

# Pure Facts

Newsletter of the Feingold® Associations of the United States



February, 1997

Vol 21, No. 1

## Depression

New research has linked depression — itself a major health problem — to an increased risk of heart attacks. Once again it is clear that the physical and mental aspects of our selves cannot be separated.

A 13 year study conducted at Johns Hopkins University in Baltimore, MD, indicates that people who have experienced major episodes of depression are four times more likely to have a heart attack than those who have not been depressed.

The researchers interviewed 2,000 people of all ages who did not have a history of heart disease prior to their heart attack and who did not have the typical risk factors such as smoking or high blood pressure.

The results of the study appeared in the December, 1996 issue of the American Heart Association's journal *Circulation*.



For many years the public at large has been urged to reduce their intake of fat in order to lower cholesterol and reduce the risk of a heart attack. The last issue of *Pure Facts* reported on studies which have raised questions about these assumptions. It appears that when cholesterol is reduced, the risk of a heart attack is reduced, but the risk of depression and violent behavior increases.

Additional studies connecting reduced cholesterol and depression have been published in the latest issue of the newsletter, *Crime Times* (Vol. 2, No. 4, 1996).

*Continued on page 2*

## New research points to the connection between diet and autism

Dr. Robert Cade, of the University of Florida College of Medicine, described his pioneering work at the 21st annual FAUS Conference held in Orlando last June.

Most people can eat bread and drink milk with no harmful effects because their bodies contain the enzymes needed to break down the proteins in these foods, and digest them. But for the person who lacks the necessary enzymes, these foods — which nourish most of us — set into motion a series of effects, which result in bizarre behaviors.

Because their body does not have enough of the enzymes needed to digest casein (the protein in dairy products) or gluten (the protein in many

grains), chains of amino acids, called peptides, are formed. But many peptides have biological activities of their own, creating other chemicals — one category of which is known as "endorphins." You may have heard about endorphins. When a person engages in strenuous exercise, their body creates endorphins, which provide a feeling of well-being. Other chemicals created by peptides are similar to the drug morphine, and the names given to these chemicals show their similarity. One is called "beta casein morphine 7."

The various chemicals created by peptides begin in the digestive system, but if an individual's intestines are damaged, molecules of the morphine-like chemicals can escape into the bloodstream and travel to the brain. Just as morphine has a powerful effect on the brain, these newly-formed chemicals can also disrupt the individual's perceptions. If the portion of the brain which controls vision is disrupted, one may see images or colors which aren't real. If the part of the

*Continued on page 4*

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

Special issue on Depression

## My son's struggle with depression

**M**y son, who I'll call Jack, is 12 years old and in the throes of adolescence (which they assure me is not a permanent condition). Because he's 12, I agreed not to use his real name, but the rest of my story is real.

His response to the Feingold Program had been terrific! After so many years of searching for answers, we finally had them, and I think Jack was even more relieved than I was (if that is possible). He was totally committed to his diet.

We started on the Feingold path just before 4th grade began. By the end of 5th grade we needed an adjustment to maintain his progress; we added vitamin C and B6. The results were apparent within 5 days. Sixth grade was the dream come true — a healthy, stable, strong Jack.

This past fall (7th grade) I received a call from the guidance counselor at his middle school, saying that Jack was talking about suicide. Not only did this news shock me, but the subsequent callous, impersonal attitude of the faculty in this enormous school was a real wake-up call.

With our doctor's assurance that Jack was not a threat to himself or anyone else, we were able to satisfy the school while I searched for a doctor who was familiar with the biochemical needs of a Feingolder, to help identify what was really going on.

I was fortunate to find a psychiatrist who had excellent credentials in traditional western medicine as well as alternative medicine, including homeopathy. In addition to the traditional blood tests he had a sample of Jack's hair tested to see if there were any mineral excesses or deficiencies.

