

# Pure Facts

Newsletter of the Feingold® Association of the United States



November, 1997

Vol. 21, No. 9

## **“We live out in the country. How can I find the food my family needs to be on the Feingold Program?”**

Member families are successfully using the Program throughout the United States, and abroad, no matter where they live.

New members often feel that because they live in a rural area they will have trouble finding the products in their *Foodlist*. Donna Curtis, FAUS's Director of Product Information, is the ideal person to share her experience with us. The Curtis family lives in Carthage, Illinois, a town of 3,000. They have successfully followed the Program since 1986, and

Donna says that she is able to find what she needs in nearby supermarkets and through her buying co-op, a way of shopping that is growing in the United States.

Not only is a buying co-op a good way to find the items you want, but it introduces you to families who share your concern about healthy food, and saves you money at the same time.

The easiest way to learn more about co-ops is to call the one closest to you and ask them where the nearest group is located. Most co-ops split the jobs involved so the time required is minimal. Families not wanting to get involved in running the co-op can generally opt to pay a small additional fee instead.

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## ***Why Our Children Can't Read and What We Can Do About It***

Once a child is established on the Feingold Program he/she will be able to focus and be ready to learn, but if the teaching methods are ineffective, many problems will remain.

Feingold members who are acquainted with the earlier work of Diane McGuinness have eagerly awaited the publication of her new book, *Why Our Children Can't Read and What We Can Do About It*. We are not disappointed.

The first thing the reader learns is that language is a natural development in all cultures, but reading is not. And it is particularly difficult to learn to read a language as complex as English. McGuinness contends that the teaching of reading and spelling in the United States, is, quite bluntly, a mess. The old system of phonics was not very good, and the newer “whole language” approach has been a disaster.



Now, there is evidence to demonstrate that effective methods are available, but because the educational establishment in this country is not held accountable for its failures, there is little incentive to change. She writes, “Over the last quarter century, there has been a revolution in our understanding of how to teach reading, the outcome of an explosion of scientific research. So far, this revolution has escaped the notice of most educators.”

The technique she has successfully used is based upon “phenomes,” which means a unit of sound; they represent the smallest sounds in speech that people can hear. The Read America clinic in Orlando, where McGuinness is research director, shows the student how to hear and identify these little pieces of speech, how to use them to decode the written word, and put them together in order to turn speech into written language. The clinic makes the claim of nearly 100% success in teaching reading to children and adults, including those diagnosed as ADD, learning disabled, or dyslexic.

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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.

# Timothy

by Carolyn Gallagher Brocksmith

Our pediatrician told us "His preschool teacher said he is not meeting her behavioral expectations of a five-year-old. She said to investigate whether he could have food allergies or a neurological problem."

We looked at our pediatrician confidently. Over the years she cared for our three children, we had grown to completely trust her.

"I have never believed there is any connection between food and behavior," she added, and proceeded to refer us to the top pediatric neurologist in the area.

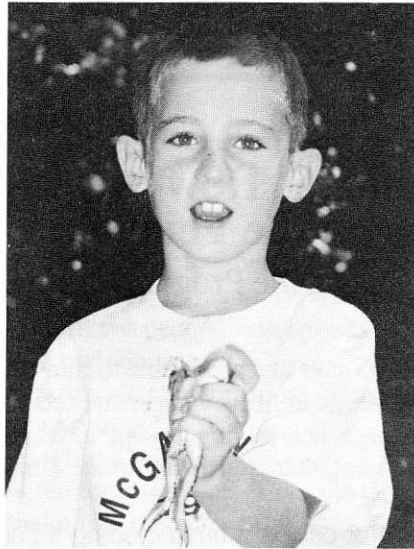
We had no reason to question her judgment. After all, Timothy's diet was healthful and pretty basic. In fact, our babysitter had commented that our children ate healthier than any kid she knew. It seemed absurd to think that wholesome food could be at all related to Timothy's behavior problems.

While his diet remained consistent and steady, his behavior became increasingly troubling. Timothy had always been more energetic than his peers. But now he was no longer allowed to participate in swimming, field trips or other special programs with his classmates.

