

Pure Facts

Newsletter of the Feingold® Association of the United States



February, 1998

Vol 22, No. 1

If you or your child get sick, will your doctor be allowed to help you?

Your doctor may be aware of an effective treatment, but that does not mean he or she will be permitted to use it. The battle between doctors and medical organizations is not new, but the conflict has increasingly serious consequences.

When you seek help from your doctor, a skilled practitioner will access many sources of information to decide on a course of treatment to recommend. This includes: your history, the clinical examination, the doctor's education and clinical experience, other expert opinions, and current medical literature, which includes studies, both small trials and large, double-blind, placebo controlled.

Traditionally, doctors have had the freedom to suggest a treatment which is different from those generally used, as long as it was based upon good science and followed the oath taken by every doctor to "first, do no harm."



This is the rationale Dr. Feingold used when he suggested an elimination diet for the woman with the terrible case of hives. (This was the beginning of the Feingold Program and is described in his 1974 book *Why Your Child is Hyperactive*.)

Many other medical advances have come about as a result of a skilled practitioner using new approaches. We have all heard the phrase that medicine is an art, not a science. But the practice of medicine is undergoing dramatic changes, and these changes are increasingly limiting the freedom of your doctor to provide you with the benefit or his or her expertise.

Health maintenance groups pressure doctors to avoid expensive procedures; insurance companies pressure them to discharge patients before it is wise to leave a hospital; fear of legal action must always be considered if the phy-

Continued on page 3

Parents can now teach their children to read well

Many children learn to read *despite* the instruction they receive, not because of it. About 33% of the children taught the phonics methods do not read well and 43% of those taught with "whole language" instruction fail to become competent readers. Now there is help available.

The enthusiastic five-year old who knows the names of all the letters of the alphabet attempts to use this skill to read a word. "Cat" is composed of three letters:

C - pronounced "see"

A - pronounced "aye"

T - pronounced "tee"

Put them together and you have "seeayetee." The child doesn't know what a seeayetee is, but every five-year-old knows what a cat is. Even if language at this age is well developed,

in order to learn to read he needs to understand how the symbols found in books represent the sounds he knows. In other words, he needs to learn the code. Unfortunately, many of the names we give to letters of the alphabet have little connection to the sound those letters make when they appear in words. The letter "w" is called a "double-you" but the words starting with "w" don't include the sound "double-you." So the child must learn two sounds for one letter.

Using "whole language" the child would be encouraged to memorize the appearance of the word, and many children can do this — up to a point. But one can only memorize a limited number of words. Once the child begins to encounter unfamiliar words he will lack the tools needed to decipher them. This is the skill we adults use when we encounter new words. (Who would have taught us to memorize "salicylate?")

Continued on page 5

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 healthcare freedom

Some good clean fun leads to a product for Feingolders

When Jan Voigt and Margaret Eakins started making homemade soap in the summer of 1997 they didn't realize that people might really *need* their product. They just thought it was creative and fun.

Jan and Margaret met in 1991 at a La Leche League meeting. Their children were very little at the time and they shared similar philosophies. Soon after Jan started a family day-care in her home, Margaret found she needed to return to work and so she brought her daughter, Victoria. This worked out well because the children were also friends. After seeing each other almost every weekday for years, plus some weekends (they both love flea markets), and after many hours of discussions on almost every conceivable topic, Margaret and Jan had forged a strong friendship.



The Soap Ladies

Jan's connection to La Leche League and her day-care put her in touch with other young families and she learned that many of them suffered from allergies and/or chemical sensitivities.

During a discussion with one of these parents, Jan was introduced to the book *Why Can't My Child Behave?* by Jane Hersey. Although Jan and her family don't suffer from any apparent allergies and sensitivities, many of her day-care children did.

When she finished reading the book Jan contacted many of her day-care parents to give them information about the Feingold diet. She then "Feingolded" her day-care for those children who needed it, as well as for those who didn't. Many of these families saw a great improvement. Jan mentioned this to Margaret, but neither of them knew at the time just how important this information would be.

