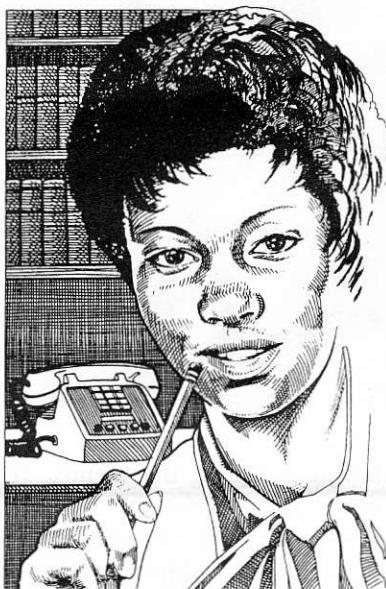


Member survey helps answer our questions

Several hundred Feingold families took the time to fill out a detailed questionnaire, and from this we have gathered some very helpful information.

Thanks go to Debbie Jackson for gathering and interpreting this data. She has described numerous areas where we can add to our understanding, with questions such as:

- Which other additives are a problem for the Feingold member, and what percentage of our membership has been able to identify a sensitivity?
- How typical is it for the Feingolder to have allergies or sensitivities to other things?
- What is the rate of success our members enjoy?
- What other symptoms, in addition to behavior, responded to the Program?
- Has the Program made a difference in the use of medication? How?



- Are salicylate-sensitive people able to tolerate the "unusual" fruits not described in Dr. Feingold's writings?

The Other Additives

When a new member makes the transition from the small *Getting Started* book to the Stage One *Foodlist*, she may wonder how much attention should be paid to the other additives of concern: corn syrup, nitrites, sodium benzoate, calcium propionate, sulfiting agents, and monosodium glutamate/hydrolyzed vegetable protein. These additives aren't eliminated on the Feingold Program, but when present they are noted because we know some people find them to be a serious problem. Now we have a clearer picture of which of the additives are most likely to cause problems. However, this is still a very individual matter to each Feingolder, and there is no way to predict sensitivity, but you may find the results interesting. We did!

Continued on page 4

Finding solutions to difficult problems in education

Two educators, Al Bullock and Pamela Sims, have found ways to overcome some of the most daunting problems faced by schools today. Many people will be surprised by their suggestions.

Al Bullock's career took him to widely diverse schools and neighborhoods. In each assignment, common sense, compassion, and plenty of good food played a major part in the success he brought about. In this letter to *Pure Facts*, Mr. Bullock described some of the experiences he had working in several junior high schools in Pennsylvania.

One was North Brandywine, a "country club" school site, located on a one hundred acre campus, with many of the district's best and most experienced teachers and a "presumption for success" attitude of students and staff who behaved and learned creatively by their own rules, with fewer dogmatic constraints than at other schools where Bullock served.

He writes, "My previous assignments in the district had been as a teacher in a special education 'satellite school' facility that separated my kids from the 'normal kids' (as was customary at that time), then in a low-income 'Title One' (educationally/economically disadvantaged) elementary school, followed by a principalship in

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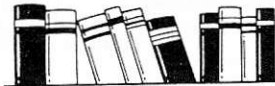
Solutions, from page 1

an equally disadvantaged inner-city building whose walls were literally falling down.

"Growing up as a 'poor boy from North Philly,' I understood that food was a medium of exchange in my neighborhood — we never visited neighbors or family without bringing along a food item — and I learned that if you wanted children and their parents to have involvement with the school, you needed to have food available as the 'lure' for the learning agenda.

The students were going to be "fueled for success."

"In my first assignment, having fruit cooling in a nearby stream was the incentive for kids to show up for school. They knew that later in the day cold oranges or a watermelon feed would be the reward for their day's work. In the 'Title One' school, the principal would come in early to cook breakfast for her staff each day. Sometimes she was assisted by the kids whose parents had not yet returned from the midnight shift at the steel mill in time to feed them breakfast.



"My third assignment (and first principalship) featured parents and kids together using the school kitchen facilities after hours to make the best nut rolls around. They were sold in the local neighborhoods to raise funds for field trips and other special events. In each instance, food drew the attention and participation of those who would not otherwise have been involved.