Within minutes of meeting us, the neurologist diagnosed Timothy with Attention Deficit Hyperactivity Disorder. She explained that our son had been born with some brain dysfunction, that there was insufficient production of certain neurochemicals, that the cause was unknown, that no cure existed, and he needed to go on Ritalin to control the behavioral symptoms.

I was shocked that such a diagnosis could be made after a few minutes of glancing through answers to a questionnaire and observing this child (even if he was crawling under the sink and unscrewing the pedals!). "Are you sure? Don't you need input from others, such as his teachers? Shouldn't you observe him in different settings?"

The neurologist shrugged. "I have all the information I need from watching him here. This is no great mystery. I see these kids every day."



For the next several months we fought the implications of her diagnosis. There couldn't be anything wrong with Timothy's brain; he couldn't possibly need medication, yet his behavior went from bad to worse. Many days the school called me to pick him up because they couldn't handle him.

Timothy desperately needed help. Constantly being in trouble was taking its toll on his self-esteem. He was a bright, sweet boy with a good heart. I knew he didn't really want to always make the wrong choice and face negative consequences. It was painful to be excluded from the group activities at school, and his friendships were beginning to suffer. Moreover, printing, art, math, and everything else that required him to put pencil to paper was becoming increasingly difficult for him—typical of children with ADHD, we were told.

My husband and I read parenting books, attended parenting lectures, and took parenting classes. We redoubled our efforts to consistently implement natural and logical consequences. Nothing changed.

We consulted with social workers, psychologists, psychiatrists, our pediatrician, her partners, my internist, physician friends, and "experts" who spoke at CHADD (Children & Adults with ADD) meetings. Their recommendations were unanimous: try the medication.

Finally, with heavy hearts, we began 16 months of ups and downs with Ritalin and three other drugs. An initial improvement in Timothy's behavior and self-confidence didn't last long. Although somewhat calmer during the day, he wasn't doing well at school. Even worse, the behavioral problems returned in full force at home as the medication wore off. The doctors' response, invariably, was to increase the dosages and combine other medications with the Ritalin. We hated it, but didn't know how else to help him.

The nightmare came to a head when Timothy developed an allergic reaction to the medications so severe that his entire body became inflamed with hives, his joints stiffened to the point where he could not walk or move, and his head and face swelled beyond recognition. On that day we decided that we were through with medication. Timothy missed a week of school while he recovered. We did not know where to turn next.

Then I heard about a friend of a friend whose son was off of Ritalin, thanks to something called the Feingold diet. When I telephoned her she encouraged me to do three things: go through the pantry and discard everything with dyes and preservatives; call the Feingold Association to obtain its materials; and read *Is This Your Child?* by Dr. Doris Rapp.

Not daring to hope that something as simple as different food could have any impact on problems of this magnitude, but feeling quite desperate, we did what she suggested. Then Christmas vacation arrived, a two-week break during which we would have complete control over what went into Timothy's mouth. Our entire family followed a combined version of Dr. Feingold's Stage One and Dr. Rapp's elimination diet.

As the first week went on, Timothy became visibly calmer, more rational and more affectionate. Was he more relaxed due to the break from school, or was there really a connection between food and his behavior?

*Continued on page 3*

During the second week, when we re-introduced some foods, dyes and preservatives on different days, the deterioration in his behavior was unmistakable and compelling. We laughed and cried as the realization hit. There was an intense connection between food and his behavior. All of the doctors had been wrong.

We took Timothy to a pediatric allergist who had trained with Dr. Rapp. Testing revealed, to our amazement, that he has multiple food and airborne allergies. He now receives twice-weekly allergy injections which addresses his behavioral symptoms and, in the long run, will desensitize him.

More important than the allergy treatment has been removing the chemical additives from Timothy's diet. A bowl of the wrong breakfast cereal reduces him to a defiant, emo-

tional, behavioral wreck who can barely print his own name. Our previous apparently healthy diet was actually loaded with chemical additives.

We have relied heavily on the Feingold Association's materials in overhauling our shopping and eating habits. I find that reading *Pure Facts* is like meeting with my own private support group each month.