Margaret's life was becoming very complicated, especially after her daughter began attending public school. Victoria has always been a "high-need" child, but her behavior was becoming increasingly bizarre. After trying many different methods of behavior modification, Margaret

started the Feingold diet, just on the off-chance that Victoria could be reacting to something dietary or environmental. The diet made quite a difference!

In the fall of 1997 Margaret had Victoria evaluated by Dr. Allan Lieberman, a well-known allergist. Victoria was diagnosed with several food allergies, as well as chemical sensitivities. With the help of Feingold, a rotation diet and allergy-extract therapy, Victoria has shown tremendous progress and is continuing to improve each day.

Margaret wanted to be more available to her family and began to look for a way to begin a home business. Jan also considered changing her occupation now that her son, William, was eight years old, and was rapidly outgrowing the day-care. Both families were in need of a change, so they put their talents together. Since both Jan and Margaret love to cook they considered a catering business, but it would have been too expensive to comply with the state's many health requirements.

As the two women brainstormed one day, they happened upon some craft books. Soap making and candle making seemed similar enough to cooking,

and since soap making costs less to start up, they gave it a try. After some hilarious sessions in each other's kitchens they were in business.

They tried out a number of recipes and made a variety of soaps. One day they tried a recipe for a 100% olive oil soap, also known as "castile." Jan and Margaret knew this soap would be wonderful for all of their allergic friends since it has a vegetable base, and there is absolutely nothing questionable added to it. (After sharing samples of the soap with a few of these friends, they also found out just how hard it is to find a really pure product.)

Their castile soap contains no fragrances, no dyes, and no preservatives. It's just olive oil, water and sodium hydroxide, the chemical name for lye. This is the ingredient which changes the oil and water into soap.

"Well, that's how it all began," writes Jan, "We have bars of the soap and a liquid version available. The liquid contains only additional water. So, if you're looking for this or know someone who could benefit from it please give 'the Soap Ladies' a call or drop us a line. We might just be able to save you some 'hunting' time."

Price list:

Bar soap (approx. 4 oz) \$2.50

Liquid soap:

7.5 oz seashell pump \$3.00

8 oz refill bottle (no pump) \$2.50

16 oz refill bottle (no pump) \$4.00

Shipping is additional.

To place an order or to obtain more information contact:

The Soap Ladies
3847 Richland Avenue West
Aiken SC 29801-6321
(803) 642-3764

Your doctor, from page 1

sician deviates from the currently accepted protocol.

Now, an additional sword hangs above the heads of those who seek to heal. The special interests who promote drug-based medicine as the only option are surely threatened by the increasing number of Americans seeking alternative treatments. In response, they have redoubled their efforts to stop doctors who incorporate non-drug therapies.

There have always been factions within the established medical societies acting to get rid of any person or movement they perceived as a threat.

The American Medical Association lost a long and bitter court battle to put chiropractors out of business, and the effort to get rid of manufacturers of nutritional supplements failed. Fewer and fewer doctors now join the AMA, but medical organizations still retain a great deal of power, especially when they can team up with law enforcement.

To ensure that the public receives good quality medical care, there are safeguards in place to identify and stop, even to punish, those doctors who threaten the well-being of patients. In many cases, this protection works as it was intended; in many other cases, however, this system is used to further special interests at the expense of physicians and the public.

When a state medical board acts in an unethical manner, and they are joined in their action by the state's primary law enforcement representative, the Attorney General, the rights of an individual doctor are seriously threatened. In the cases that concern health freedom advocates, the doctor is generally helping patients through the use of non-drug therapies, and achieving good results.

Medical boards which have been intent on punishing a doctor who does not share their views have not been impressed with scientific studies or with patients who have been helped.

In addition, when one doctor is the victim of unjustified punishment, it serves as a warning to others. The result is that the public is denied access to the various safe, effective health care options. There are many cases, both past and present, of this type of witch hunt. (For an excellent documentation of this, see the bestseller *Reclaiming Our Health* by John Robbins.) Non-profit organizations have formed around the country in an effort to meet this threat. (See the article on Citizens For Health.)

Now, for the first time, a medical board is attempting to claim that a doctor who recommends the Feingold Program for ADD is not following the appropriate standard of treatment.



