

Pure Facts

Newsletter of the Feingold® Association of the United States



October, 1997

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The mixed blessing of American medicine

A medical system based upon the use of drugs and surgery has become so familiar to Americans it's easy to forget that this approach to health care is not only a relatively recent phenomenon, but it is the exception in the world, not the rule. This country faces the danger that medical decisions affecting our lives will be strongly influenced by the skillful use of advertising and promotion, the preferences of the medical industry's trade group (the AMA), and by the profit incentive of managed care.

Chinese physicians use centuries-old techniques; German doctors are trained in homeopathy and herbs, as well as drugs. But the treatment of patients in America is based on more than just a difference in philosophy. Money plays an important role.

Most of the medical treatment we receive is the result of decisions made by the American Medical Association. We all know *who* the AMA is, but few people really understand *what* the organization is. In his current best-seller, *Reclaiming Our Health*, John Robbins offers a scathing criticism, "In seeking to gain economic proprietorship over the health of the American public, doctors banded together in

1847 to form their first national organization. Their choice of name — the American Medical Association — expressed their desire to be seen as the voice of American medicine, and disguised the fact that they were merely forming a trade lobby to look after their own economic interests."



Robbins points out another little-known piece of AMA history — its close cooperation with tobacco companies. This mutually-beneficial friendship continued even after it became known that smoking was responsible for most cases of lung cancer.

Medicine for children

The practice of modern medicine in the United States is intertwined with the use of [legal] drugs. Here again, the potential for financial profit threatens to compromise the wise use of these powerful substances. Is there really "a pill for every ill?" Many consumers believe so. The recent Food and Drug Administration decision to allow prescription drugs to be

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The role of the HMO

Hospitals, once run by doctors, are increasingly being run by "corporate bureaucrats and medical industry entrepreneurs — most of whom have never seen the inside of a medical school."

What first seemed like the answer to America's rapidly rising health care costs, the HMO (health maintenance organization) has a dark side that is now in the glare of publicity. Executives at the nation's largest managed care company, Columbia/HCA have been accused of fraud and face prosecution for cheating the taxpayer-funded Medicare.

In his 1992 book, *Marketplace Medicine: The Rise of the For-Profit Hospital Chains*, Dave Lindorff would predict

the HMO mess we now face. "As hospital costs began to rise annually at a double-digit pace, adding seriously to employers' labor costs, the traditional system of hospital management had to go." Lindorff wrote "But for the corporate chains, where, as in the rest of corporate America, the management structure is unambiguously hierarchical, there was no question about what needed to be done — doctors had to be put in a subservient role to hospital administrators."

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 health care in America

From probation to principal's honor roll

My son, Tyler, always seemed a little "quirky." He didn't like to be touched, so I didn't hug him much or stroke his hair

Around eight years old, he often became tense and easily frustrated; but I thought all of this was just part of the precious package I was blessed with.

I became concerned when Tyler appeared to have tuned out to school in the second grade. His teacher described it as "difficulty staying on task!" This didn't seem normal for an energetic and curious child. My husband and I decided to send Tyler and his brother to a private school, thinking that the distractions were caused by a too large and undisciplined school. We weren't seeing this at home, so it had to be the school environment.

The horror started when the private school began communicating with me on a regular basis...and they had plenty to say about my son's behavior. Their first and only recommendation was Ritalin! At our end of the year conference, they only invited him back to the school on "probation," and indicated that they really didn't like having him there!

My husband was upset that they would only suggest a drug. I was willing to try anything...this was my baby! It was a real stress to our marriage, but thankfully, my husband was



adamant that we not use drugs. So again, we decided a different, less militaristic school would help, and found one close to our home.

Tyler started out well there in the fourth grade, as it was less strict and he had a teacher who worked with his need to get up and pace, or space-out for awhile. But problems continued, especially if the schedule changed for a class field trip or assembly. Tyler was in a school play and danced and swung his arms the whole time on stage. I looked at my husband's face and he was horrified to see this behavior for the first time. A parent who is a psychiatrist later asked Tyler's

teacher if he had an organic brain dysfunction!