"In 1989 I was reassigned to the Gordon Middle School, a landlocked junior high that occupied a full city block in a deteriorated city setting. Gordon was overlooked by a massive federal housing project and distinguished by the reputation for being the lowest-achieving middle school in the county. Teachers considered it a 'pun-

ishment assignment' in this 'throw-away' school, but the Gordon staff had some of the most talented teachers in the district buried in its ranks, camouflaged in a 'go nowhere' atmosphere. To this boy from North Philly, I was home! Knowing that the most dramatic improvement can shine in the most desperate circumstances, segments of my staff and I set about to change things.

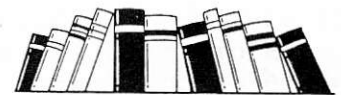


"One aspect of creating a new Gordon was accepting the premise that a hungry student body was not fueled to achieve. Food had been the medium to reach other objectives in other schools, and it represents a non-threatening source for talking and linking with others. With this in mind, I began making trips to the housing project, bringing coffee and rolls with me, to meet parents and grandparents. We talked about packing snacks for kids to eat in class at school. They agreed to send in the fruits, veggies and pretzels needed to get the kids from our 7:45 am start, till lunchtime, ready to deal with their heavy math, science, and language courses scheduled in extended time blocks.



"Kids were pleased that it was OK to eat in class when they got hungry, and that having food at school outside the cafeteria was no longer forbidden. When students and teachers jointly approved the kinds of food to be eaten, candy and gum virtually disappeared.

"As an extension of the 'snack' idea, Home Ec teachers, supported by the nurse and Phys Ed teachers, decided to offer snacks to students during breaks when they were taking mandatory state tests — the very tests that ranked this student body at the bottom of the scoring range. Weeks of preparation and encouragement included the idea that students were going to be 'fueled for success.' They were served by their teachers and me with fruit juice and high energy snacks prepared in our Home Ec kitchens as material evidence that their test performance held the same value as scoring a touchdown, making that game-winning goal, or coming out on top in a championship game. How many times have students had so many adults giving each of them individual attention to achieve, and demonstrating that their individual test performance collectively mattered?



"Six weeks later when the test results arrived from the state scoring center, the results were staggering. Not only had our Gordon kids scored at the top among our three district junior highs, but placed second among junior highs in the county and ranked among the top ten percent in the state. A new attitude for success was born in this impoverished inner-city middle school that was repeated for the next three years. The school drew accolades from our Pennsylvania Department of Education and from the U.S. Department of Education, naming Gordon a Blue Ribbon School — one of the best 200 secondary schools in the U.S. during 1992-93.

"The offering of food was at the center of nearly all of the important episodes that marked my career as an educator for thirty-one years in a small Pennsylvania public school district."

Pamela Sims describes the dramatic impact a principal can have on both students and teachers in her book, *Awakening Brilliance*, reviewed on the next page.

"Awakening Brilliance"

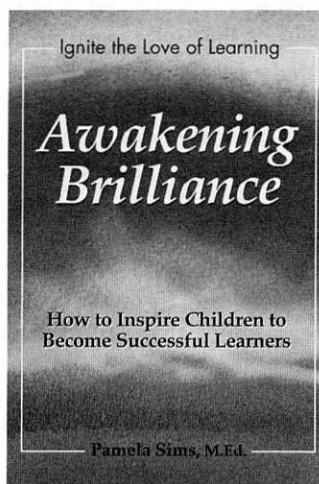
Sometimes solutions to difficult problems can be remarkably simple (though not necessarily easy) and when you hear them, it makes you sit up and say "of course!"

Robert Fulghum reminded us that most of the problems we face as adults were first encountered when we were very young, and the solutions were provided by our parents and teachers. (Fulghum is the author of *All I Really Need To Know I Learned in Kindergarten*.) A little bit of compassion and a heavy dose of common sense go a long way.

Simple solutions (vitamins) cured scurvy and pellagra; soap and water was the answer for preventing childhood fever. But these health crises were regarded as complex medical mysteries — until some common sense finally prevailed. Today, there are many "complex medical mysteries" that will eventually be recognized as reactions to synthetic chemicals in our food and environment.

There are also educational issues which are not as mysterious as we are led to believe. The time-honored technique of teaching phonics has finally been brought back into the classroom, but thousands of children had to fail

before the teaching of reading returned to a logical method.



A featured speaker at our upcoming annual conference will be Pamela Sims, M.Ed., author of *Awakening Brilliance*. Feingold members will applaud Pamela's common sense approach to teaching. All children benefit from TLC, but chemically sensitive youngsters are especially in need of it.