The same people described in John Robin's book — the Medical Board of California and the state's Attorney General, Dan Lungren — have now set their sights on a highly respected doctor. This doctor is involved in cutting-edge research which holds enormous promise for helping children with various learning and behavior problems, as well as those suffering from allergies. He is conducting research in collaboration with the SmithKline Beecham Clinical Laboratories, under the auspices of the University of California, San Francisco. It involves the use of a standard laboratory test to determine which children are likely to respond to a diet such as the Feingold Program.

If this test proves to be a reliable indicator, diet therapy can become mainstream medical treatment, bringing help to millions.

The charges brought by the California Medical Board run over 100 pages in length. One of the charges is that the doctor failed "to institute a step-ladder approach to treating the child's ADHD."

This "ladder of treatment" according to the Board is: "stimulants (Ritalin or Dexedrine), Cylert and some of the tricyclics (Tofranil, Vivactyl), more recently drugs such as Clonidine (Catapres) and Bupropion (Wellbutrin.)"

The Board regards these drugs as "more conservative measures" and calls the use of diet and the allergy treatment used "an extreme departure from the prevailing standard of practice which requires that such controversial interventions be tried only in the context of a systematic comprehensive approach to treatment..."

The Board ignores the fact that there is no requirement (at this time) for a doctor to confine his treatment solely to these powerful drugs. The accusations do not address the fact that four of the seven drugs they favor are not listed in the *Physician's Desk Reference* as suitable for ADD and/or for use by children, and/or for long term use.

The Board does not address the fact that the child in this case had an adverse reaction to Ritalin, previously prescribed by another doctor, or that this child improved under the doctor's care, or that his mother wrote of her appreciation for the help he had provided. No patients complained and none were harmed, so the case is not considered malpractice, and thus insurance does not cover the enormous costs this doctor and his family are being forced to bear.

The doctor could have spared himself and his family several years of harassment when the charges were first brought, by agreeing to the terms of the Board, but he would not agree to limit the help he offered his patients to just drugs and psychiatric referrals.

In an effort to help keep our freedom to receive safe effective medical help, an all-volunteer, grassroots effort is underway.

Medical Defense Fund

P.O. Box 1565
Fontana, CA 92334

They are grateful for the support so many of you have shown.

Continued on page 4

As shocking as all of this information is, the most flagrant aspect of the Medical Board's accusation is a new wrinkle they added on.

Using a consumer protection law designed for realtors and sales people, they accuse this doctor of engaging in "false advertising" by telling patients about options to drugs. This can carry not only a fine, but a prison sentence as well.

The Board complains that the doctor "has an exceptionally fertile imagination, capable of inventing and contriving any number of 'Voodoo Medicine' explanations for his grossly aberrant practice of medicine."

If "an exceptionally fertile imagination" means that a doctor listens, reads and learns, then applies this to the art of medicine, this is where medical advances come from. Since science has not yet discovered the underlying causes of ADD, why stifle "fertile imaginations?"

"Prices of the twenty most popular prescription drugs jumped 80 percent on average from 1984 to 1991, four times the general inflation rate for the period."

Report of Families USA Foundation

Healthcare is a very big business.

Americans spent \$1 trillion in 1997. This comes to \$3,759 for each person in the United States!

An excellent description of the issues being faced by those who favor healthcare freedom can be found in *Alternative Medicine, The Definitive Guide* by the Burton Goldberg Group, sold at major health food stores and many book stores.

This tome, running over a thousand pages, provides a wealth of information on alternatives. In the introductory section they describe the tactics being used by medical boards, medical societies, and the Food and Drug Administration to suppress alternative therapies.

The book explains why pharmaceutical companies are fighting so hard to retain their considerable power. A study conducted at the Mayo Clinic found that Fluorouacil, a drug used to treat animals, could be effective in helping some types of cancers. When the drug is used for animals, vets pay \$15 per year; but if it is sold for use in humans the annual bill is \$1,200.

Citizens For Health

In response to the abuses being carried out, a national organization has formed to restore the rights of Americans to select their own health care and the rights to doctors to offer it.

Citizens For Health is a national grassroots advocacy organization committed to protecting and expanding consumer natural health choices.