The tests revealed that my son had too much of some substances (especially copper) and too little of others. The results led the doctor to theorize that my son was having difficulty metabolizing the B complex. If stress was related to the problem I needed only to look at my son's life in middle school for my answers. The kids seem to have evolved from seeing teachers as the enemy to regarding their peers as the new enemy. Wear the wrong color of blue jeans and you're an outcast. If your family is too rich or too poor, you're out. Bring a sandwich on bread that does not conform to what's currently "cool" and you are demoted to Dorkville.

Jack was having more trouble than most kids because his diet was a little different, and for the first time, he considered cheating so he would fit into the narrow mold; but he usually decided against it.

As we began increasing the vitamins and adding other supplements there were many times when the clouds lifted and Jack's cheerful personality

returned. The most spectacular change came after a vitamin B12 injection. I drove to the office with a morose boy beside me, and after the B12, returned home with my old Jack, full of enthusiastic plans for the next day. However, the effects of the supplements wear off. We are still learning and experimenting. My conclusion is that the body changes at adolescence and for some there may be a need for additional help. The basic building block continues to be the Feingold Program. From that base you may need to reach out to address new or additional health issues.

We go from day to day. But for the first time in quite awhile, I see a light at the end of the tunnel...and it isn't an oncoming train.

### Another trigger for depression

An adult woman called the Feingold Association with a question: Why did she feel so depressed when she worked in her kitchen? She didn't mind cooking or the other tasks done there, but she was often driven to tears, yet didn't feel that way in other parts of her house.

Gas stoves and other appliances can be the culprit if you are experiencing symptoms that don't seem to have a logical explanation. Pilot lights could be allowing small amounts of gas to escape, and of course, leaks can occur at many points. Even if you cannot detect any smell of gas, be suspicious if you have gas appliances in your home, especially during the cold weather when the house is closed up.

The Consumer Product Safety Commission (CPSC) recommends customers replace any uncoated corrugated brass connectors to gas ranges, ovens or clothes dryers. This type of uncoated brass connector has not been manufactured for at least 10 years but may still be installed in homes.

Consult the gas company that provides services for your area; they may be able to come to your home and inspect the appliances, or can recommend a qualified gas contractor.

### Depression, from page 1

In the lead article "Is low cholesterol hazardous to your mental health?" the author poses the question: "Why would low cholesterol lead to aggression, suicide, or depression?" The article continues: "One theory is that low cholesterol is associated with a decrease in serum free tryptophan, the primary building block of the brain chemical serotonin. Low levels of serotonin are strongly linked to depression, suicide, and impulsive aggression.

"Paul Steegmans et al. found that plasma serotonin concentrations are lower in men with naturally low serum cholesterol concentrations than in men

with average cholesterol concentrations. 'This,' the researchers say, 'supports the hypothesis that serotonin metabolism may be implicated in the observed association between low cholesterol concentrations, behavioral changes, and violent death.'"

The source is: "Low serum cholesterol concentration and serotonin metabolism in men," Paul H. A. Steegmans, et al. *British Medical Journal*, Vol. 312, No. 7025, January 27, 1996.

*Crime Times* covers research reviews and information on biological causes of criminal, violent, and psychopathic behavior. It is published quarterly by the nonprofit Wacker Foundation. To obtain a copy write to *Crime Times*, Dept. 132, 1106 N. Gilbert Rd., Suite 2, Mesa, AZ 85203.

## Finding help for depression

An organization with which FAUS networks has long helped individuals with mental and emotional difficulties, and offers support for their families. It goes under the name of the Well Mind Association, and has branches in Wheaton, Maryland and Seattle, Washington.

Both of these nonprofit groups offer lectures open to the public, and publish newsletters chock full of the newest information on research and non-drug treatments. Both have long been at the forefront of searching for better ways to treat mental and emotional disorders.

Back when the Feingold Association was a fledgling group, the Well Mind Association offered encouragement and support. Decades ago these volunteers and the professionals with whom they work recognized the importance of Dr. Feingold's research. They knew that foods, food additives and environmental chemicals can have a direct effect on behavior, learning and health.