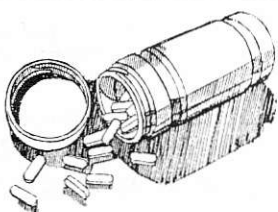
Soon after, another parent there told me about the Feingold Diet, and I loved the idea of having something to do that was specific to helping Tyler's "problem." I cleared all offending foods out of the house and became a strict follower of the Feingold Diet.

This success story comes after a full school year of the Feingold Diet — and my son has made the principal's list with straight A's! Only a mother who has struggled through these difficulties and found the answer in the Feingold Diet can appreciate the tears I cry when I realize what he has done.

The greatest addition to the precious package I was blessed with is that Tyler regularly gives me hugs and says "Luv ya Mom" many times each day! And he always chooses to follow the diet, and finds great joy in reading labels in the grocery store and discovering a new food that we can try!

We've now shared the diet with four other families and are seeing results in their children. Thank you to everyone at the Feingold Association for keeping up to date information and making it easy for us to follow the diet!

Tricia Mobbs



Dye-free medicines used for ADD

Feingold families using medicine do have some choices of undyed prescription products.

Desoxyn Gradumet 5 mg
(methamphetamine hydrochloride)

Cylert 18.75 mg and 75 mg

Ritalin SR (sustained release) 20 mg

A pharmaceutical bonanza

The cost of prescription medicine has been rising more quickly than the rate of inflation. In 1996 the sales of prescription drugs brought in more than \$85 billion (that's billion, with a "B.") But this is only the obvious cost. According to information published in the *Journal of the American Medical Association* and *Archives of Internal Medicine*, another enormous cost of medicine in the United States is the result of side effects of the drugs prescribed, and the various mistakes due to things such as incorrect dosages, providing the wrong drug, or lack of awareness of a patient's allergies.

The typical patient spends more on drugs to address the *side effects* of his prescribed drug than was spent on the initial medicine. If a child is prescribed a stimulant drug, consider the added cost of the second bottle of pills that address the depression he may experience, and a possible added prescription to help with insomnia. Another multi-billion dollar expense is the extra days of hospital time required when a patient has experienced one of these "adverse drug events," the polite word for medical goofs.

The *JAMA* article estimated that adverse drug events increased the risk of death by nearly twofold, and were responsible for 140,000 deaths in the U.S. each year.

Sources: *Archives of Internal Medicine*, October 9, 1995; *JAMA*, January 22/29 1997.

advertised on television could make viewers as comfortable with them as we are with over-the-counter medicines. Will the layperson feel as confident about recommending a prescription drug as suggesting an aspirin? This is already happening in the use of drugs for ADD and ADHD. Twenty years ago few people knew what "Ritalin" was, and "ADD" had not yet been coined. Those who were knowledgeable about "hyperkinesis" used the term "stimulants" and there were nearly as many prescriptions for Dextro-drine as for Ritalin. But you don't hear much about other stimulants now, and Ritalin has become almost a household word — the Kleenex of the medicine chest. Has Ritalin beat out the competition because it is a superior product or because it has been more heavily promoted by its manufacturer and its advocates?

Even with new medicines coming on the market to compete, Ritalin still is way out in front, with the Drug Enforcement Administration reporting a 600% increase in the past decade. "We have become the only country in the world where children are prescribed such a vast quantity of stimulants that share virtually the same properties as cocaine," charged Gene Haislip, former Deputy Assistant Administrator in the Drug Enforcement Administration. (In Canada, Ritalin prescriptions tripled between 1991 and 1996.)

There is a growing perception in the United States that it is normal to have young children on a regimen of powerful drugs.