They provided a description of a meeting which took place in 1996. "...there was a meeting in Chicago of the Federation of State Medical Boards which was recorded on audio tapes."

CFH goes on to say "According to the doctors attending this meeting (FSMB), all practitioners of chelation therapy, homeopathic medicine, naturopathic medicines, and the food supplements industry, as well as the alternative medicine device industry are scandalously fraudulent in all of their practices and must be completely shut down as quacks and prosecuted with law determined to put practitioners and companies in jail for years."



"Their concluding strategy promised to unify medical disciplinary boards, state attorney general offices, state medical associations, insurance commissioners, hospital and county medical societies, peer review organizations and consumer groups in a common effort to define and prohibit quackery as fraudulent medical practice."

Not only are doctors and parents at risk, but those who sell supplements or any product or device or give nutritional advice likely to threaten special interests are in line for prosecution.

"You can order a cassette recording of this meeting for only \$5.00. Send check or money order to: Citizens For Health, PO Box 2260, Boulder, CO 80306 or call (800) 357-2211. Or, send check or money order to: Tape, c/o ATHA 5419 South Western Ave, Oklahoma City, OK 73109."



Citizens For Health and its sister organization, the American Preventive Medical Association, have played key roles in gaining passage of the Dietary Supplement Health and Education Act which protects our freedom to purchase supplements.

They have fought for, and won, state laws to permit qualified healthcare professionals to work without harassment. States which have passed such legislation are: Alaska, Colorado, New York, North Carolina, Oregon, Oklahoma, South Dakota and Washington. Georgia has a similar law, but the wording is in need of strengthening.

To learn more about Citizens For Health or locate a chapter in your area, write to the Boulder address or call (303) 417-0772 or check their web site: www.healthfreedom.com/index.html

How can you find a good alternative health care practitioner?

FAUS does not maintain a referral list of doctors, traditional or alternative, but we receive many such requests. The American Holistic Health Association (AHHA) might be able to fill such a need. They maintain a list of practitioner referral sources — most are organizations that certify and represent the various disciplines.

The AHHA also provides information on "Health Information Services" which will conduct a search of medical and alternative sources, and provide you with extensive information on your area of concern. Fees range between \$40 and \$350, depending upon how comprehensive a search you want to have. A typical search might provide articles, medical citations, lists of clinics, drug safety and costs, and self-help groups.

For information contact the AHHA, PO Box 17400, Anaheim, CA 92817-6152. Phone (714) 779-6152 or see their web site: www.healthy.net/ahha

Reading, from page 1

The November issue of *Pure Facts* described a new book, *Why Our Children Can't Read*, by Diane McGuinness, Ph.D. It provided the framework for understanding the failure of the current systems used to teach reading to children in the United States. Now, a companion book is available. Called *Reading Reflex*, it is a practical handbook designed to provide parents with the tools and direction to teach reading to any school-age child.

This new book is the work of Carmen McGuinness and Geoffrey McGuinness, daughter-in-law and son of Dr. McGuinness and founders of the Read America clinic in Orlando, FL. Carmen McGuinness is a psychologist and former Montessori school principal. They developed the curriculum for teaching this new system, named Phono-Graphix.

The dedication to helping children is really a family affair. Carmen and Geoffrey's daughter (14 year old

Healthcare choices could be protected by law

Congress is examining legislation designed to make it easier for Americans to select alternative medical treatments.

It is called the Access to Medical Treatment Act, and goes by the designation S.578 in the Senate, and H.R.746 in the House of Representatives.

Introduced by Representatives Peter DeFazio of Oregon and Joe Baron of Texas, the Access to Medical Treatment Act gives patients the right to obtain non-harmful alternative health treatments without requiring that these treatments go through the Food and Drug Administration's (FDA) lengthy and expensive approval process. The bill contains provisions to protect the public from unsafe or ineffective therapies, but it also recognized that many

valuable health alternatives are not provided because the companies which offer them do not have the enormous financial resources to comply with current FDA requirements.