It will be a long time before I get over my anger at mainstream medicine. A significant portion of my child's life was sacrificed by doctors who never considered the possibility that sensitivities to chemical additives or foods could trigger hyperactivity.

One of the most alarming discoveries was that all of the medications prescribed to address Timothy's ADHD symptoms were full of dyes. For our son, this was tantamount to simultaneously putting on the brakes and accelerating. It seems to me that doctors

should know about, and be teaching us about, the unmistakable connections between food and behavior.

One year later, let me introduce you to the real Timothy. His is a kind, sweet boy who can be gentle and affectionate, but also enjoys roughhousing with his friends. He plays well on his soccer team, excels at video games, loves to read, and is doing so well at school the teachers cannot believe this is the same child. It has not been easy for him to give up some of his favorite cereals and snacks, to watch his friends eating the junk food that he can't have, or to put up with allergy shots. But he has handled it admirably and bravely.

Now in second grade, Timothy recently authored his first story — an accomplishment of which we could only have dreamed a year ago. We thought it might be of interest to other children with some of the same sensitivities.

## Sam Who Couldn't Behave

by Tim Brocksmith

Once upon a time there was a kid names Sam who loved Christmas. But just before Christmas he had a lot of trouble being really, really good. He pushed his troublesome little brother on the ground because he was such a pain! Sam also broke some Christmas tree ornaments playing football in the front room!

Also, he took some stuff from the garage to make some scientific concoctions. His parents told him he was absolutely NEVER, EVER to do this! But, the scientific concoction blew up! Boy, was he in trouble then! Sam knew he was being really wild but he just couldn't stop himself, even though Christmas was coming in about four days.

His parents took him to a doctor. The doctor told him to take a yellow colored pill. Suddenly, he started losing his appetite at lunch. Now his parents were really worried. So they took him back to the doctor. This time half of a black and white pill was prescribed to take with the yellow pill. But Sam's appetite was still poor! There was only three days until Christmas now! He was still naughty even if he had no appetite. This time he tossed his food right at the door! (Especially when people came in!)

Now that doctor was supposed to be an expert but he really didn't know how to help Sam. What would happen now? Christmas would come and Sam would get no presents because he had been so out-of-control.

Now it's two and a half days until Christmas. Sam's parents are absolutely desperate. Sam was stealing more things from the garage and still being mean to his little brother.

Sam's parents took him to his pediatrician. "I know someone who can help," said the pediatrician. "Go to Dr. Oberg's office." "Maybe this doctor can help and our dear little boy can have Christmas after all!" said Sam's mom and dad. Off they went to Dr. Oberg.

"I think he's allergic," said Dr. Oberg. "If you don't let him have preservatives or dyes, maybe he'll get better. Sometimes those things are like poison to kids and their behavior gets out of control."

The family got home and Sam started acting wilder than ever. This time he played soccer in the living room and broke two windows. He knocked another ornament off of the tree.

"Dinnertime!" his mother called. They sat down to a meal of spaghetti and meatballs and macaroni and cheese. Sam ate a lot but he threw a lot too.

It was one day until Christmas. Sam's parents gave him a meal that didn't have any preservatives or dyes. It was a huge meal of his favorite foods. "I think I feel better" said Sam.

He wrote a letter to Santa and apologized for his bad behavior. He apologized over and over and over again. In fact, he wrote all night long on Christmas Eve. In fact, he fell asleep writing his apology note.

When he woke up he said, "I don't think I'll get any presents!" Then his mother called him. "Don't you want to see your presents?" "I didn't think Santa brought me any presents," Sam said sadly.

He went down stairs. First he looked in his stockings and he found a lot of fun things. Then he looked under the tree and he saw at least ten presents with his name on them. "I guess it is a Merry Christmas" he thought.