Novartis, the company formed when Ritalin's manufacturer, Ciba-Geigy merged with Sandoz Pharmaceuticals, disagrees with the comparison to cocaine, saying that Ritalin is safe when used appropriately, and citing decades of use. Incidentally, "when the manufacturer first came out with Ritalin in the 1960s, it advertised

that it was the answer for everything from chronic fatigue and mild depression to menopause and senility." — *John Lang, Scripps Howard News Service*. For many years its primary use was for adults suffering from narcolepsy, a condition where one abruptly falls asleep during the day. Feingold members will be amused to learn that after it became widely used in children, some critics argued that the drug was not really responsible for any improvement seen, but that any change was due to "placebo effect."

There is also a growing awareness that drugs are not always the wisest choice. Last year Americans spent 14 billion of their own money on alternative health care.

The Feingold Association's position on the use of medicine covers several areas. The Association believes that:

- * diet management is a valid therapy for many behavioral, cognitive and health problems.

- * diet management has a long, safe history of use and represents traditional medicine at its best.

- * vested interests should not influence medical decisions.

- * patients are consumers and have the right to obtain full, accurate information about all of the options for themselves and their families. This means they have a right to know the drawbacks as well as the advantages of all their options.

The Feingold Association's position is that if parents were provided with complete, accurate information on all of the therapies for ADD and ADHD, many would select diet management as their first option, and would consider drugs only if other techniques proved to be ineffective or of limited benefit.

Medicine and the military

We acknowledge that there are drawbacks to using the Feingold Program; unfortunately, there are drawbacks to drugs which pharmaceutical companies have neglected to mention. One of these, which has recently been

reported in newspaper accounts, is the problem a teenager faces when he or she wants to enlist in the armed forces. Those who took Ritalin and other stimulants after the age of 12 are disqualified for service in all branches of the military. (Protection under the Americans with Disabilities Act does not apply in these cases.) Sadly, the prejudice against these potential enlistees is being fueled by the drug manufacturers, and those parent support groups who are most determined to prove that "ADD" is the result of a brain abnormality in the child.

Unauthorized use of drugs

Another problem for society, about which the industry says little, is the unauthorized use of Ritalin for other purposes. This information is not readily available to parents. Because some members of the Feingold Association are using Ritalin or similar products along with diet, we believe it is important for them to have as much knowledge as possible. Older siblings need to be aware of the potential physical harm and the criminal charges that could be brought against them if they sell or share the drug. Two years ago the Indiana Prevention Resource Center at Indiana University published a paper on non-medical uses of Ritalin. It notes that "when purchased in pharmacies with a valid prescription, Ritalin tablets usually cost 25 cents to 50 cents each. In the illicit street drug market, tablets sell for \$3 to \$15 each."

Misuse of stimulants

The paper points out the dangers which may result from the use of Ritalin when it is inhaled or injected. The potential effects of misusing the drug include psychotic episodes, hallucinations, severe depression, and life threatening irregular heartbeat and respiration. It goes on to describe the different problems associated with abuse of Ritalin.

In order to make the 5 to 20 mg. dose tablets large enough to handle easily, a considerable amount of "inert ingredients" are added to the Ritalin tablets,

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according to the manufacturer: lactose, starch, polyethylene glycol, magnesium stearate, sucrose, talc, cellulose, mineral oil, and various dyes [synthetic, petroleum-based], and conditioning agents. While these ingredients are claimed to be "inert" when taken by mouth, they can cause serious problems when injected or snorted.

"Health consequences of injection drug use - The hypodermic syringe was designed to deliver a concentrated dose of a drug quickly and efficiently. In doing so, it bypasses many of the body's natural defense mechanisms such as the skin, respiratory cilia, digestive acids, etc. The syringe allows anything in it (drugs, dust, bacteria, pollen, allergens, yeasts, viruses, fillers, etc.) to pass directly into the blood and body tissues. The rapid delivery of drugs via injection makes it difficult for the user to control the intensity of the drug effect, thus making toxic overdoses more likely.