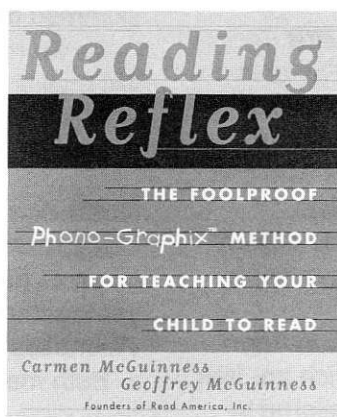
You can let your congressmen know your wishes by contacting them at their local office or their office in Washington. To learn their names/phone numbers call the reference librarian at your public library. You can reach the Washington office by calling the central number for Congress: (202) 224-3121. When you call your Congressman, ask to speak with the aide who handles health issues.

Don't assume that your call will not matter. *Alternative Medicine* quotes Dr. Alexander Schauss, "The average congressional district has around 200,000 people and only about 10 or 15 percent of those people vote. So you only need half of those voters to keep a person in Congress."



Mandy) has established the Teen Literacy Council which trains teenagers to help children learn how to read.

These researchers are highly critical of the concept that poor reading is due to a defect that rests within the child. They resist the assumption that a child who is having difficulty in school is necessarily suffering from a disability or in need of stimulant drugs.



Reading Reflex, published by
The Free Press \$30 US/\$42 Canada
(800) 732-3868

Feingold parents will relate to their methods which take the most current scientific research and use it to formulate a simple program that is easily affordable and has no negative side effects. Like the Feingold Program, it required that a parent be motivated, and provides them with the tools needed.

In several clinical studies they have already chalked up an impressive record of success teaching reading to children as young as four, up to and including adults. They report, "In a University of South Florida clinical study of Phono-Graphix, thirty-seven learning disabled students and forty-eight garden variety bad readers, subjects were taught to read in just twelve sessions with a 98 percent success rate. Two percent took six to twelve sessions longer." (*Orton Annals of Dyslexia*, 1996).

The McGuinnesses work with parents and teachers, and have trained and certified hundreds of reading specialists in the Phono-Graphix method.

The terrible legacy of a cold war

In Roane County, Tennessee, the number of children with learning disabilities, mental retardation and serious health problems increased drastically between 1990 and 1996. The number of children requiring special education placement more than doubled in six years — an increase five times that of the rest of the state.

Roane County is the site of the Oak Ridge reservation, where nuclear weapons were once produced and where the toxic wastes from these weapons are now being incinerated. Many billions of dollars are being spent to try and clean up the contamination at Oak Ridge.

Journalists Laura Frank, Susan Thomas and Anne Paine of *The Tennessean* have reported the results of many months of investigative work. They write, "The U.S. Department of Energy's Oak Ridge reservation is a toxic tapestry of some of the worst, longest-lasting poisons known."

"Radiation, toxic metals and chemicals contaminate 247 buildings and are leaking into groundwater and streams from many of the 56 burial grounds and 52 settlement ponds built to catch waste from reservation laboratories."

Are the many learning, health and behavior problems afflicting the children of Roane County connected with polluted air and groundwater?



Doctors found that some of the workers at Oak Ridge experienced health effects which include tremors, slurred speech, memory and vision loss.

There is sharp disagreement over whether the incinerating of toxic chemicals at Oak Ridge is related to the rise in serious health, behavior and learning effects in the children.

Meanwhile, the use of Ritalin in the United States has increased sixfold between 1990 and 1996, according to the Drug Enforcement Administration, and Ritalin use in Tennessee is 25 percent above the national average.

Proposed regulations to define "organic"

Whether Feingold members choose to buy organic food or not, they believe labeling of foods should be clear and truthful.

The US Department of Agriculture (USDA) has issued its recommendations for the definition of the term "organic" and editors around the country are calling "foul!"

"If you're among the growing number of Americans who shop for organic foods, you may be getting more than you bargained for" notes John Carpi of *Investor's Business Daily*.

"The Agriculture Department's proposal to label certain foods 'organic,' at first glance ... appears to answer the needs of a cutting-edge industry trying to feed the nation's growing appetite for purer products and 'natural' foods free from chemicals and pesticides," writes Cindy Skrzycki of the *Washington Post*.

