

Strange Sensitivities and Rare Reactions

Pay attention to the connections you see between symptoms and the things you suspect could be culprits. Even if you cannot explain a connection it may turn out to be the solution.

Those of us who were fortunate to have known Dr. Feingold often heard him say that a person can be sensitive to virtually anything. Many times we don't understand exactly why a particular food or chemical is an offender, but it is not necessary to understand how or why it bothers us. If just knowing that it does, and avoiding the substance helps us to feel better, that's the most important part. Trained as a clinician, Dr. Feingold saw his job as helping the patient get well, with the fewest side effects possible. He taught patients to pay close attention to their symptoms and to do the detective work that would uncover the causes.



“Any compound in existence, natural or synthetic, has the ability to induce an adverse reaction in an individual with the appropriate genetic profile.”

Ben F. Feingold, M.D.

It was the observation of a parent that taught him cranberries can be a culprit for some individuals with eye-muscle disorders. And from the observations of other parents he learned that corn syrup could be a troublemaker for people who are not allergic to corn.

So much of the progress the Association has made in the past 22 years has been the result of members observing and reporting their findings to us. We have learned how valuable this information can be, even if we do not initially understand it. Through the years, there have been some unusual reports collected.

Continued on page 3

Fibromyalgia, attention deficits, and salicylates.

There are many different symptoms that share some surprising connections, and benefit from the avoidance of salicylates.

Despite the rapid expansion of knowledge about diseases, there are still many baffling conditions. One of these is an inherited disorder called “fibromyalgia,” formerly known as “fibrositis.” It is defined as “a painful muscular condition that is believed to originate in the connective tissue associated with muscles and joints” (*Merriam Webster's Medical Desk Dictionary*). Most of the sufferers are women, and it can affect people at any age.

A California physician has been treating patients with fibromyalgia for about 35 years, and uses a technique



that requires the elimination of salicylates, but only in certain forms. Paul St. Amand, M.D. is Assistant Clinical Professor of Medicine/Endocrinology at the University of California, Los Angeles, and is himself a fibromyalgia sufferer. He finds that a drug called guaifenesin, primarily used as an expectorant in cold medicines, has been effective in reversing the symptoms of the disease. Guaifenesin has few unwanted side effects, but the reversal process brings a temporary return of the painful fibromyalgia symptoms.

Continued on page 4

A.J.'s Mom finds the answers

How can a child with severe sensory problems go from the 20th percentile to the 98th percentile? With a change in diet and good sensory integration therapy.

Christine Lee worried about the outcome of this pregnancy; she had been sick the whole time with this baby, and the delivery wasn't any easier. Life continued to be tough for little Austin Joseph (A.J.). The ear infections began early on, and by the time he was eleven months old, he had his second set of ear tubes.

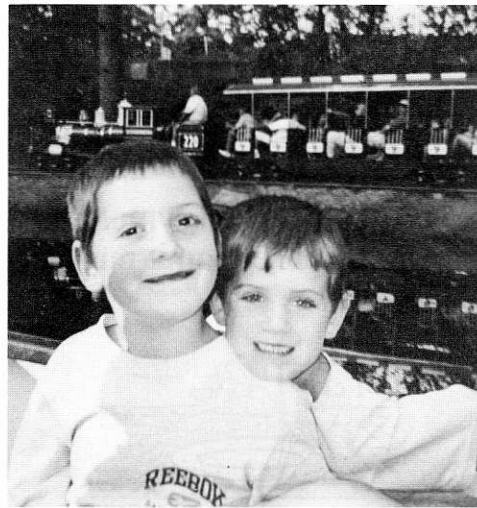
She nursed him and noticed that every time she had eaten tomatoes he would scream. Christine suspected he had allergies, and when she later suggested to the ear-nose-throat (ENT) specialists that milk could be a problem, they just "blew her off." Even the fact that she is a registered nurse did not help her credibility with the doctors. One of the things that prevented others from seeing the extent of A.J.'s deficits was the fact that he compensated so well; he was so intelligent and his speech so advanced that his shortcomings were less apparent.

The difference in A.J. today is amazing.

A.J.'s many ear infections meant round after round of antibiotics — they were artificially colored and flavored antibiotics, of course.

This child who was so loving could quickly become mean, especially when he encountered frustration, which was often. The "sensory integration dysfunction" he experienced meant that even a light touch felt threatening to this child, and he often reacted angrily. Two different preschools asked Christine to remove him. A.J.'s gross motor problems only added to his frustration; he tripped and fell often.

When her son was three Christine began using the Feingold Program and saw a rapid decrease in ear infections and a major improvement in his behavior. Shortly afterward she found help from physical therapists and occupational therapists. They were able to strengthen A.J.'s muscles to the point where, now at six years old, he falls in the 98th percentile in motor control.



