S HEAD Maple Glazed Honey Coat Ham (CS,MSG/HVP,N)
BOAR'S HEAD Oven Roasted Chicken Breast (CS)
KUSHI CUISINE* Dairy-Free Zesty White Sauce
KUSHI CUISINE* Dried Vegetable Medley (carrots, onions, squash, cabbage), Dried Vegetable Medley (corn, onions, peas, carrots)
KUSHI CUISINE* Instant Soup Mix: Chicken-free Vegetarian Noodle (CS), Garden & Sea Vegetable Medley (CS), Miso with Garden & Sea Vegetables (CS)
LA CHOY Chow Mein Noodles, Crispy Wide Noodles
LAURA'S LEAN Tenderloin, Eye of Round, Flank Steak, Ground Beef, Ground Round, Ribeye Steak, Sirloin Tip Round, Sirloin Top Butt, Strip Steak, Top Round (available in IL, IN, OH, MI, KY, TX, OK, NJ, NY, TN)

Stage Two

BOAR'S HEAD Luncheon Meats: Garlic Bologna (CS,MSG/HVP,N), Pork & Beef Bologna (CS,MSG/HVP,N), Pure Beef Bologna (CS,MSG/HVP,N), 1st Cut Corned Beef - uncooked (N, clove leaf in spice bag - can be removed)
BOAR'S HEAD Meats: Cracked Pepper Mill Smoked Turkey Breast (MSG/HVP,N) Maple Glazed Honey Coat Turkey Breast (CS,MSG/HVP,N),
KUSHI CUISINE* Instant Soup Mix: Lentil with Garden & Sea Vegetables (CS, cayenne pepper), Minestrone w/Beans, Noodles & Vegetables(CS, cayenne pepper)

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.

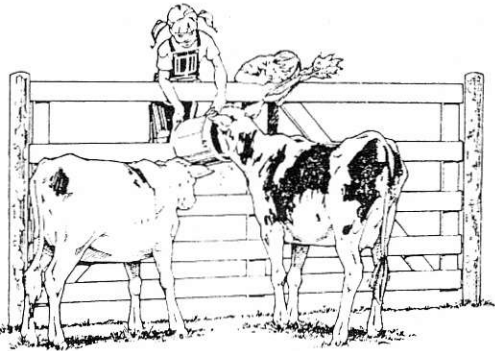
A better beef for our families

The recent scare over tainted beef in the United Kingdom has focused on some questionable practices by ranchers who produce our hamburgers. Several companies have long spurned these abuses and have focused on raising animals on simple foods and fresh air.

Laura's Lean Beef is one such business. Laura Freeman's family had been farming in Kentucky for seven generations, but she graduated from college expecting to become a journalist, not a rancher. But returning home, what she saw appalled her. Like most cattle ranches, her family ran what may better be described as a cattle factory. Animals were routinely given antibiotics and growth hormones, then shipped to huge feedlots to be further fattened before they were sold.

Laura introduced "sustainable agriculture" to her family's Kentucky farm. This means that both the cattle and the land which nourish them are treated with concern. No antibiotics or growth hormones are used. (If an animal requires antibiotics due to illness, it is removed from the program and not sold under the Laura's Lean Beef label.) Most cattle farmers routinely give all animals antibiotics because they are kept in such confined space that disease is more likely to spread. The hormones are given to them to increase weight gain, thus increasing profits.

Much of the time, the cattle on a sustainable farm eat grass, using what is called "intensive grazing." The animals are regularly moved from plot to plot, allowing the grasses to regrow and the land to regenerate.



The "finishing" phase is when the cattle are fed grains before being sold. In a sustainable farm, the feed is raised right there on the farm, using manure in place of chemical fertilizers. Not only is this best for the land, but it avoids the problem feedlots face is disposing of enormous quantities of waste.

It wasn't easy to convince other farmers to change what they had been doing for so many years, especially when the suggestions came from a 23 year old woman. But many do share her concern, and the beef sold under Laura's label comes not only from her farm, but from many mid-sized family farms throughout the Midwest. All are regularly monitored to be certain they follow the standards they have agreed to.

After the birth of her first child, Laura found she wanted to cut back on fat and lose some of the weight she had put on. This led to the switch to Limousin and Charolais cattle, which produce leaner meat, but without toughness. The staff at Laura's is proud of the fact that their product meets the American Heart Association's guidelines for low fat, cholesterol and sodium.