## Can't Read, from page 1

"'Dyslexia' is Greek for 'poor with words' or 'poor reading.' 'He has dyslexia' sounds medical and scientific. 'He has poor reading' doesn't have quite the same impact. Like many medical terms, 'dyslexia' merely describes a state of affairs and has no diagnostic validity.'" "The term 'dyslexic' was coined by a nineteenth-century ophthalmologist who noticed that some brain-damaged patients could no longer read....unfortunately these ideas led to the belief that poor readers have brain damage." She goes on to say that brain imaging studies and EEG recordings of "dyslexic" individuals show that there is no damage to the brain. Typically, when a child with a normal or above average intelligence

"The forty-three phonemes in the English language are the basis for our alphabet code."

has difficulty reading, he must have a reading disability; the author contends that the problem is more likely to be a teacher who did not receive the training needed to teach the child how to read.

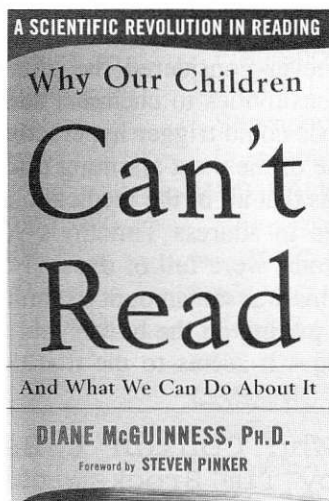
The author is also highly critical of the label of "ADD." "Attentional

control has become an important issue in American schools due to the belief that 'deficits in attention' are causing learning failure, which usually means 'reading failure.' This overly simplistic notion seems immune to twenty years of scientific research showing conclusively that children diagnosed with 'attention deficit disorder' have no attentional problems, at least none that can be demonstrated in controlled laboratory conditions. Instead, research

has shown the opposite: Learning failure causes an inability to attend. The worse you are at something, the more brain cells you need to do it, the harder it is to keep doing it, and the harder it is to keep your attention focused on what you're doing." She believes that a child's inability to spend so many hours working on something he cannot do very well is a likely cause of many behavior problems seen in the classroom.

"Millions of youngsters and adults have serious reading problems through no fault of their own."

This isn't an easy book for the layperson to read, especially the portions where Dr. McGuinness provides documentation of her assertions; but even when it gets somewhat bogged down in the development of sounds and spelling of the English language, or the Sanskrit alphabet, it still remains interesting. For the parent of a child who is having a hard time reading, the basic message comes through loud and clear: you may have to travel a distance to find the help your child needs, or you may need to tackle the job yourself. But there are resources, and they are described in detail.



*Why Our Children Can't Read  
and What We Can Do About It*  
by Diane McGuinness, Ph.D.  
The Free Press/Simon & Schuster  
\$25.00

## Organic food

Federal guidelines which define the use of the designation "organic" are due to go into effect next year. Meanwhile, investors are "seeing green."

Uncle Sam is not ready to admit that foods grown without synthetic fertilizers and pesticides are better for you, or that poultry and cattle are better raised without growth enhancing hormones, or wholesale use of antibiotics. But he does acknowledge the growing popularity of these products, and will require that food labeled as "organic" follow certain guidelines, replacing the many different criteria now in use.

Years ago, any consumer wanting to use organic foods had to: raise it themselves, or buy from like-minded neighbors, or settle for what the *Wall Street Journal* calls "stunted apples and crooked carrots." But today, Americans can find organic selections in many local supermarkets.

We spend \$2.5 billion on organic foods, and this is expected to increase four-fold in the next five years. The sales of conventional foods have increased just 3% to 5% since 1990, while the annual increase in organic food sales has been a whopping 20% to 25%, according to *Business*

*Week*. With so much demand, growers of organic produce can now compete with conventional growers, offering fresh, attractive fruits and vegetables.

The major chain catering to a more sophisticated consumer has been Whole Foods which now operates 74 stores under these names: Whole Foods, Bread & Circus, Well-spring Grocery and Fresh Fields. Shares of their stock have risen 52% this year! Not far behind is the Colorado-based chain, Wild Oats, whose stock has increased 49%.

The potential for profit from wholesome food has brought in the big money, and many familiar brands (Cascadian Farm, Arrowhead Mills, Health Valley, Hain, Westbrae) are now owned in part by major investors. The concern for a Feingold member is that when a company changes hands they might lower their standards and begin using the unwanted synthetic additives. This is unlikely with these companies, whose track record has shown that purity translates to profit.