Sims describes novice principal Jane Madison as she learns how to guide her students and staff to a new approach. This slim book deftly imparts practical solutions in a way that is interesting and makes them easy to remember and implement.

Her philosophy is based upon a fundamental respect of others, whatever their age. She shows how schools can go back to their real purpose of helping children to grow. *Awakening Brilliance* even gives us reason to believe that perhaps one of the answers to the violence in schools is not the need for additional security guards, metal detectors and drug-sniffing dogs. And many learning problems could be handled with compassion rather than medication.

The techniques are just as valuable for parents as for educators, so if you buy this book for a favorite teacher, read it yourself before you give it away. *Awakening Brilliance* is available through the FAUS Resource Catalog: \$14.95 plus \$4.50 S&H.

Books on tape may help you or your child

People who have difficulty reading can access a virtually unlimited source of tape recorded text books at an affordable price.

For many years volunteers have recorded textbooks on tape for use by the blind, but as the awareness of dyslexia and other learning problems increased, the organization renamed itself "Recording for the Blind and Dyslexic" (RFB&D). More than 4500 volunteers throughout the United States record books at the organization's 30 recording studios.

Calling itself "the nation's educational library for people who cannot read standard print because of a disability," RFB&D has the world's largest collection of academic and professional textbooks on audio tape. They also offer the classics, novels, and other books which are used in classrooms. Audio tapes are available for people of all ages, from kindergarten to adult.

Last year RFB&D provided 36,000 individuals with approximately 225,000 copies of taped textbooks. By the year 2000 the organization expects those numbers to double, with an anticipated half million copies of books to be loaned to 75,000 people with print-related disabilities, according to the president, Ritchie Geisel.

Books on tape have been a valuable tool for private and public schools in meeting federal requirements to provide equal access to education for all students. For those with visual impairments, learning disabilities and other limiting conditions, the "reasonable accommodation" required by law often means taped texts or books on computer disk.

RFB&D offers an institutional

membership which is open to any agency that assists those with disabilities, and can even be used by tutors.

Individuals can gain membership in the program as long as they have documentation that a disability exists. Once membership is established, the tapes are sent via the U.S. Mail, at no cost to the member, the institution, or the agency. There is a special postal classification that allows such books and tapes to be mailed at no charge.

Institutional fees vary from \$300 to \$800 annually, and individuals can sign up for a one-time fee of \$50 and an annual membership of just \$25.

To learn more about the program, and how you or a family member might qualify, contact Joan Brandon at RFB&D 1 (800) 221-4792, ext. 7055.

Survey, continued from page 1

A whopping 49% reported sensitivity to MSG (monosodium glutamate). Corn syrup and nitrites posed problems for 26% of respondents. Sodium benzoate came in at 23%, sulfiting agents at 21% and calcium propionate at 11%. We included only sensitivities that respondents were sure of; if there was a question mark by it, we didn't count it.

Other allergies & sensitivities

We had expected to find people reporting significant problems with fragrances. This was confirmed, with 51% telling us they have trouble with synthetic fragrances and 13% having problems with natural fragrances. What we did not expect to find is that 26% of our survey responders tell us they have problems tolerating masking fragrances.

Masking fragrance refers to chemicals often added to non-food products. For example, soaps may be created from ingredients which give off an unpleasant odor. To disguise this, companies may add a small amount of a fragrance to mask the natural smell of the components. They may be labeled as "fragrance-free" although this is not technically accurate.

Synthetic fragrances were a big offender.

These products are a much better choice for the sensitive person, than using obviously perfumed ones. It's hard to find *any* product of this type which is totally free of fragrance, so some of the items on our *Foodlist* do contain masking fragrance.

Some people are very sensitive to certain fragrances, but are able to tolerate others. Like the additives listed above, and the natural salicylates, it is best to test out products individually.

For those who are very sensitive, health food stores might have products you can tolerate. Other organizations (such as the Human Ecology Action League and the Chemical Injury Information Network) carry advertising from mail order businesses which cater to the highly sensitive. Refer to the April 1996 *Pure Facts*.

It was also no surprise to learn that food allergies are fairly common among Feingold members. Milk came out at the top of the list, with 27% of the respondents reporting problems. This could be a low figure, however, since we hear of milk allergies so often. It provoked a reaction in 64% of the children with ADD who participated in a 1993 study by Carter et al. (Effects of a few foods diet in attention deficit disorder. Arch. Dis. Child 1993;69:564-568.) We had not expected so many individuals to check off chocolate (24%) as an allergy food, but we did expect the number noting sugar to be about 18%. In the landmark 1985 study by Egger et al, the researchers found that 16% of the children tested were sensitive to sugar.