### Cholesterol, fats & margarine

In their December 1996 newsletter, the Well Mind Association of Seattle quotes portions of an article which was first published by the Nutrition for Optimal Health Association (NOHA) in Winnetka, IL. The article describes a new book from the Price-Pottenger Foundation, which challenges accepted beliefs on nutrition.



"And about cholesterol: Cholesterol itself is an antioxidant, a healing substance, but, like fats, cholesterol may be damaged by exposure to heat and oxygen. This damaged or oxidized cholesterol seems to promote injury to arterial walls. Guess where it is found: in powdered eggs and milk, and fats that have been heated to high temperatures in frying.

On the questions of margarine versus butter they say margarine is produced from cheap vegetable oils already rancid from the extraction process. Hydrogenation (with a toxic catalyst which leaves a residue) then hardens the oils and produces deleterious trans-fatty acids, which are almost

never found in nature. Trans-fatty acids wreak havoc in cell metabolism. Research indicating that saturated fats were harmful used hydrogenated fats, not naturally saturated fats, and the resulting confusion has persisted not only in the popular press but in scientific studies, resulting in much error in study results. Consumption of hydrogenated fats has led to a host of serious diseases, yet they have continued to be promoted as health foods. Margarine's popularity represents a triumph of advertising over common sense."

### Resources:

*Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats*, published by Promotion Publishing, 3368 F Governor Drive, #144, San Diego, CA 92122, \$22.95 + p&h.

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

Well Mind Association of Greater Washington (DC), 11141 Georgia Avenue, Suite 326, Wheaton, MD 20902 (301) 949-8282

NOHA, P.O. Box 380, Winnetka, IL 60093 (708) 786-5326

## Serotonin and Autism

Serotonin, a chemical neurotransmitter present in the brain, is often mentioned in research on mental and emotional conditions. While too little serotonin seems to trigger depression in some people (see page 2), it also appears to be an important molecule for individuals with symptoms of autism.

The November 1996 issue of *Archives of General Psychiatry* reports on the work of Christopher McDougle and colleagues at Yale University School of Medicine.

Thirty adults with autistic symptoms were given a drug called fluvoxamine maleate, which caused more serotonin to be available in the brains of the subjects. Eight of the 15 patients who received the drug had a reduction in repetitive thoughts and behavior, aggression, and an improvement in language use. None of the 15 patients given a placebo showed improvement.

A second study conducted by these researchers used a low-tryptophan diet with patients who were not taking any medication. Tryptophan is a serotonin precursor; it is needed in order for the body to make serotonin. Eleven of the 17 patients showed a worsening of behaviors when they consumed the tryptophan-deficient diet, but the same adults did not show these negative effects when they were on their normal diet.

## More on Serotonin

Some of the drugs which are being used to treat a wide assortment of problems work, in part, by making more serotonin available. These conditions include: obsessive-compulsive disorder, pre-menstrual syndrome, anxiety attacks, and migraine headaches. The weight-loss drug, Redux, also raises the level of serotonin, and may work by reducing compulsive eating patterns.

The Feingold Association does not oppose the use of drugs for these or any other conditions, but believes that non-drug alternatives, including diet management, are preferable as the first course of action for conditions which have been found to be helped.



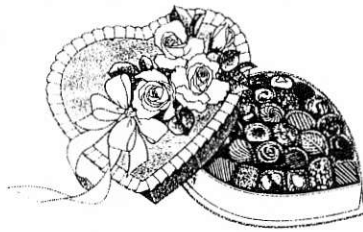
## Chocolate and the Holidays

Valentine's Day and Easter are favorite holidays for many reasons, one of which could be the fact that both involve chocolate.

Chocolate has long been considered a mood enhancer. This is because it contains a small amount of theobromine, a stimulant which works similarly to caffeine. (Theobromine comes from the botanical name given to the cacao tree, the source of chocolate. It means "food of the gods.")

If you are new to the Feingold Program, watch for the word "**vanillin**" when you shop for chocolate. It's the name used for the imitation flavoring typically added to chocolate. Some natural chocolates do not have any added vanilla, others include pure vanilla extract — the real thing.