Two healthy brothers, A.J. and Collin Lee

Christine found that the O.T.s and P.T.s (occupational therapists and physical therapists) she met were very supportive of her use of diet, and understood the connection well.

Today, A.J.'s doctor is impressed with the progress he has seen in his young patient, and gives Christine's phone number out to other patients who want to learn about the Program. She is fortunate as well that A.J. has a teacher who is very supportive. Recently, while Christine was preoccupied with caring for her mother, she loosened up on diet, and A.J. decided to do some experimenting, sampling candy at school. His teacher phoned Christine, to report he was behaving very differently — aggressive, and tripping easily. When he goes off his diet, the sensory dysfunctions come right back.

Collin's speech delay was severe.

A.J. was pretty unhappy about the experience, and has decided that some non-approved candy wasn't worth the trouble it caused, and is very committed to his diet. Christine often supplies treats for the entire class, and brought in natural Palmer chocolates for the class to enjoy at Easter.

Most Feingold families see that synthetic food additives affect more than one member, and this is the case for the Lees. Christine used to suffer from asthmatic attacks, but has not had to use her medicine since the family began the Program.

Food additives have been identified as the main culprit in the speech delay her younger son, Collin, has experienced. His delay was so profound he was considered eligible for special education. But within one year of beginning the diet, he was dropped from the special ed program.

It's much easier to put the puzzle pieces together if you begin with Feingold.

When *Pure Facts* asked Christine how she thought these different symptoms — asthma, ear infections, speech delays — are related to diet, she explained that she believes the muscles and nerves are extremely vulnerable to the effects of toxic chemicals. When there is a delay in the development of any aspect of the sensory or neurological systems, a child's progress in any area can be affected. Many different systems must develop before a child is ready for speech, which is a very advanced skill. In Collin's case, this was a weak link; but for A.J., different systems were impacted.

Christine believes one of the biggest advantages of the Feingold Program is that it gives parents a good place to begin, rather than blindly seeking out one therapy after another, and overlooking the powerful effects of synthetic chemicals. Parents who start with Feingold are able to systematically evaluate additives, salicylates and potential allergy foods. Then, as they see what helps their child it's easier to identify the next step, whether that means beginning a new form of therapy, adding nutritional supplements, identifying an environmental culprit or removing an allergy food.

Rare Reactions, from page 1

Some of the chemicals which are not removed on the Feingold Program have been identified by members as the source of problems. They include: citric acid, adipic acid, and methyl paraben. Occasionally we hear of a child who is sensitive to mint (genuine mint flavoring, not oil of wintergreen, a salicylate sometimes used as a mint flavoring).

Jerri was excited when her new Maytag washer arrived, but immediately noticed a strong fragrance. The manufacturer had included packages of Tide detergent and Bounce fabric softening strips — both with fragrance. Even though the packages were sealed in plastic, the strong scents came through and were absorbed in the rubber gaskets in the machine!

Ann took her niece to a popular fast food restaurant for one of their children's "happy" offerings, but experienced a very unhappy reaction when the plastic Captain Hook toy was removed from its wrapper. The smell of petroleum from the plastic was so powerful, it brought on an asthmatic attack. She worries about toddlers putting these toys in their mouths.

A similar reaction was reported by a family who let their child play in a "ball pit" — play area filled with colored plastic balls. Plastic is made from petroleum, and can give off strong fumes when it is new.

Shula wondered why the office chair she bought smelled so strong. She was told that the chairs are routinely sprayed with pesticides!



Eddie's mom tells us that he seemed to do poorly after playing with a battery in his clock.

One member cannot tolerate chamomile tea, and another has identified a reaction to Polartec, the ultra warm synthetic fiber which is now so popular.

One family found their pet was the cause of a reaction. Their dog routinely sleeps with their son, who has been doing well on the Feingold Program. But when the child's concentration in school deteriorated, they started watching for clues. It turned out that the problem began when the pet began a regimen of flea control pills. (Which is worse, a fidgety pet or fidgety child?)



April Fools Winners

Dave Letterman may have his stupid pet tricks, but we like to focus on dumb manufacturing tricks.

Just in case there aren't enough toxic chemicals in your world, pet perfume (which goes under the name of Les Poochs) is available in stores like Bloomingdale's and Nordstrom's. Cologne of the Wild advertises itself as "a provocative spray cologne that brings out the beast in lovable pets." Most of the fragrances are marketed to dog owners, but they are suggested for cats and ferrets as well. (I'd hate to see anyone try that on my cat!)