"Health consequences of snorting drugs - The delicate epithelial tissues that line the nasal cavities and air passages may be damaged by direct contact with drugs. Ritalin tablets contain the hydrochloride salt of methylphenidate and yield dilute hydrochloric acid when they come into contact with moisture. While this is not a problem in the stomach, in the nasal passages the acid can "burn" the delicate nasal tissues, resulting in open sores, nose bleeds, and possibly in deterioration of the nasal cartilage."

"Legal issues - Ritalin is a Schedule II Controlled Substance. Under both federal and state law, dealing in or distributing Ritalin is serious felony. Depending upon the quantity, location of transfer, and age of the recipient, dealing in Ritalin could be a Class A Felony resulting in a prison term of up to 45 years, and a fine of up to \$10,000, under Indiana law.

"Indiana law is so strict that the transfer of one or two tablets from one student to another on school grounds can be construed as dealing in a controlled substance in or on school property — a Class A Felony."

ADD/ADHD in Europe and Asia

The United States exports many things to countries around the world. There are already signs that along with U.S. style junk food, our learning and behavior problems are becoming global. This sad development will open up an incredibly lucrative market for the use of drugs to treat the problems which follow. FAUS is seeing indications that pharmaceutical companies are preparing to expand their market.

The incidence of ADD in Europe is generally estimated to be about one-tenth of what is reported in the United States. Until recently, Japan was believed to be unaffected, but this country is now beginning to experience the rude shock of violent behavior among some of their teenage population. Most of the additives eliminated on the Feingold Program are permitted in Japan, and their use is increasing in foods designed for the young consumer.

The line between drugs and food seems to be getting blurred.

A Los Angeles candy maker has agreed to remove his more offensive products after a storm of criticism from angry parents.

The candy, called "the Crave," is a flavored white powdered sugar packaged in test tubes, bearing names like Cloud Nine, White Lie and Avalanche. It looks so much like a vial of cocaine, police warned, that a child could find himself behind bars for suspicion of possessing an illegal substance. The Crave is still being sold in colored form, which is intended to stain the child's tongue. These dyed versions carry names such as Shock the Monkey, Devil's Blood, and Purple Blaze. Feingold parents will find this situation ironic because it is generally the white, undyed version of a product we prefer; and most parents opposing the cocaine look-alike will not appreciate how damaging the dyed candy can be.

The philosophy of the candy company, which is named "Eat Me Now Foods," was summed up by its co-owner, Steve Corri. When asked about the similarity of Crave and cocaine, he replied "We don't care. We did it 'cause we wanted to do it." As long as the products are labeled in compliance with Food & Drug Administration regulations, there is no law prohibiting a company from selling them. Corri's company also has a line of alternative beverages with obscene names, which are not widely distributed.

A disturbing trend is the growing number of soft drinks with high levels of caffeine, designed to appeal to teenagers in search of a "buzz."

Coca Cola and PepsiCo have their own "cheap buzz" offerings. Mountain Dew contains 37 milligrams of caffeine in an 8 ounce serving, and now Coca Cola has brought us their version, named "Surge" with 35 milligrams. (Both also contain synthetic dyes.) One school in Little Rock, Arkansas has banned Surge after the school's director noted "We got it six weeks ago and one of the junior high kids chugged two cans of it and he was wired. A bunch of other kids had it and it was the same thing, they were wired."

Alternative Health Resources

For those who are looking for alternative health care information these organizations may be helpful.

American Holistic Health Association. Phone (714) 779-6152; www.healthy.net/ahha

American Preventive Medical Association, 459 Walker Road, Great Falls, VA 22066. Phone (800) 230-2762.

The Foundation for the Advancement of Innovative Medicine (FAIM) through the NY State Insurance Department initiated "IRATE" (insurance reimbursement for alternative therapies equity), a program to assist patients in recovering claims previously denied. Phone (914) 368-9797.