There are acceptable brands of chocolates listed in the dessert section of your *Foodlist*. Also, refer to the baking section for brands which can be used in cooking. It's not hard to find pure unsweetened baking chocolate. Sweetened chocolate bars (free of the unwanted additives) can generally be found in the baking section of supermarkets, and can double as a candy. Using natural chocolates and molds available in craft and candy supply stores, you can easily create your own treats. Also, refer to the candy section in your *Foodlist* for mail order products (addresses are listed in the back).



Although Swiss chocolates are world-famous, it is very hard for those living in Switzerland to find chocolate which is free of synthetic flavoring. Americans have an easier time finding natural chocolate, which is fortunate, since one fourth of the world's chocolate ends up in the United States!

Ask your child's teacher if there will be a class party, and consider supplying natural alternatives for your youngster, plus a few friends. Better yet, how about offering to do the shopping for the party candy?

The earliest known use of chocolate was as a beverage enjoyed by the Aztec ruler Montezuma II. He shared it only with other members of the royal family (except for the women) and with the gods. Thinking that Hernando Cortez was a god, Montezuma introduced the explorer to the bitter drink only to have the Spaniard conquer his empire in return.

The cocoa beans, which had been used as currency in the New World, quickly became popular in Spain, where monks perfected techniques for roasting and grinding them. Eventually, chocolate traveled to other parts of Europe and in 1765 the first chocolate factory was opened in the United States. But it wasn't until 1828 that a Dutch chemist found a way to turn the beverage into an edible chocolate so familiar to us today.

The classic *Joy of Cooking* describes the difference between cocoa and chocolate: "The manufacture of the two is identical up to the moment when the chocolate liquor is extracted from the hulled beans, and molded into solid cakes. At this point, part of the "butter" is removed from some of the cakes, which become cocoa, and added to others, which, in turn, become the bitter chocolate we know as cooking or baking chocolate."

Cocoa contains between 10% and 24% fat; the latter is called Dutch type cocoa, and generally contains **alkali**, an acid neutralizer which does not appear to pose any problem for Feingold members.

*The Mexican Indian word "choco" means foam; "atl" means water.*

### New research, from page 1

brain that enables a person to hear and to make sense of sounds is affected, then voices may be heard when there aren't any.

If you suspect that these characteristics sound like the symptoms of schizophrenia or autism then you're right. They are very old disorders, and can be found in the writings of the ancient Egyptians.

Dr. Cade began this work by investigating the inability of schizophrenic adults to digest casein and gluten. Using a complex set of procedures, he found that he could measure the amount of certain peptides in their urine. These peptides were producing antibodies, one of the immune system's

defenses. Also, the more peptides found, the more morphine-like chemicals were being created, and the more extreme the symptoms were.

This testing found that people with symptoms of autism and schizophrenia had several hundred times more of those peptides in their urine than is normal.

By carefully eliminating all dairy products and the grains which contain gluten, Dr. Cade explained, the majority of people improve significantly in about 3 months, and in another six months there would still be more improvement. However, even a small infraction will bring a return of the symptoms, which last for three weeks or longer.

Some of the areas that showed measurable improvement are: socialization, eye contact, speech, and reduction of repetitive behaviors. The younger children showed the most dramatic improvement.

Dr. Cade's research is of great significance because it demonstrates that certain foods have the ability to trigger severe behavioral reactions.

*This article is just a brief summary designed for the layperson. Those with a background knowledge of the biological processes may want to order a copy of the audio tape of Dr. Cade's presentation.*

*The cost of the tape is \$12. It is available from Audio Transcripts in Alexandria, VA (703) 549-7334.*

## Healthy Living in a Toxic World

Depression and other effects might be the result of exposure to toxic chemicals in our environment. Fortunately, there are many alternatives.