Humans need not feel left out when it comes to the creative marketing of perfumes. Groupe Perrin, a French lingerie manufacturer claims that the tiny capsules of perfume in the fabric break open when they are worn, releasing scents. A company spokesperson claims the perfume will last through six washings. Goody.

Barbara noticed that her baby will immediately develop a rash when she eats foods which are heated in their microwave oven, but this does not happen when the same food is heated on the stove.

The different companies which manufacture automobile air bags use various gases to inflate them. One adult was "burned" by the chemical in the air bag when it inflated in her car.

One of our Feingold children was in the Fairfax Hospital in Virginia for a routine procedure, and was given anesthetic via a mask. The mask had been treated with a scent of artificial flavoring in an effort to make it more attractive to children. It wasn't!

Carmine, a natural red dye, made news nationwide when it triggered an allergic reaction in a Michigan woman. Unfortunately, the millions of adverse reactions to synthetic dyes (including ADD and hyperactivity) are rarely mentioned in the media.

Hush Puppies got creative when they introduced their leather shoes with native American style beading. For some reason, they added a *vanilla-scented cushioned sole*. There was no explanation of the connection between Indian footwear and the synthetic chemical treatment of the man-made sole.

What have we here?

Can you guess what this is: modified peanuts, partially defatted coconut oil and/or partially hydrogenated soy oil and/or partially hydrogenated cottonseed oil, imitation and natural flavor, caramel color, dextrose.

Beatrice Trum Hunter, author of numerous books on foods and food additives, tells us this is the recipe for artificial walnuts.

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Fibromyalgia, from page 1

For some reason, guaifenesin will not work if the patient is exposed to salicylates — but this applies only to some forms of salicylates. Dr. St. Amand cautions his patients to stay away from: aspirin, herbal medications, Ben Gay and similar topical creams, Pepto Bismol, Alka Seltzer, and some sunscreens. They are cautioned to avoid any plant-based substance that is found in lotions, cosmetics, soaps, etc. because of the possibility of salicylate content. In other words, products with plant-based materials may not be rubbed on or applied to the skin. These substances will completely block the effect of all of the medicines used for fibromyalgia. The odd thing is that these same people do not appear to need to avoid eating natural salicylates!

Natural Salicylates

As the Feingold Handbook notes, our information on naturally-occurring salicylates is very incomplete. What's more, sensitivities vary enormously among our members. One common thread among Feingold members, however, is that the salicylates they consume are more likely to be a problem than those they rub on their skin. For the patient using guaifenesin, the opposite appears to be true.

But the highly salicylate sensitive Feingold member might be interested to know about the line of non-salicylate skin care products which are being used successfully by patients of Dr. St. Amand.

Skin Care Products

One of these patients, Andrea Rose, developed five salicylate-free products, which have been researched and found to be acceptable for use on the Feingold Program. They are:

- Cleansing Lotion
- Toner
- Eye Make-up Remover
- Moisture Cream
- Eye Cream

All are fragrance-free, except for the cleansing lotion and toner, which have a small amount of masking fragrance. Call (888) 712-ROSE.

Fibromyalgia

Patients generally have fatigue, insomnia, non-restorative sleep and generalized pain. Common symptoms include: irritability, nervousness, depression, impaired memory and concentration; headaches, dizziness, blurring of vision, eye irritation; sensations of heat, flushing or actual sweating; unexplained anxieties; sugar craving; nasal congestion, post-nasal drip; abnormal tastes, either foul or metallic; transient ringing or other sounds; numbness and tingling anywhere, but usually of the hands and feet; gas, bloating, constipation, often alternating with diarrhea ("irritable bowel syndrome" or "spastic colon"); burning on urination, frequent bladder infections; restless legs, cramps; brittle nails; skin crawling, burning and itching with or without rashes. Symptoms are cyclic, initially followed by normal times but progressively worse, finally constant.

provided by Dr. St. Amand, Marina Del Rey, CA

Some of the symptoms of fibromyalgia overlap those which have been found to respond to the Feingold Program. It will probably be many years before we will be able to sort out the relation of food additives, natural salicylates, salicylates in medicines, and those applied topically to these symptoms.

The web site for information on guaifenesin is:

<http://www.csusm.edu/public/guests/nancym/fibro.htm>

Looking for a good fabric softener?

If you are not extremely sensitive, unscented fabric softening strips such as the scent-free Bounce may be suitable.

Some experts suggest adding vinegar to the rinse cycle. *Clean and Green* author, Annie B. Bond uses 1/4 cup vinegar. Debra Lynn Dadd, author of *Nontoxic and Natural* suggests 1 cup white vinegar and 1/4 cup baking soda in the final rinse water.