Currently, Laura's Lean Beef is available in some cities, at the following stores:

ILLINOIS: Kroger, Buehler's Buy Low
INDIANA: Marsh, Cub Foods, JayC Food Stores, Buehler's Buy Low
KENTUCKY: Kroger, Winn Dixie, Super Valu
MICHIGAN: Kroger, Farmer Jack/A&P, Cub Foods, Spartan Foods Warehouse, D&W Food Centers
NEW JERSEY: Waldbaums
NEW YORK: Waldbaums, Key Foods
OHIO: Kroger, Thriftway, Biggs, Super Valu, Cub Foods
OKLAHOMA: Pratt Foods
TENNESSEE: Kroger, Winn Dixie
TEXAS: Kroger

For more details on obtaining Laura's Lean Beef, contact Margaret Van Horn, Marketing Coordinator, at 400 Old East Vine Street, Suite 203, Lexington, KY 40507 (606) 254-5554.

Organically-grown foods are considered desirable, but are not required on the Feingold Program.

Prepared organic foods are becoming more readily available



Tree of Life, a major distributor of natural foods, announces several organically-grown products.

They offer five varieties of frozen vegetables, sold in 16 ounce packages: cut green beans, broccoli, whole kernel corn, peas and mixed vegetables. All are Stage One products.

Tree of Life Fat Free Pasta Sauces are also organic, and contain ground tofu. The two varieties are Mushroom & Basil and Onion & Garlic. They are packaged in 26 ounce jars and are both Stage Two products



There's some good news about pollution

As if pesticides were not enough of a challenge for our poor little Earth, we must also deal with the stuff of toxic waste sites: uranium, TNT, strontium, sewage, lead, mercury, zinc, and other heavy metals.

But some new techniques for cleaning these sites come from the soil itself. Plants have the ability to absorb toxic chemicals from contaminated soil and reduce their concentration. Water is pumped into the ground, flushing out the unwanted substance. The plant then absorbs the water/chemical and dramatically reduces the amount of pollutant. The plants are less difficult to dispose of since they have already disposed of 98% of the toxic substance. (The heavy metals can also be extracted from the plants and re-used.) This process of cleaning the soil through the use of plants is called "phyto-remediation."

It is gratifying to see companies which have contributed to the problem, such as DuPont, involved in developing techniques to reduce pollution. New companies are forming to use the technology, which costs about a tenth the amount for conventional clean-up methods. One such company, Phytotech, has conducted experiments in the Ukraine which suggest that the toxic soils near Chernoble could be cleaned up in five years. Without remediation it is estimated that this once-fertile land would be useless for generations to come.

Who Is She?

Just who is she, this phantom sage
Who sets the rules for every age?
Her curfew's always later than
The one you've set, and her kids can
Go places yours are not allowed,
And mingle with a faster crowd;
They get permission you'd refuse;
And wear the clothes they choose;
Her children are not given chores,
But get more money than do yours;
What is her name, and where's she from,
This "Everybody Else's Mom?"



Sunflowers are being used to clean up deadly uranium in a facility near Ashtabula, Ohio.

Last Call for Calendar Photos

Each year FAUS publishes a School Year Calendar, including information and tips on using the Program, along with advertisements for hard-to-find products. The calendar also features photos of our Feingold children and teens. We are looking for informal photos, especially those of the youngsters engaged in seasonal activities. (No portraits or school photos, please.) If you like, include a description of the activity, or some information about your child and the effect the Program has had.

The calendar is printed in late summer and mailed to all members in the United States. There is no charge for the calendar, but the donations sent back help us fund our programs.

This is a great way to recognize your Feingolder and applaud his/her success on the Program.

Please write the child's name and address on the back of the photo(s), and they will be returned to you when the calendar is printed. Photos can be either color or black and white, as long as the image is sharp. Send your pictures to: FAUS Calendar, P.O. Box 6550, Alexandria, VA 22306.

Where have all the pesticides gone?

Plants used as food are tested to determine if the pesticide residues on them are within legal limits. The test involves extracting the pesticide from the food through the use of an organic solvent. The problem with this, according to *Rural Delivery*, a farming newsletter published in Nova Scotia, is that it doesn't work very well.

The publication notes that "researchers like Dr. Shahamut Kahn with the Centre for Land and Biological Resources Research at Agriculture Canada, have never been quite able to account for all the pesticides they knew were applied to a particular crop. It was as if by some twist of nature these chemical substances had vanished."

The reason is that many chemicals are "bound," or not released in the solvent. This residue of chemicals has been found to be very high in some plants. New techniques for detecting bound residues have been developed in Canada and Germany, but the chemical companies funding the research have not wanted to release the information, so the work does not get published.

In the United States, the writer points to legislation introduced by Senator Bob Dole, which is designed to weaken the anti-cancer Delaney Clause, and thus further dilute the existing standards for allowing pesticide residues in food.

Pure Facts

Editor: Jane Hersey

Contributing to this issue:

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