**D**rawing on her training in health psychology and behavioral medicine, Dr. Cynthia Fincher has provided a resource which is directed at helping the layman to understand why some chemicals are harmful, how they work, and what we can do to find safe alternatives. Her book is titled, *Healthy Living in a Toxic World, Simple ways to protect yourself and your family from hidden health risks.*

"Learning to live a nontoxic lifestyle is not like living on some miserable fad diet," Fincher writes, "It doesn't require you to give up things that are important to you. Rather, it helps you select nontoxic products, such as bug killers, cleaning supplies, detergents, less toxic paints and construction materials, and more wholesome foods that won't cause harm to you or your family."

Unlike the popular book *Pure Facts* recently highlighted, *The Safe Shoppers Bible*, this book does not rate brand name products, but instead provides general guidelines, and offers mail order resources.

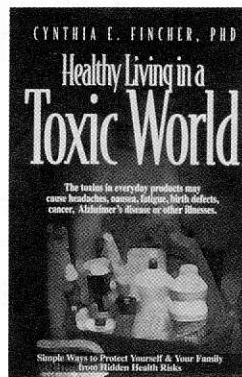
There are plenty of lessons in chemistry and physiology in this small book, but it is interspersed with humor, and offered in plain enough English, that even the non-scientist will be able to keep up.

"Neurotoxic pesticides successfully kill lice. Unfortunately, they can also kill people. Parathion and lindane are heavy-duty pesticides which have been used to treat head lice and have resulted in the death of children. Neurotoxic chemicals are able to penetrate skin and enter directly into the bloodstream."

Are you dealing with an outbreak of head lice in your child's kindergarten, and don't want to put a dangerous chemical on your child's head? Turn to page 117 where you'll learn that a natural enemy of lice, coconut oil, is readily available in shampoos.

"I remember hearing a newscast as a child that red dye in bubble gum had been shown to cause cancer in laboratory mice. I had a picture in my mind of rows and rows of cages holding laboratory mice blowing little pink bubbles. It all seemed ludicrous and unimportant. What kind of person would work to link a treat like bubble gum to some mystifying, terrifying death?"

"This is not a book about being afraid of cancer. It's a book about life. It's about living healthy and being free from the harm brought to all of us through the overuse of chemicals. It's about well people staying well."



\$14.00 Pinon Press, publ. (719) 548-9222

Non-food products are the primary focus of this book, and they are handled very well. But the subject of food additives is not given much space. There are descriptions of the effects of fluoride, aspartame (NutraSweet™) and MSG, but the section on synthetic dyes, artificial flavorings and anti-oxidant preservatives is brief. For the average reader, it will seem as though the only recourse is to switch from shopping at a supermarket to a health food store. For the Feingold member, however, our *Foodlist* and *Handbook* more than make up for this shortcoming. Fincher's book is a helpful complement to the materials provided by the Association.

### Depression

The reader will gain a better understanding about the ways toxic chemicals — including common substances we are exposed to every day — can trigger various emotional problems, including depression.

"Neurotoxic chemicals are capable of changing all mental processes, including emotions and personality traits, by altering brain functioning. Many substances are intentionally used for this purpose. Inhalants, such as glues and paints (which are solvents), are abused specifically for their mind-altering properties. Illegal drugs and alcohol are used to change mood and perception. Psychiatric medications are prescribed to change brain chemistry. Other prescribed drugs can also temporarily affect emotions or personality."

"There's something seductive about eliminating an annoying problem like bugs by simply pushing a button on a can of bug spray. It's kind of like shooting the bad guys in an old Western movie."

"When a person experiences emotion, the brain releases neuropeptides — amino acid chains — to communicate through the nervous system and the rest of the body. When you feel angry, neuropeptides prepare your body for action. Blood flow, for example, increases in the muscles and the brain to prepare you for fight or flight. If the neuropeptides are triggered by something else, such as a neurotoxic chemical, the body's response is the same. The body cannot discern a false alarm. As the saying goes, you get 'all stressed up and no one to choke.'"

The book differentiates between depression which is triggered by exposure to toxic chemicals (in a person who is not normally depressed), and depression which has deeper roots and does not lift when there is a change in environment.