October 1997

Good Medicine and Bad Medicine

This issue of *Pure Facts* takes a critical look at American medicine. While the many benefits are undeniable, there are growing abuses which we believe have not received enough attention. A new line of products which should be closely watched are "transdermal" (through the skin) patches being developed by the Sano Corporation to treat anxiety, depression and ADD. The good news is that the child on medication may be able to avoid the stigma of having to go to the nurse's office to obtain his "Vitamin R" for hyperactivity, but the down side is that a drug patch will make it easier to use these chemicals on very young children.

"Mega Answers to ADHD"

Dr. John Taylor will be presenting a series of jam-packed, day-long seminars for parents and teachers. Each participant will receive a 100 page manual covering academic, psychological, biochemical and nutritional aspects of ADHD, including the Feingold Program.

Taylor's book, *Helping Your Hyperactive/ADD Child* is one of the most comprehensive portrayals of the Feingold Program available. A long-time supporter of the Feingold approach, Dr. Taylor's presentations are as funny as they are practical. They contain realistic strategies that work, and offer helpful information on parenting for both "Feingold kids" and "regular kids."

The November schedule is:

Saturday, Nov 8 - Chicago, IL

Sunday, Nov 9 - Lansing, MI

Wednesday, Nov 12 - Columbus, OH

Saturday, Nov 22 - Detroit, MI

Saturday, Nov 29 - Toronto, Ontario

The cost will be approximately \$30 for the entire day; it is an ideal way for your child's teacher to gain some very practical information, and at the same time appreciate the special needs of your child. Dr. Taylor's positive attitude toward the diet will support your efforts.

For details on these workshops, or to learn when he will be presenting in your area, you may contact his office at 1 (800) VIP-1-ADD or 1 (800) 847-1233.

Boston, MA

For our vegetarian members: the Second Annual Boston Vegetarian Food Festival (featuring natural foods) will be held Sunday, Oct 26 from 11:00 am to 6:00 pm at the Bunker Hill Community College. For information contact Evelyn Kimber at (617) 424-8846.

Thank You Thank You Thank You Thank You

... for your donations to our annual School Year Calendar fund raiser. We really appreciate your support and encouragement!

... to Kathi Williams, Jo George, and the wonderful folks at the National Vaccine Information Center for providing us with a booth at your first annual conference, held in September. It was a resounding success.

... to Jane Heimlich and the editors at *Health Naturally, Canada's Self-Health Care Magazine*, for the excellent article on drug-free solutions to hyperactivity, and your support of the Feingold Program.

... Shelia Rogers for your complimentary advertisement for the Feingold Association. Shelia is the Editor of *Latitudes*, a first-rate publication describing alternative treatments for Tourette syndrome, hyperactivity, ADD, and autism. To receive more information, contact Shelia at (561) 798-0472.

Going On-Line

Susan Lynn, an experienced Feingold volunteer, invites you to contact her at: McLynn@prodigy.net

Columbia, SC

The South Carolina Autism Society will hold its 1997 Conference, "Looking Back...Looking Forward" on Oct 31 - Nov 1. Featured presenters will be Charles Hart and Stanley Butkus, Ph.D. For details contact the SC Autism Society at 3120 Beltline Blvd, #102, Columbia, SC 29204.

Getting Acquainted

Mt. Morris, IL - Kim Schoenhaar would like to meet area Feingold families. She can be reached at (815) 734-7262 - home, or at her office number (815) 288-1477.

Lancaster, CA - Kathleen Siamis (whose son, Dakota appears on the May page of our School Year Calendar) would like to speak with other Feingold moms. Her number is (805) 726-1477.

Birmingham, AL - Ann Etheredge is new to the Feingold Program and has an 8 year old son. She invites other moms to call her at (205) 967-0674.

Madison, WI

One of our experienced Feingold volunteers would be willing to speak to parent groups and to host informal meetings. You may contact Syte Reitz at her home in Madison: (608) 238-7027.

FAUS Product Information Center Report

from Donna Curtis

Product Alert!