(Egger, J.; Carter, C.M.; Graham, P.J.; Gurnley, D.; Soothill, J.F: Controlled Trial of Oligoantigenic Treatment in the Hyperkinetic Syndrome. THE LANCET, March 9, 1985.)

Sensitivities reported among members currently using the Feingold Program

Substance in question	% of members reacting
Synthetic Fragrances	51%
MSG	49%
Milk	27%
Corn Syrup	26%
Nitrites	26%
Masking Fragrances	26%
Chocolate	24%
Sodium Benzoate	23%
Sulfiting Agents	21%
Sugar	18%
Natural Fragrances	13%
Corn	13%
Wheat	13%
Soy	13%
Calcium Propionate	11%
Eggs	11%
Annatto	6%
Fluoride Tablets	6%
Fluoride in Water	4%
Fluoride in Products	3%
Beta Carotene	2%

This survey was not intended to be anything more than a gathering of information based upon the observations of a portion of our members. It cannot predict what sensitivities future members will have, nor can it do anything more than point individuals toward a direction they may wish to explore. If you are seeing results which are good, but not great, it may be worthwhile to consider if some of the items listed in the box could be offenders, and to test them out.



What does it take to achieve success?

We asked members to rate how closely they were following the Program and what kind of success rate they were achieving. The question, "How carefully do you follow the Feingold program?" gave choices of: 100%, 90%, 80%, all the way down to 0%. Then the respondent was asked to estimate their rate of success, with choices of: 100%, 90%, 80%, etc.

The results confirmed what experienced members already knew; if you're new to the Program, a little dab of the wrong stuff can do you in. But if you've been on the Program for awhile (more than a year, at the very minimum) you may be able to tolerate more in the way of infractions before major problems develop.

Quite a few folks were in the happy position of having a teen or young adult raised on the Program, who could now cheat significantly (checking off that there was only 70 - 80% compliance) and still handle it.

For individuals of any age who are new to the Program, a low level of compliance resulted in a disappointing outcome.

Continued on page 5

Feingold



News

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

March 1997

22nd Annual Conference - June 25-29, 1997

In order to accommodate more people at our Friday and Saturday workshops, we are moving the location of our Annual Conference from Alexandria, VA just a few miles away and across the Potomac River, to Upper Georgetown in Washington, DC. We will be staying at the Savoy Suites Hotel on Wisconsin Avenue. This is a pleasant area of Washington, and the beat of many Secret Service agents...why? The "neighbor" across the street is the delegation of the Russian Embassy, and the home of the Vice President is a short distance in the other direction.

Nice Neighborhood

Gorgeous National Cathedral is down the street, and just a little further is the world famous National Zoo. Across Wisconsin Avenue is the restaurant Dr. Feingold always visited when he stayed in Washington; he appreciated the natural food they use. It's called Germaines, and serves primarily Asian dishes.

Bread & Circus

One of the biggest plusses for the Feingold visitor is that the Savoy is less than a block away from Feingold Heaven, aka Bread & Circus. This remarkable market is one of a chain owned by Whole Foods of Austin, TX. It has everything you could need in the way of additive-free groceries, many of which are organic, as well as a deli, cafe, fabulous salad bar, and bakery with a wonderful assortment of natural delights. If you wished, you could eat breakfast, lunch and dinner here and the only thing likely to be a problem would be natural salicylates.

Feingold Family Day

Local volunteers are working on plans for a Family Day, to be held on Thursday, June 26. You and your children will be able to meet other Feingold moms, dads and kids for a planned outing — probably to the zoo. If your children have not had much contact with other Feingolders this is their chance to make new friends. During other days, you will have the option of attending workshops or sightseeing. We can assist in arranging for more get-togethers; there's a lot for children to see and do in Washington!

Our Night Out

Have you ever toured the monuments by moonlight? This popular excursion will follow dinner on Friday night. We are investigating an exciting area restaurant that is the all-time favorite for kids of all ages. We'll be checking out their food, and will keep you posted.

Thank You Thank You Thank You Thank You

...to our local Feingold volunteers who are helping with Conference arrangements.