The editors of the *San Jose Mercury News* believe that the proposed USDA rules "could devastate the industry.... 'Organic' means, among other things, products raised without pesticides or synthetic fertilizers, using agricultural methods that preserve the soil and its fertility. Livestock, to receive the organic label, must be raised under humane conditions, including specific

rules for living space and access to outdoor areas; hormones are prohibited and antibiotics can be used only to cure disease, not just as a routine feed component."

Margaret Mellon, of the Union of Concerned Scientists, notes that a "free-range" chicken could be an "irradiated chicken that never sees the light of day and eats food grown on toxic sewage sludge."

Michael Sligh is chairman of the National Organic Standards Board, which was established in 1990 with the passage of the Organic Foods Production Act. He objects to the USDA ignoring the recommendations of the Board.

The guidelines are due to take effect in March of this year. Consumers who wish to have more information or to send e-mail messages to the government agency can contact them via their web site: www.ams.usda.gov/nop.

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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February 1998

Our First Christmas!

December, 1997

While decorating our tree last night I watched our son, Hunter, pick up fragile ornaments and carefully put them on the tree. I looked at my husband and started to cry, remembering all the Christmases in the past, when I had to constantly remind Hunter to "be careful," "slow down," "don't step there or you'll break something!"

Our first Christmas on the Feingold Program brought back memories from past years that we wish had been different. But I will always remember Christmas 1997 as our *first* Christmas with Hunter — and he's 11 years old.

Thank you, Feingold Association, for giving us the tools we needed to bring about this wonderful change in our son.

Richard & Diann Ording

From the FAUS e-mailbag

"I am a 31-year-old fellow living in Milwaukee, WI. Years ago, my mother — frustrated with the prospect of spending yet another day of living with me, her terribly hyperactive child — put me on the Feingold diet. In eight short weeks, my grades went from D's to A's and B's and I was able to successfully focus and concentrate on a wide variety of activities and interests.

"I don't know what work has been done since Dr. Feingold's passing, but, were it not for the Feingold diet in the early '80's, my life would have turned out much different."

More healthcare choices for consumers

One of the common healthcare problems Feingold members encounter is obtaining prescriptions and over-the-counter medicine which is free of synthetic colors and flavors or aspirin-free. The professionals who can often help are called "compounding pharmacists." These are pharmacists who are able to provide custom-made medicines and vitamins, using basic ingredients, just as you do when you bake from scratch.

Health Dimensions Prescription Laboratory in Farmington Hills, Michigan provides medicines which are free of dyes, preservatives, lactose, and can be tailored to meet the needs of the patient. Michigan members can get more information and assistance from the compounding pharmacist at Health Dimensions; he is Scott Popyk, phone (248) 489-1573.

Thank You Thank You Thank You Thank You

...to all who donated to the Medical Defense Fund. The volunteers who are directing this effort appreciate your help, and remind us that they have a long way to go, and will need continuing help. They have requested that any California families interested in becoming involved in this effort call Colleen at (909) 685-0924.

...to those who are working to protect our rights to select the medical care we believe is best for ourselves and our families.

...to Pat Palmer, Eileen Breen and Deborah Trischler for their work on our newest *Resource Catalog*. The 1998 edition has even more exciting choices.

...to *Tuesday's Child Magazine*, an excellent new publication devoted to helping families of children with disabilities. Their September/October issue contained a favorable mention of the Feingold Program.

Tuesday's Child is the creation of Lynn Martens, a devoted dad whose little boy, Cole, suffers from a seizure disorder.

The magazine explores the options available to parents of children with a variety of challenges, and this issue included information about the high fat ketogenic diet, which has helped many children to become seizure-free.

...to Karen DeGange who has joined the Product Information Committee and has sent many letters and inquiry forms to dairies across the United States. Karen is asking about the presence of BHT in the vitamin A palmitate which is used to fortify low-fat and skimmed milks.

As we receive responses back from the dairies we will publish this information in *Pure Facts*. The down side is that no company is required to respond to consumer requests for this information.

Northern Virginia

If you would like to meet with other Feingold moms contact Laurie Curry at 698-6953. Informal afternoon get-togethers will be held in Falls Church on the 3rd Wednesday of the month, from 1:00 - 3:00.

Both members and guests are welcome.