LA CHOY Shrimp Egg Rolls (package of two) now contain BHT; please remove them from your Foodlist.

NESTLE Semi-Sweet Chocolate Baking Bars and Unsweetened Chocolate Baking Bars now contain vanillin (artificial flavor) and should be removed from your Foodlist.

This is an unfortunate new development on the part of Nestle. Up until now, baking chocolate was a reliable source for a pure product; here's hoping the other major manufacturers do not follow suit.

You may notice that some of the packages of Nestle chocolate list "peanuts." A spokesperson for the company said this is because chocolates which contain peanuts may have been processed using the same equipment, and there is a slight possibility that some residue of peanut could get into the baking chocolate.

Dannon makes a change

We recently received an interesting letter from Vickie Gelardi, the mom who established one of the first support groups and spearheaded the formation of the Feingold Association of the United States.

She was upset when she saw that Dannon was using synthetic dyes in their Light yogurts. These products are not suitable for Feingold members because they contain aspartame (NutraSweet); but Vicki was disturbed a company which had once been a pioneer in the use of natural ingredients would now resort to adding synthetic dyes.

Apparently, Vickie is not the only one who complained, as she recently received a letter from Dannon stating that the artificial colors have been removed from five of the Dannon Light flavors. Your calls and letters DO make a difference!

Now, if they would just get rid of the aspartame....

Have you read any good apples lately?

Are you old enough to remember a time when grocery shopping carts did not carry advertising, when movie theatres had no commercials, and city buses were devoid of cigarette ads? Well, take a good look at the produce in your supermarket; it may be the last time you see an orange or a banana unadorned except for the little sticker from Sunkist or Chiquita.

Some Madison Avenue wizard has decided that produce should pay its way in advertising revenue. Films now available for home videos are being promoted on little stickers placed on apples.

One critic suggested that used cars should be advertised on fruits — perhaps on lemons.

PIC Report

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

Stage One

CHATFIELD'S* Premium Cocoa Powder Unsweetened & Alkaline-Free
FOOD FOR LIFE* Wheat-Free Carob Brownies
GHIRARDELLI Classic White Confection,
Milk Chocolate Bar with Pecans, Mint Chocolate Bar,
Double Chocolate and Milk Chocolate Chocolate Chips
HOSPITALITY Instant Mashed Potatoes (SF)
available in: MO, KY, MI, WI, IN, NY, IL, MD, TN
INDIAN SUMMER Distilled White Vinegar 5% Acidity
MEIJER Pretzel Rods (CS), Pretzel Sticks (CS),
Pretzel Twists (CS) available in the Midwest
MI-DEL* Chocolate Sandwich Cookies (CS),
Duplex Sandwich Cookie (CS)
NOW* Stevia Extract Supplement
PACIFIC BAKERY* Yeast-Free Breads:
Brown Rice (whole wheat), Spelt, Spelt White, Sour-
dough Rye, Whole Wheat — available in many states;
for mail order call (760) 757-6020
PAMELA'S* Chocolate Walnut Wheat-Free Biscotti (SB)
PRINGLES Right Crisps Original (CS)
TYSON Chicken Tenderloins: Ice Glazed Boneless
& Skinless
UTZ White Corn Tortilla Chips — East Coast

Stage Two

CHEF PAUL PRUDHOMME'S Magic Seasoning Blends:
Meat Magic (paprika, red pepper), Pork & Veal Magic
(paprika, red pepper), Vegetable Magic (red pepper),
available nationwide in some stores;
mail order (800) 457-2857
DIETZ & WATSON German Bologna (CS,N,paprika)
EREWON* Instant Oatmeal: Apple Cinnamon;
Apple Raisin; Raisins, Dates & Walnuts
GHIRARDELLI* Milk Chocolate Bar with Almonds,
Raspberries & Cream White Chocolate Bar
PACIFIC BAKERY* Kamut Cinnamon-Raisin Yeast-Free
Bread -- available in many health food stores or
mail order from (760) 7570-6020
PAMELA'S* Wheat-Free Biscotti: Almond Anise (SB)
Lemon Almond (SB), Orange Walnut (SB)
PAMELA'S* Wheat-Free Mixes: Brownie (SB, grapes),
Pancake & Baking (almond)
SUPER BLUE GREEN ALGAE Alpha Sun, Omega Sun
Capsules and Tablets, Liquid Omega Sun: Cinnamon
Flavor, Mint Flavor, Unflavored; Acidophilus, Bifidus,
Enzymes, Spectrabiotic, Super Q10.
unknown salicylate content; sold via distributors