## The FAUS Conference and Williamsburg

Just a few hours south of Alexandria, site of the annual FAUS Conference, is lovely Williamsburg. When you travel to Virginia this June, try to include at least one day in this unique historic oasis.

The contraption H.G. Wells dubbed a "Time Machine," in his sci fi classic is no match for a stroll down Duke of Gloucester Street in the restored colonial capital, Williamsburg. You will feel like you are living in the eighteenth century as you pass the quaint shops, operated by wigged and powdered merchants in knee britches or elegant colonial dresses with hoop skirts.

Walk down the wide street if you like (no automobiles are allowed) to the Capitol, where the House of Burgesses met. Here, in the place Patrick Henry eloquently defended the rights of the Colonies, it will feel like two centuries have slipped away.

Across the street is the public gaol, where debtors, criminals and pirates (including Blackbeard's crew) were imprisoned. Nearby is the Raleigh Tavern, a favorite meeting place for Revolutionary patriots.

The Bruton Parish Church, one of America's oldest Episcopal churches, has been in continuous use since 1715.

An exhibit of authentic armaments is part of the Magazine, Virginia's arsenal and military storehouse.



One of the most elegant mansions in Colonial America housed the Royal Governor. His Palace is set in 10 beautifully landscaped acres, a short walk from the other attractions.

At the West end of Duke of Gloucester Street is America's second oldest college. Established in 1693, the College of William and Mary is known as America's alma mater; graduates include: Thomas Jefferson, James Monroe, John Tyler and Chief Justice John Marshall. The most prominent structure was designed by Sir Christopher Wren, and is the oldest academic building in continuous use in the United States. Visitors may tour the college's lovely campus and restored buildings.

### FAUS Conference Workshops

Plans are underway for our National Conference, to be held in Alexandria, VA. The two-day workshop will be held on June 27 and 28. Here is a preview of 2 of our speakers. See next month's *Pure Facts* for more details on the Conference.

#### Hang onto your chair...and your heart!

Jerry Mill's most celebrated presentation, *What You See...* is an intense journey into the stressful, confusing and complex environment faced by at-risk kids — kids with attention deficits, learning disabilities, or emotional and behavioral problems.

This very special presentation inspires teachers, counselors and administrators to look deeper; to find understanding and strategies where before there was often intolerance, frustration and "behavior control." More important, it provides tools they need to immediately begin making real changes in student's lives.

It focuses on practical solutions to the challenges faced daily by child service professionals, parents and students in the real world. It sparkles with a mixture of heart rending stories and music that communicate in a way no plain "speech" could ever hope to.

#### The next step in helping your child: Sensory Integration

Debbie Dickson is well known to those who have seen the help Sensory Integration (SI) can provide for the child who is still experiencing learning or behavior problems, or for the youngster with symptoms of autism. She will explain the signs and symptoms to look for, what help is available, and with a hands-on demonstration she will show us how it feels to experience sensory integration dysfunction, and how to use SI to help.

### Pure Facts

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*Pure Facts* is published ten times a year and is a portion of the material provided to members of the Feingold Association of the United States.

Membership includes copies of the *Feingold Handbook, Recipes & 2 Week Menu Plan*, regional *Foodlists* containing thousands of acceptable U.S. brand name foods, *Medication List*, a network of Program Assistants available by phone, and a subscription to *Pure Facts*. The cost in the U.S. is \$49 & \$6 shipping. *Pure Facts* subscription, if ordered separately, is \$28/year.

For more information or details on membership outside the U.S., contact FAUS, P.O. Box 6550, Alexandria, VA 22306 (703) 768-FAUS.

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# Feingold



# News

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February 1997

## Good News for Canadian Members

FAUS has completed our very first Canadian Foodlist and Shopping Guide. It is a 32 page book containing those brand name foods which we have researched and know to be available in Canada as well as the United States.

Because we do not have very much information on Canadian brands, the book is much more limited than the U.S. Foodlists, which now run nearly 100 pages.