...to Marilee Jones, who is "the brains of the operation" supervising all of the details that go into planning our 22nd Annual Conference and workshops.

...to Pat Dunn and Pat Palmer for helping plan the conference finances.

...to Shula Edelkind, our marketing director, for working with vendors who will be displaying products and services at the conference.

...to Donna Curtis who will once again be keeping a close eye on all of the brands of food that will be used by the hotel.

...to Lynn Murphy, assisting in many aspects of Conference planning, who always gives her time, energy and encouragement so generously.

Welcome to our new Program Assistants

Tullahoma, TN: Alice Sullivan (615) 454-9954

Naperville, IL: Mary Ann Ross (630) 904-5504

Joliet, IL: Sharon Schexnayder (815) 436-3069

Westfield, NJ: Karen Malchman (908) 654-5230

Silver Lake, NH: Sharon Moore (603) 367-8719

Getting Acquainted

Charynne Hawkins has a little boy with extreme allergies, and would like to communicate via email with other families dealing with this problem. Her address is: hawkrank@aol.com.

Kay Gibbs is new to the Program and would like to swap notes with other members. She lives in Windermere, FL and can be reached at (407) 876-1959.

Philadelphia, PA

Lucky Feingolders living in or near downtown Philadelphia now have a new FRESH FIELDS market. It's located at 2001 Pennsylvania Avenue. Additional stores are on the drawing board for Manhattan and Boulder, CO, but don't expect them to open soon.

Vienna, VA

WHOLE FOODS has now been opened several months; if you haven't been there yet, you have a treat in store.

Are there any new "healthy markets" which have recently opened in your area? These full service stores feature healthy, additive-free (or nearly so) foods.

Product Information Committee Report from Donna Curtis

An alert member in Florida discovered an incorrect product name in our Foodlist. MALT-O-MEAL Frosted Wheat Puffs are actually MALT-O-MEAL Golden Puffs. The first name is for the generically packaged product. Please change the entry in your Foodlist.

The BREADSHOP Cocoa Granola Cereal is found in some Foodlists under Stage One products. The cereal contains grape, and should be moved to Stage Two.

CANTERBURY CUISINE Vanilla Almond Sprinkles are Stage Two because they contain almond powder. In some Foodlists they are mistakenly listed on Stage One.

Oops Dept: Two of our Foodlists contain a typo in the address found on the inside back cover under "Do you want a product researched?" Lois Miele's correct address is 12699 Senda Acantilada, not 12599. The typo appears in the Region 4 (Midwestern) and Region 6 (Western - California, Hawaii, Nevada, Arizona, Utah, Colorado & Wyoming) books.

Reminder: EGGO (frozen) Buttermilk Waffles are now packaged in a yellow box, not the light blue box which had previously been used. Please check the label and ingredients carefully to be sure you choose the right variety.

As hard as we try to make the Foodlist & Shopping Guide user-friendly, we occasionally discover some aspects which may confuse our members — such as the Mail Order Address List in the back of each Foodlist.

They are included for your convenience. First, you should find the products you are interested in from within the Foodlist, then consult this list when ordering. Not all products from these companies may be acceptable on the Feingold Program. Some might not have been researched; others may have unacceptable ingredients. Order only those products found in the Foodlist.

Note from Beatrice Trum Hunter, a member of the FAUS Advisory Committee:

The December/January issue of *Pure Facts* carried an article on canola oil, which referred to the removal of a toxic substance called "erucic acid."

Ms. Hunter writes that it is not removed, but reduced: "Through plant breeding programs, the level [of erucic acid] has been reduced. The FDA (Food and Drug Administration) has set a tolerance level but no studies have been conducted to ascertain whether the level is risk-free. Up to 30% is considered 'low,' 30 to 45% 'medium,' and over 45% 'high.'"