Food co-ops generally carry the types of food you would find in a well-stocked health food store, but what about items which are hard to locate, but not found in such stores? Suppose you live in an area that does not carry the one variety of Duncan Hines cake mix which is acceptable? Ask the manager of your local supermarket if he would sell you a case of the variety you want (Moist Deluxe Dark Chocolate Fudge) and split it with the other co-op members, your neighbors or relatives. If you have a large freezer you can store extra boxes of the mix there. Any supermarket that carries Duncan Hines mixes should be able to place a special order with the distributor.

If you have a large enough order for a particular product you may be able to buy it directly through the manufacturer — especially if they are a small company. You will probably be able to save money, even after paying for the shipping.

Don't forget to combine food shopping with trips to larger cities where you may be able to pick up some of those hard-to-find foods.

If you will be driving to visit relatives over the holidays, try to plan your route to take you past one of the new "healthy markets" which are rapidly expanding around the country. Non-perishables can travel home with you. If you will be hosting your relatives, perhaps they can do some shopping on their way to your home.

Family members who live in larger cities may be willing to send "care packages" to you during the year.

Small "mom & pop" markets in your home town may have some of those hard-to-find items.

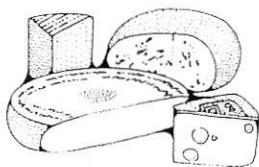
Take a good look at the products available through the mail order businesses listed in the back of your *Food-list* or in the mail order guide being added to our new member packets. Two of these (the Squirrel's Nest and For Pete's Sake) are owned by Feingold moms who will try to help you find the things you need. They may even be willing to prepare foods to accommodate an allergy diet.

## Buying from a Cooperative

*Donna Curtis*

Whether you live in a rural or metropolitan area, a buying group may benefit your family. Buying groups place orders weekly, monthly or bi-monthly depending on members' needs. A member orders only what their family wants, sometimes splitting cases with others in their group. In most buying clubs, members share the work: ordering, bookkeeping, unloading the truck, etc. This helps to keep costs down and creates opportunity for friendships with others sharing your needs.

Health and beauty aids can also be ordered; choices are not restricted to foods.



### Northeastern States

Northeast Cooperatives

1 (802) 257-5856, ext. 358 - ask for Claudia.

Territory: ME, NH, VT, MA, RI, CT, NY, NJ, PA

Hudson Valley Federation

1 (914) 473-5400

Territory: NY & portions of NJ, PA, CT. You can call them for information on co-ops in your area.

### Central & Southeastern States

Federation of Ohio River Cooperatives (Fork Warehouse)

1 (614) 861-2446 - ask for Ron in "traffic."

Territory: Southeastern IN; KY; MD; Northern, Eastern & Western NC; OH; Western PA; TN; VA; DC; WV; Northwest SC; Northern GA; Southern MI

Ozark Cooperative Warehouse

1 (501) 521-4920

Territory: AL, AR, FL, GA, KS, LA, MS, MO, OK, TN, TX



### Midwestern States

Blooming Prairie Warehouse

1 (800) 323-2131

Territory: IL, IN, IA, Northern KS, MI, MO, NE, Southern SD, Southern WI, Cheyenne WY

Blooming Prairie Natural Foods

1 (800) 322-8324 in MN

1 (800) 328-8241 outside MN

Territory: MN, Eastern ND, SD, Northern WI, MI Upper Peninsula

North Farm

1 (800) 236-5880

Territory: IL, IN, MI, St. Louis MO, OH, WI, KY, MT, ND, SD, MN, IA

### Western States

Tucson Co-op Warehouse

1 (520) 884-9951

Territory: AZ, NM, CO, NV, UT, Southern CA, Southwest TX

Mountain People's Warehouse

1 (800) 679-6733

Territory: AZ, CA, CO, WY, HI, NV, NM, UT, Southern OR

Mountain People's Northwest

1 (800) 336-8872

Territory: MT, ID, OR, WA, AK

### Co-ops are great for city folks too!

One of the oldest co-ops in the United States is located in an area easily accessible to city dwellers. FAUS Program Assistant, Sally Marinelli, invites you to check out the Alternative Food Cooperative in Rhode Island, where she works as the office manager. They have both a retail market and a member co-op, with members receiving a discount. The address is 3362 Kingstown Road, West Kingston, R.I. 02892 and their phone number is (401) 789-2240.