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.

Eating Out

You should be able to eat lunch at the Subway shop near you. If you select a cookie, take a close look at the ingredients.

When an experienced member reported her son is able to eat at their local Subway restaurant, we contacted the company headquarters to see if they could provide us with detailed information on their ingredients. While the ingredient listing we received is very comprehensive, there are some questions that remain. Rather than take a chance, those "iffy" items have been excluded. *Pure Facts* waited for a long time to receive this information and it is unlikely we could obtain more details beyond what we received. Unlike food companies, restaurant chains generally don't have food technologists on their staff, or others who have the same level of in-depth knowledge of all of their ingredients.

Breads

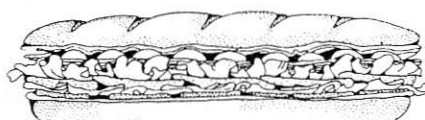
The first good piece of news is that most of the breads checked out well. The Subway ITALIAN (white) BREAD contains ingredients typical of a white bread. Their WHEAT BREAD is made primarily from white flour, with some whole wheat flour added in, and caramel coloring to give the appearance of whole wheat while keeping the lightness that comes with using white flour.

Some stores have a BREAD BOWL, which contains ingredients similar to the Italian bread.

The item to avoid is Subway's DELI STYLE ROLLS. They have a definite yellow tinge, and the source of the "coloring" used in them is not specified.

Meats

Most of the meats contain "smoke flavoring" or "flavoring," keeping them off our list. There were a few exceptions, however: ROAST TURKEY BREAST, STEAK, and ROAST BEEF all look pretty good. The most puzzling of all the ingredients was found in the ROAST CHICKEN BREAST; it contains "chicken type flavor."



Subway's TUNA checked out as acceptable, but it's a shame they do not use a brand free of hydrolyzed soy protein, which contains monosodium glutamate (MSG). Similarly, their MARINARA SAUCE lists "natural flavors," which could mean MSG. In a survey of member sensitivities, nearly half of those responding reported they are sensitive to this flavor enhancer.

Add-ons

The CHEESE should be fine, as are the vegetables, with the exception of PICKLES; they contain Yellow No. 5.

Condiments

The inclusion of artificial flavor makes Subway's LIGHT MAYONNAISE DRESSING off limits, but the other condiments are acceptable.

Salad Dressings

If you will be ordering a salad you will need to bring your own dressing as all of them contain coloring or BHT.

Cookies

Subway offers two similar cookies: CHOCOLATE CHIP and CHOCOLATE CHUNK. The first, chocolate chip, includes artificial flavor, but the chocolate chunk does not. At the restaurants visited, the staff did not know the difference between the two. Also, the DOUBLE CHOCOLATE CHIP with BRAZIL NUT is unacceptable.

The good news is that you can still choose between OATMEAL RAISIN, PEANUT BUTTER and SUGAR cookies.

Please remember to avoid eating out during the first weeks of the program. Information on restaurant food is never entirely reliable as foods can differ among branches, and can change at any time.