Over the past twenty years, FAUS volunteers have learned how to conduct food research, and we now have a data base of thousands of brand name products. Now that we have detailed forms, as well as form letters to send to food companies, it would not be a complex job for Canadian volunteers to take on. FAUS volunteers can show you how to locate the names and addresses of food manufacturers whose products look acceptable; we can supply the inquiry forms and appropriate letters, and can answer any questions you may have.

To order your copy of the Canadian Foodlist & Shopping Guide, send \$3 plus \$2 postage to:

FAUS P.O. Box 6550, Alexandria, VA 22306.

Please send U.S. funds or use a Canadian Postal Money Order.

*Canadian  
Foodlist  
and  
Shopping Guide*



Feingold® Association  
of the United States

If you are interested in learning a great deal about foods and how they are processed, this is a good way to gain that knowledge. If you simply want to expand your family's food choices, but don't need to go into food processing in depth, you can do that as well.

At the same time your efforts will help your family, the information you gather can also help your neighbors and their children.

To learn more about volunteering to conduct Canadian food research call the FAUS Help Line in New York at (516) 369-9340 between 10:00 am and 3:00 pm Eastern time, Monday through Friday.

*Thank You Thank You Thank You Thank You*

...to everyone involved in work on the Canadian Foodlist, especially Pat Palmer, Barb Keele, Donna Curtis, and Lois Miele.

...to Sheila Rogers for inviting FAUS to participate in the recent Tourette Syndrome Conference with her. Sheila is the editor of *Latitudes*, a newsletter devoted to alternatives to TS as well as learning/behavior problems

...to Colleen Smethers for manning our table at the TS conference.

...to Ruth Ann Nelson, for her work as Regional Director of the Western states. Ruth and her family live in Colorado Springs.

...to Marcia Simon for arranging for a Feingold speaker to address families in the Potomac, MD area in March. Call Marcia at the number listed below for more information on attending an introductory meeting.

...to Sandy Ehrenkranz for arranging a Feingold presentation to be given to professionals in Stamford, Connecticut in March.

...to Luonna Lancaster for her willingness to help coordinate local volunteer efforts as we make preparations for our upcoming conference to be held in Alexandria, VA in June. If you live in the Washington, DC area and would like to participate in hosting this exciting event, call Luonna at (703) 913-9712.

## FAUS Conference

Plans are proceeding, and an exciting roster of presenters for our Friday and Saturday workshops is being finalized. Be sure to reserve June 27 and 28 to hear these outstanding professionals, who are leaders in their fields.

## Welcome!

...to Pat Dutkiewicz who has volunteered to hold information and support meetings in the Monmouth, Independence, **Oregon** area. If you would like to assist or attend, please call Pat at (503) 371-8815.

Thanks to Pat Whitener, who has held meetings in this area for several years.

## To our new Program Assistants:

Wyoming - Worland: Julie Walter (307) 347-2260

Colorado - Boulder: Linda Cain (303) 938-1462

Minnesota - Ramsey: Terri Luccia (612) 427-1168

Arizona - Peoria: Suzi Bates (602) 972-7296

Maryland - Potomac: Marcia Simon (301) 983-2804

Indiana - Columbus: Mary Pavlov (812) 378-0977

## Product Alert!

**MY OWN MEALS** (mail order) Thanks to an alert member who called to tell us that My Own Chicken, one of the shelf-stable meal selections, listed artificial flavors. A call to the company president clarified the problem. For a brief time, the recipes included margarine with artificial flavoring, but in November the company switched from margarine to corn oil and the My Own Meals selections no longer contain artificial flavoring.

Food companies are permitted to use up their stock of boxes/labels and this is the case here. *Pure Facts* has been assured that if members currently place an order for My Own Meals, the ingredients are acceptable, even if the box notes artificial flavoring.

**FEVER-ALL SPRINKLE CAPS.** PIC has recently re-researched this product. It is a form of acetaminophen, similar to Tylenol, but easier to use, especially for very young children. As it is designed to be used, Fever-All Sprinkle Caps contain no synthetic dyes or artificial flavorings.