## "People Puppy Chow"

Have you tried this easy recipe? Consider it when you need to send a snack in to school, but don't have much time. It makes enough to feed the whole class.

- 1 stick Butter or Margarine
- 1 cup Peanut Butter
- 12 oz. bag Chocolate Chips
- 12 oz. box Crispix Cereal
- 1 lb. box Confectioner's Sugar



In a medium saucepan melt the butter or margarine over low heat. (Approved brands are available in health food stores; you can store extras in the freezer.)

Add the peanut butter and continue heating until the peanut butter melts.

Add a 12 oz. package of chocolate chips and melt them too.

Empty the contents of a 12 oz. box of Crispix into a large pot. Pour the chocolate mixture on top of the cereal and stir to coat it.

Now, for the unique step: Put all of this into a large brown paper grocery bag. Over all of the mixture pour a 1 lb. box of confectioner's sugar. Fold the top of the bag down to keep the contents in, and "shake like crazy."



## Childhood asthma could be linked to gasoline additive

As many as 52% of the children living in the inner city of Philadelphia have asthma, reports pulmonary specialist, Dr. Salvatore Mangione, of the Allegheny University Medical College of Pennsylvania.

Childhood asthma has dramatically increased in recent years and has gone from being a rare occurrence to a whopping 1 in 13 children in the United States, according to the National Center for Health Statistics; this represents a 79% increase since 1982.

Why has asthma drastically increased in children? Feingold members know that food additives can play a part and the Food and Drug Administration acknowledges that synthetic yellow dye and monosodium glutamate (MSG) can trigger attacks in sensitive people.

Now another potential culprit is on the scene: MTBE. This stands for methyl tertiary butyl ether, a chemical added to gasoline, intended to help reduce harmful emissions from vehicles. MTBE was first added to gasoline in 1979 and has increasingly been used to help states comply with the provisions of the Clean Air Act passed in 1990. Critics say that the chemical does little to reduce pollution, but does pose a risk to health as it gets into our air and water. They contend that areas where MTBE is used show an increase in childhood asthma. One professor at the University of Pennsylvania Hospital blames his respiratory symptoms on the chemical interaction between MTBE, gasoline and other chemicals. This results in the formation of two toxic substances: formaldehyde and a chemical called "tertiary butyl formate" (TBF).

One of the groups working for the removal of MTBE is called California Oxybusters; their number is (415) 263-0248.

## Just Getting Started?

November is a good time to go through your pantry and pull out all of the products you will not be able to use on Stage One of the Feingold Program. It's the time of year when many local charities hold food drives.

**Another approach was suggested by one of our enterprising parents.**

She noticed that many of the unacceptable products she had in her kitchen had an 800 number on the label, along with the guarantee that the consumer must be satisfied or the purchase price would be refunded. Explaining that her family no longer wanted to eat synthetic dyes, flavorings, etc., she said she was not satisfied, and received a refund for many of those products.

For non-perishable items recently purchased, you might be able to take them back to your supermarket and exchange them for Stage One foods.

## 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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November 1997

## Our Newest Foodlists have outgrown their covers!

Thanks to the hard work of our Product Information Committee, and the manufacturers' increased response to the demand for food without synthetic colors and flavors, our *Foodlists* have grown. What was a three page list in the 1970s has now become a book over 100 pages long. It is increasingly difficult for the printer to fold and staple the books, not to mention that it is harder for members to carry a *Foodlist* in their purse!

FAUS will be making two changes that will lighten up the *Foodlist* a bit, and allow us to begin including an index at the back of the books.