Acceptable Selections:

Subway Italian Bread (CS)
Subway Wheat Bread (CS)
Bread Bowl (CS)

Roast Turkey Breast
(CS,MSG/HVP)
Steak* (tomato powder,
MSG/HVP, CS)
Roast Beef (CS)
Tuna (MSG/HVP)
Cheese

Marinara Sauce* (CS, possible
MSG/HVP)

Lettuce
Onions
Tomatoes*
Green Peppers*
Olives
Jalapeno Pepper Slices* (SB)

Oil
Mustard
Salt
Pepper
Vinegar* (wine)

Oatmeal Raisin Cookies*
Peanut Butter Cookies (CS)
Sugar Cookies
Chocolate Chunk Cookies

* = salicylate (Stage Two)



Jell-O's Birthday

Did you know that 1997 marks the one hundredth birthday of Jell-O? It was the invention of a gentleman named Pearl B. Wait, who made cough medicines. In 1899 he sold the business for \$450.

Initially, Jell-O was a natural product, but today it is composed primarily of sugar, with gelatin, synthetic dyes, artificial flavorings, acids, and other chemicals to control acidity. The product is manufactured by General Foods, which is owned by Philip Morris Tobacco Company.

Mr. Wait would have a hard time recognizing his old recipe if he saw the paint-box colorings now used.

FAUS Resource Catalog adds holiday gift items

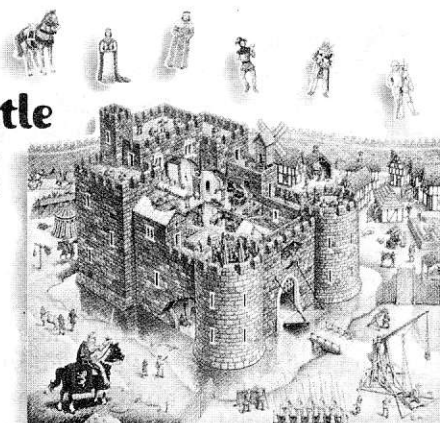
The huge floor puzzles double as cut-out toys and can be enjoyed by children as young as three. Get a head start on holiday shopping.



What's in the Big Red Barn?

Medieval Castle

The incredible detail and cutaway views of this castle will keep kids busy searching for secret passageways and hidden rooms. Kids can explore a dungeon, a great hall, the moat, and even the surrounding countryside as they delve into the era of kings, queens, and knights in shining armor.



Colorful Medicine

Have you read any medicine labels recently? Check out the fine print on children's liquid medicine and you will see that many of them list "hyperactivity" as one of the potential side effects. You will also find a listing of the synthetic dyes they contain, as well as the fact that they are artificially flavored.

Do you suppose there could be a connection between these?

United Way/CFC

This is the giving season for the United Way and Combined Federal Campaign. FAUS can receive donations when an individual fills out a designated donor form, provided by many (but not all) agencies.

To have some or all of your United Way/CFC contribution routed to the Feingold Association, please ask your representative for a designated donor form.

If you have questions, leave your name and phone number on our tape (800-321-3287). We will call you back and work with you to have the Association added to the list of recipients.

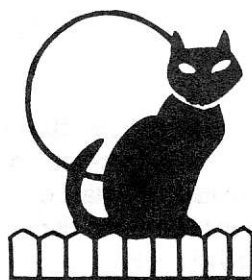


Holiday Catalog

Your young dinosaur enthusiast can assemble his own dinosaur skeleton models. They are made of wood and snap together without any tools.

See the insert enclosed with this newsletter for details on holiday items now available. The products listed in our larger resource catalog are still available.

Check out the catalog when you shop for a gift for a friend or for your child's teacher; or consider one of the audio tapes from our recent annual conference.



Halloween

Refer to your Feingold Handbook for hints on ways to keep your trick-or-treater from being transformed into a monster. Also, check out the section in your Foodlist on acceptable holiday candies. Or, consider using trinkets in place of sweets; balloons are always a popular alternative for children over the age of 3.

Share *Pure Facts* with a friend. Contact FAUS if you would like us to provide a sample copy for a teacher, friend or family member.

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, 127 East Main Street, Suite 106, Riverhead, NY 11901 or phone (516) 369-9340.

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