PIC Report

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

Stage One

AMERICAN PRAIRIE* All Purpose Organic Baking Mix: Multi-Grain, Buckwheat, Buttermilk, Light Wheat
EDWARD & SONS* Brown Rice Snaps - Cheddar, Toasted Onion, Unsalted Plain
GHIRADELLI Dark Chocolate Bar, Milk Chocolate Bar
IMAGINE* Lowfat Non-Dairy Natural Pudding Snacks: Banana, Butterscotch, Chocolate, Lemon
KING KULLEN (King Kullen Supermarkets) Olives (available in parts of the Northeast)
MALT-O-MEAL Puffed Rice cereal
MICHAEL SEASON'S Tostado Chips - Lightly Salted Bite Size Yellow Corn
MICHAEL SEASON'S Tortilla Chips: Lightly Salted White Corn, Lightly Salted Yellow Corn
ORGANIC COUNTRY* Bouillon Cubes - Vegetable Harvest
ORGANIC COUNTRY* Honey Bars: Peanut, Sesame
PLANTER'S Peanut Brittle (CS)
PLANTER'S Sunflower Seeds - Roasted & Salted
RICE DREAM* 1% Fat Non-Dairy Beverage: Chocolate Enriched, Organic Original Enriched, Vanilla Enriched
SHELTON'S* Turkey Breakfast Sausage
THE SPICE HUNTER Salad Dressing - Cracked Pepper Ranch
TUMARO'S* Soft Flour Tortilla - Pesto & Garlic (CP)
US MILLS NATURALS* Cornfetti cold cereal
WESTERN FAMILY FOODS Cheese: Medium Cheddar Natural, Monterey Jack, Sharp Cheddar Natural

Stage Two

BEARITOS* Lite Cheddar Puffs (paprika)
BREADSHOP'S Cinnapple Spice Cereal (apple)
EDWARD & SONS* Brown Rice Snaps - Vegetable (tomato, bell & red pepper)
GHIRADELLI Chocolate Mocha Hot Chocolate (coffee)
LIPTON'S Brew Unsweetened, No Lemon tea (CS)
NATURE'S FAVORITE* Apple Chips - Cinnamon (CS)
ORGANIC COUNTRY* Bouillon Cubes - Herb Medley (paprika)
ORGANIC COUNTRY* Honey Bars: Granola (almond, raisin), Mixed Nut (almond, raisin)
SHEFFIELD'S* Natural Tooth White (oil of wintergreen) for adults only
SHELTON'S* Smoked Turkey Franks (clove)
TUMARO'S* Black Bean Burrito (chili & bell pepper, tomato, clove)

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.

When you hear someone say, "the Feingold Program didn't work for us," take the time to talk with this person and share with them the "all the way or no play" concept the sensitive beginner needs to understand.

Compliance affects success on the Feingold Program

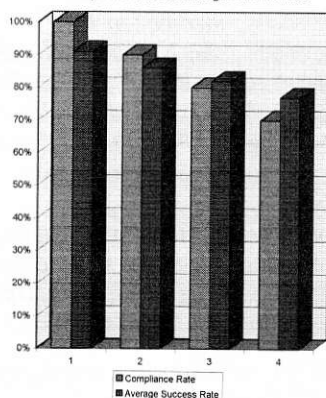
The first thing that becomes obvious when you look at the numbers is that success is directly proportional to compliance:

Compliance Rate	Average Success Rate
100%	91%
90%	86%
80%	82%
70%	77%

We also wanted to look at compliance rates which brought about a 90% or better success rate. This less-than-perfect outcome is something many of us can be quite happy with, especially those of us using the Program for our teens.

Compliance Rate	% Members Achieving 90%+ Success Rate
100%	77%
90%	64%
80%	43%
70%	33%

How Compliance Affects Average Success Rate



What else improved besides behavior?

The questionnaire listed many problems not related to behavior and asked if the member had seen improvement in any of them. It was no surprise to learn that many other symptoms responded to the change in diet. The envelope please.



Sleep problems	49%
Ear infections	28%
Hives or rashes	28%
Congestion	28%
Headaches	28%
Handwriting	26%
Stomach aches	24%
Odd noises	20%
Depression	20%
Bed wetting	19%
Tics or twitches	16%
Speech problems	15%
Asthma	10%
Dyslexia	9%
Diarrhea	8%
Vision problems	6%
Arthritic pain	6%
Constipation	5%
Nose bleeds	5%
Autism*	3%
Seizures	2%

Many wrote in additional comments on other things that had improved. Changes described by several people included: better attitude, better coordination, fewer tantrums, less of the glassy-eyed, spacey look, fewer illnesses, less aggression, and a calmer child.

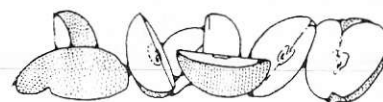
* At the time of this survey, FAUS's Autism Intolerance Allergy (AIA) program had not yet been established. We now are helping many more children with autism.