The products which are generally available via mail order will be removed from the *Foodlist*. This information is not needed in the grocery store, but at home by your telephone. The mail order products will be listed in a separate national Mail Order Guide to be included in our initial membership materials. New members will find it in the resource section of the new member packet. This list will also be sent out with your new *Foodlist* when you renew.

The second change is that we will remove the supplements from the *Foodlist* and add them to the Medication List found in your new member binder. Like the food listings, the number of acceptable supplements is rapidly expanding. When you renew your membership you will receive an updated listing of medications & supplements.

These changes will not take place in all *Foodlists* at the same time. Preparations for the change are taking place now, and will be implemented as the need for printing new *Foodlists* arises. (FAUS produces seven different *Foodlists* for the various regions of the U.S.) Several regions have already recently had their *Foodlist* updated for 1997/98. They will not see these changes until the next revision.

## Rhinosyn cough and cold products

Ed's Pharmacy in Houston, TX continues to stock the Feingold-acceptable Rhinosyn products. Because there has been a change in the area code some people have had difficulty contacting the pharmacy. The new number is (281) 499-4555.

The pharmacy staff is able to compound many prescriptions (prepare them from scratch to fit your needs), and they are willing to assist Feingold members with any questions you may have.

*Thank You Thank You Thank You Thank You*

...to Shula Edelkind for setting up our web site. It is: [www.feingold.org](http://www.feingold.org). Thanks also to Markey Dokken and Shula for helping to respond to e-mail.

...to Rosemarie Roberts for having served as Region 1 Director, and to Ed Neary, our new R.D.

...to the staff at the Royal Anchor Resort in Old Orchard Beach, Maine. One of our members stayed at the hotel, and when she told them they did not serve anything in their complimentary breakfast which was on her diet, they went to the supermarket and brought

## Getting Acquainted

Jacksonville, AR - Beverly Newsom would enjoy speaking with other members, especially those who have been on the Program for more than a year. Beverly is an accomplished cake decorator, and will be testing out natural colorings. The Newsoms have two children; Zach is 9 years old and Delanie is 6. You can reach Beverly at (501) 982-7268.

If your travels take you to **Little Rock**, be sure to check out the Newsoms favorite store: "Beans & Grains & Things" a large, well stocked natural food market staffed by helpful, knowledgeable folks. The store is located at 10700 Rodney Parham; phone (501) 221-2331.

## Cuyahoga Falls, Ohio

Sue Wells has offered to help Feingold members locate the products they need at New Earth, a natural foods store where she works, located at 1605 State Road in Cuyahoga Falls.

## Food allergies/sensitivities?

Not only are food co-ops a good source for natural foods, but they can also be a great resource for those who must avoid things such as milk, wheat or gluten. (See the article on cooperatives in this issue.)

The huge catalogs available from places like Blooming Prairie will help you find what you want without having to seek out retail stores, and will offer new ideas for making even a limited diet enjoyable.

## Welcome to our new Program Assistants

Melbourne, FL: Karen Kirkup (407) 768-8342

Elko, NV: Tammy Poston (702) 753-8623

Wheatland, WY: Judi Taylor (307) 322-9498

Evansville, WY: Lowell & Betty Brehmer  
(307) 473-8625

## FAUS Product Information Center Report

from Donna Curtis

### Yorkshire Farms

This family-owned business, located in Swedesboro, NJ, has completed our inquiry forms for a long listing of natural meat products. They are proud that their meats do not contain: nitrites, phosphates, food starches, food by-products, antibiotics, growth stimulants or MSG. The company's mission is "to provide fully cooked all natural products to customers of both health food and select grocery stores at affordable competitive prices with superior quality, taste and packaging. The statement 'all natural, nothing artificial' guarantees the consumer that the product contains no artificial ingredients from the raw state to the processed finished product."

The meats are fully cooked, vacuum packaged and kept under refrigeration to assure freshness.

Currently, Yorkshire Farms products are being sold in the following states: CA, CT, IL, MA, MD, MN, NC, NJ, NY, PA, VA, WI, and the District of Columbia. If you have a Whole Foods or Fresh Fields store nearby you should be able to find them there. For information on stores in your area that carry their products you can call Yorkshire Farms at (800) 989-0683. Be sure to let them know you are a Feingold member.