Getting Acquainted

Lancaster, CA - Kathleen Siamis would like to meet area members and swap information. She can be reached at (805) 726-7027.

FAUS Product Information Center Report

from Donna Curtis

Product Alert!

FOOD LION (Food Lion Supermarkets) brand Our Very Best Chocolate Chip Cookies contains artificial vanilla flavoring in the chocolate chips, but the package label says "No Artificial Flavors."

We have pointed this out to the company, and they acknowledged their mistake. PIC is hopeful they will take a closer look at their supplier and possibly switch back to a natural chocolate. Meanwhile, please remove this product from your Foodlist.

AUBREY ORGANICS Natural Mint Mouthwash & Gargle now has clove oil (a salicylate) and should be moved to Stage Two of your Foodlist.

KELLOGG Frosted Chocolate Vanilla Creme Pop Tarts contain titanium dioxide, an acceptable coloring.

Are there vitamins, minerals, or other supplements that help children with ADD?

As the interest in alternative medicine grows, more and more supplements are being developed and marketed. Many claim to help children with behavior and learning problems, and some even are promoted as a cure for ADD.

FAUS is glad to see so many options being offered to parents, but suggests you use caution in evaluating these products.

Many long-time Feingold parents have used a variety of supplements. We have seen dramatic improvement as a result of the Feingold Program, but seek additional ways to further enhance our children's abilities. We often see that a particular vitamin, mineral, etc. will appear to have a significant positive effect, but that the benefit is short-lived. Although there was no other change, the child's response simply ended after a few days or a week. For others, the improvement appears to be long-lasting.

We have had many reports from our members of different products they believe have been helpful, so it is not possible to predict if a supplement will help your child, or if the benefit will last.

If you do decide to use any of these products we suggest you first ask the Product Information Committee to research them. (See the inside back cover of your Foodlist for instructions.) Then, if you are considering the use of such products — especially those made from algae or colloidal minerals — insist the company provide assurance that each batch is carefully tested to screen for any harmful impurities.

PIC Report

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

Stage One

AXELROD Easy Dieter Lowfat Cottage Cheese (1% Milkfat) *The color added is titanium dioxide, an acceptable "uncertified" coloring.* Available in states east of the Mississippi

COOKIE LOVER'S* Cinnamon Honey Grahams

GUY'S Original Potato Chips Available in Region 3: TN & MS only, Region 4, 5, Region 6: AZ only.

HY-VEE (Hy-Vee supermarkets) EXTRA TENDER Pork: all cuts under this label. Available in the Midwest.

MAGICK BOTANICALS* Cosco Green Clay, Desert Rose Clay. Mail order from (800) 237-0674

MEIJER (Meijer supermarkets) Grated Parmesan Cheese Italian Style

MEIJER Premium Fudge Bars (CS)

MEIJER Vegetable Shortening

Meijer supermarkets are located in the Midwest.

SOYCO Meat Free Deli Cuts meat substitutes: Peppercorn Chicken Flavor (CS)

THE SOAP LADIES' Nonscents Castile Bar Soap, Nonscents Liquid Castile Soap

Mail order from (803) 642-3764

TREE OF LIFE* Fat Free Bite Size Butter Pecan Rice Cakes

VEGGIE SLICES American Flavor Cheese Alternative:

Stage Two

BUBBIES Pure Kosher Dills (cucumber, red pepper)

GRAINFIELD'S Toasted Oat Cereal (peaches)

H.E.B. (HEB supermarkets) Light Sausage (red peppers) Texas only

MAGICK BOTANICALS* Magick Mud/Acne Pack (rosehips) Mail order (800) 237-0674

OSCAL MAYER Bun Length Weiners with No Fillers (CS, N, cloves)

PACIFIC BAKERY Uncle Chuck's Holiday Fruitcake (apples, peaches, raisins) Available only during the Christmas season. Mail order (760) 757-6020

TREE OF LIFE* Low Fat Baked Barbecue Potato Crisps (CS, tomato, paprika)

Valentine Candy

See your *Foodlist* and our mail order listing to find natural candies for Valentine's Day. There are delicious products which are free of synthetic dyes and imitation vanilla flavoring (vanillin).

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