Medication and the Feingold Program

Twenty-six percent of the members reported having used medications at some time, and 12% find that they are still needed. Of those still requiring them, 35% were able to reduce the dosage as a result of combining them with diet.

Many respondents commented that diet infractions were very noticeable, even with the medicine. Several mentioned that medication had only been added because of teen rebellion against complying. For many others, the decision to add medication had been made only after they found that a careful trial of diet had been partially successful, but that problems remained.

"For those of us working as Program Assistants," Debbie writes, "we must always keep in mind that parents willing to do a trial of the Feingold Program do not take lightly the decision to medicate their child."



Salicylate sensitivity

Seventy percent of the respondents reported some degree of sensitivity to salicylates, with 31% considering the degree of sensitivity to be extreme.

Unusual fruits

Most of our salicylate sensitive members did quite well with the "unusual" fruits we asked about. Kiwi appears to be the best tolerated.

% Tolerating Unusual Fruits

	Sensitive	Extremely sensitive
Kiwi	85%	77%
Pomegranate	75%	54%
Passion Fruit	70%	70%
Star Fruit	63%	55%
Currants	59%	40%

Continued on page 6

How did members learn about the Association?

We also asked people how they heard about the Association, and thank goodness for friends because more (29%) learned about us from friends than any other way.

Twenty-three percent read about the Feingold Association in a book, and twenty percent were introduced to the Program by a Feingold member. Physician referrals were named by 12% of the responders, and another 12% first read about us in a magazine. Seven percent learned of us from teachers and another 7% from nurses and other health care professionals.

An article which was published in *Welcome Home* in 1994 brought a tremendous number of inquiries, and more recently, a featured article in *First Magazine for Women* has kept our phone lines very busy. We still receive calls from magazine and newspaper articles which were published ten years ago!

How about you?

One of the most effective ways a Feingold member can help other families is to contact her local newspaper and invite them to publish an article about her child's success on the Program. Journalists who cover "family life" issues love writing these inspiring stories, especially since the topic of ADD/ADHD is so frequently in the news. The public is asking for answers, but very little solid information is being offered.

If you would like to help in this way please contact our offices in New York at (516-369-9340) or Virginia (703-768-3287) for assistance as well as printed information to give to the

Editorial Comments: "First, do no harm"

If you watched the Sunday movie on ABC February 16th, you may have seen some unsettling similarities between the family portrayed and those of us using the Feingold Program.

The story is loosely based upon the experience of Jim Abrahams and his family, especially his youngest son, Charlie. At an early age, Charlie began having seizures, which became progressively worse. As a Hollywood producer, the Abrahams had the resources to call upon the best the medical community had to offer.



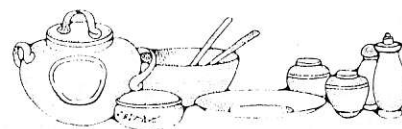
The "best," unfortunately, was a long regimen of drugs and the prospect of brain surgery, with no guarantee it would help. Charlie's doctors knew about a special diet that had successfully helped many epileptics. It was developed at the Johns Hopkins University and has been used all these years. But parents are seldom told that it is an option, and are steered to drugs and surgery as the first line of treatment.

Washington Post movie critic, Tom Shales, praised the film and the work of Meryl Streep as the child's mother. Comparing it to the thriller "Asteroid," which was shown in the same time slot, Shales wrote: "'First Do No Harm,' on ABC tonight, is not only a much better movie than NBC's 'Asteroid,' it is also in its way more frightening."

We would like to learn more...from you!

An important area that we are interested in exploring concerns all the various therapies members have used or are using now. There are so many approaches to dealing with learning/behavior problems, with new ones being developed all the time. Some of you have contacted us concerning a favorite new product or approach; now we would like to try and collect data in a systematic way. Enclosed is a questionnaire for you to fill out.

Good Cookin'



Each year Newman's Own foods and *Good Housekeeping* magazine join hands to sponsor a recipe contest. The prizes range up to \$50,000, which is donated to the winner's favorite charity. Even though she did not win, our Endowment Chairperson, Sandy Ehrenkranz tells us that her reward for entering was a lovely cookbook with the winning recipes.

Sandy is asking you to submit your family's favorite recipe, and designate the Feingold Association's Endowment Fund as the recipient when your name is announced as the grand winner.

You will find the contest rules in the May issue of *Good Housekeeping*.

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 the *Feingold Handbook, Recipes & 2 Week Menu Plan*, regional *Foodlist* 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. A *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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