The Children's (80mg) capsules have a clear and white cap which contains no dye. They are designed to be opened and the powder sprinkled on food, but it is also acceptable to swallow the capsule.

The Junior Strength (160mg) has capsules containing Red #40 and Yellow #6, but the powder inside is dye-free. Feingold members using the Junior Strength should break open the capsule and sprinkle the powder as directed, discarding the capsule. According to the spokesperson at Upsher-Smith, the manufacturer, there is no taste to the powder.

Children have a way of getting sick in the middle of the night, so parents may want to have this product on hand. It must be special ordered, but your pharmacist can get it for you.

**KEN & ROBERT'S\*** Bar B Que Style Veggie pocket now has added hickory smoke flavor and should be removed from your Foodlist.

### Move to Stage Two

These products contain natural salicylates and should be moved to Stage Two:

**KEN & ROBERT'S\*** Veggie Burger; the citric acid in the product comes from oranges.

**KEN & ROBERT'S\*** Veggie Pockets: Oriental and Pot Pie Styles. Both contain cayenne pepper.

**BEARITOS\*** (Baked) Lite Cheddar Puffs have extractives of paprika.

**ADRIENNE'S** Lavosh/Hawaii Flatbread comes in six varieties: Classic Island, Caraway Rye, Ten-Grain, Slightly Onion, Rosemary and Garlic, Peppercorn. All of these are acceptable, but contain grape juice as a part of the sweetener called FruiTrim.

## PIC Report

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

### Stage One

**AXELROD** Mini Desserts: All Natural Tapioca (available in New England, NY, MD, FL)

**BEST CHOICE** All Natural Semi Sweet Chocolate Chips (available in the Southeast, Midwest, South Central)

**BOAR'S HEAD** All Natural Bratwurst (CS), Breakfast Sausage (Link and Roll) (CS,MSG/HVP)

**BOAR'S HEAD** Cheese: Baby Swiss, Low Sodium Muenster, No Salt Added Swiss (Boar's Head cheeses are not available in all areas.)

**CHI-CHI'S** White Corn Taco Shells, Restaurant Style

**CLOUD NINE** Candies: Cookies 'N Cream (CS), Hazelnut Crunch Bar, Malted Milk Crunch, Mint Candy Crunch Bar

**COOKIE LOVERS\*** Creme Supreme: Chocolate All Natural (CS) This product was previously called Tree of Life Creme Supreme.

**COOKIE LOVERS\*** Honey Grahams (not available in Alaska)

**FAVORITE BRANDS** Mini Marshmallows (CS)

(Not available in stores; mail order from For Pete's Sake)

**HORMEL** Spam: 25% Less Sodium (N), Lite (N), Plain (N)

**MIRIN\*** 100% Natural Sweet Cooking/Seasoning Wine

**TREE OF LIFE\*** Chunk Light Tongol Tuna in Water

**TREE OF LIFE\*** Garlic & Angel Hair Pasta

**TREE OF LIFE\*** Shoyu Imported Natural Soy Sauce (The above Tree of Life products are not available in Alaska.)

**UTZ** Potato Chips: Low Sodium, No Salt Added

**UTZ** Sourdough Pretzel Nuggets, Sourdough Twisted Hard Pretzels

**WEGMAN'S** Light Natural Flavor Microwave Popcorn

**WEGMAN'S** Pink Lemonade Naturally Flavored Drink Mix (CS) (Wegman's products available in NY & PA)

### Stage Two

**BOAR'S HEAD** Virginia Brand Ham ( paprika, CS, MSG/HVP, N)

**CLOUD NINE** Maple Almond Granola Bar, Red Raspberry Crush Bar, Sundried Milk Chocolate Cherries (acerola cherry), Toasted Almond Bar

**LA YOGURT** Blended Lowfat Yogurt: Cafe Amaretto (CS) (available on the East Coast)

**TREE OF LIFE\*** Pasta Sauce Plus: Mushroom & Basil, Onions & Garlic (both contain cayenne pepper)

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