Their web site is: <http://www.yorkshirefarm.com/>

These Yorkshire Farms products can be added to your *Foodlist*:

#### Stage One

YORKSHIRE FARMS Natural Roast Beef,  
Honey Turkey Breast, Smoked Turkey Breast,  
Oven Roasted Turkey Breast,  
Pork Kielbasa, Turkey Kielbasa

YORKSHIRE FARMS Hot Dogs: Uncured Beef,  
Uncured Chicken, Uncured Turkey

YORKSHIRE FARMS Sausage: Roasted Garlic &  
Parsley Turkey, Roasted Turkey Breakfast,  
Mild Italian Roasted Turkey

#### Stage Two

YORKSHIRE FARMS Uncured Sliced Bacon (juniper berries), Uncured Turkey Bacon (paprika, red pepper), Uncured Spiral Sliced Ham (cloves), Uncured Turkey Pastrami (paprika), Jalapeno Turkey Breasts (chili & red peppers, tomatoes), Lemon Herb Turkey Breast (paprika)  
YORKSHIRE FARMS Sausage: Turkey Audoville (paprika, red pepper)

Yorkshire Farms products are found primarily at Fresh Fields & Whole Foods markets.

## PIC Report

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

### Stage One

CROWLEY Sour Cream (available on the East Coast)  
DUTCH FARM Haciendas De Oro: Asadero Cheese for Melting (available Midwest & South Central)  
FARINA MILLS Enriched Farina  
HAVILAND Real Chocolate Covered Thin Mints (CS)  
HILL COUNTRY FARE Creamy Peanut Butter (CS) (available in South Central US)  
MAGICK BABY\* Powder (100% pure white Kaolin clay);  
Fragrance Free Baby Bubble Bath, Soap & Shampoo  
MAGICK BOTANICALS\* Fragrance Free: Oil Free Shampoo, Hair Styling Gel, Oil Free Conditioner (available via mail order: (800) 237-0674)  
MRS. PAUL'S Crispy Crunchy Fish Fillets with Bread Crumb Coating (CS)  
NABISCO Cream of Wheat: Regular  
NABISCO Honey Maid Crisps Cinnamon Graham Snacks (CS,SF)  
ORE-IDA Mashed Potatoes, 22 oz. package  
ORGANIC VALLEY\* Organic Unsalted Sweet Cream Butter  
POP WEAVER Microwave Popcorn: Natural Flavor (found at Wal-Mart stores)  
RICE SLICE\* cheese substitutes: American Flavor (CS), Mozzarella Flavor  
SNACKWELL'S Reduced Fat Classic Golden Cracker (CS,SF)  
TOGGENBURGERS OF SWITZERLAND Lemon Wafers (CS,SF), Vanilla Wafers (available by mail order from the Squirrel's Nest)

\* = products generally available in health food stores

### Stage Two

CEDAR GROVE Pepper Jack Cheese  
HORMEL Chili Hot with Beans (tomato, chili peppers)  
Chili No Beans (MSG/HVP, peppers, tomatoes)  
Chili with Beans - Microwave Cup & Can (pepper, tomatoes), Turkey Chili 99% Fat Free (tomatoes, red & chili peppers)  
LIPTON Cup-a-Soup: Chicken Flavor Vegetable (CS, clove, paprika), Chicken Noodle with White Meat (CS, paprika)  
LIPTON Soup Secrets: Chicken Noodle (CS, cloves)  
PIONEER Texas Taco Seasoning Mix (MSG/HVP, paprika, chili peppers) (available in LA & TX)  
WEETABIX Alpen Original Swiss Style Low Fat Cereal (raisins, almonds)

The Feingold® Association does not endorse, approve or assume responsibility for any product, brand, method or treatment. The presence (or absence) of a product on a Feingold Foodlist, or the discussion of a method or treatment does not constitute approval (or disapproval). The Foodlists are based primarily upon information supplied by manufacturers and are not based upon independent testing.