"One of the primary causes of static cling is drying clothes for too long," writes Cynthia Fincher in her book, *Healthy Living in a Toxic World*. "If you have a lot of static cling, try running the dryer for a shorter period of time. It will save money on your utility bill as well as on fabric softener. Consider buying

clothes made of natural fibers such as cotton...which are not as prone to static cling."

Dr. Fincher also goes on to suggest that you consider the dryer sheets available in health food stores from companies such as Ecover and Allen's Naturally.

Healthy Living in a Toxic World is available through the FAUS Resource Catalog.



In the March issue of Pure Facts there was an error edited into the article written by Sue Carroll. The article should have read "after our son was diagnosed with multiple chemical sensitivity and we realized the role pesticides played in his condition, I began researching residential pesticide chemicals." This was erroneously edited to add "including his behavior." What the editing staff was trying to convey was the fact that one of the first signs of toxic insult can include behavior. It shouldn't have been assumed and printed that this was the case in the Carroll family. In fact the first signs displayed were muscular twitching and choking sensations. Additionally, it also implied that Sue Carroll's husband applied the chemicals that poisoned their son. In this case there was a licensed pesticide company that actually applied the pesticides. Mr. Carroll used to apply lawn chemicals previously to having any children. We apologize for the error and any misrepresentation this has caused.

Mystery colors are a new technique some companies are using to help separate the shopper from her cash. "Air Heads Fruit Blastin' Soft Chewy Candy" comes in the color "white mystery." To really keep the color a mystery, the manufacturer has not listed the colors by name, as is required by law.

General Mills puts their Squeezit-mystery drink in a black plastic bottle, and challenges the buyer to guess what is inside. We know it doesn't contain food!

A new Squeezit offering allows the child to select the color capsule to be added to the drink. Not surprisingly, the dyes are those few notorious survivors that have not yet been banned.

Not far from the listing of petrochemical ingredients, General Mills includes their toll-free number and statement: "We are committed to quality." (No comment.)

Are you looking for more excitement at bath time? One enterprising company sells synthetic dyes for parents to add to the child's bath water. Many members have seen their child experience dramatic reactions from using colored bubble bath; one can only guess what would happen if you add a hefty dose of dye. These chemicals are readily absorbed through the skin.



New kind of popsicle. A Canadian entrepreneur has come up with a popsicle made from wine and covered with chocolate. It is 90% wine, made from the gewurtztraminer grape, and frozen onto a twig cut from the vine.

Little Rainman speaks to children

Jonathan explains to others what it feels like to be autistic.

"LITTLE RAINMAN"



Karen Simmons has written her son's story in a style that is both direct and charming. The reader is provided with a glimpse into the way the mind of a highly functioning autistic child works. Behaviors that seem bizarre to the uninitiated begin to make some sense as Jonathan, speaking through his mom, explains them.

The many illustrations will add to the book's appeal for children, and it is the author's hope that this slim publication will help other autistic children feel comfortable within themselves, and that their abilities will be valued by others.

The book is available through the FAUS Resource Catalog. Cost is \$16.95 plus shipping. Call 1 (800) 321-3287 for a copy of the catalog.

Tell us about your child's experience with autism

FAUS would like to hear from our members concerning the techniques they have used to help their children with symptoms of autism. We want to know what you found was beneficial as well as strategies that did not seem to help.

Please send your letters to: FAUS, P.O. Box 6550, Alexandria, VA 22306.

Mmm-m-m, Hot Cinnamon Biscuits!

Feingold mom, Joyce Schafer, shares one of her favorite quick recipes. Her family considers it "a more than acceptable clone of the refrigerated package cinnamon rolls."

Quick Cinnamon Biscuits

1 package acceptable brand refrigerated biscuits: Grands! Buttermilk Biscuits, or Pillsbury 1869 Brand 10 Buttermilk Biscuits, or Roman Meal 10 Count Refrigerated Biscuits (CS)

1 Tablespoon melted butter

3 teaspoons sugar

1 teaspoon cinnamon

(check current Foodlist)

Preheat oven. Mix sugar and cinnamon. Place biscuits between two pieces of waxed paper. Use rolling pin to flatten biscuits. Brush each biscuit with melted butter and sprinkle with sugar/cinnamon mixture. Roll up in jelly-roll fashion. Cut each in half and flatten slightly. Place onto ungreased cookie sheet and bake according to package directions (375 degrees for about 10 minutes or till golden brown). Frost with vanilla icing (recipe below).

Vanilla Icing

1 cup confectioner's sugar (white, unflavored)

1 Tablespoon melted butter

1/4 teaspoon pure vanilla extract

1 Tablespoon milk

1/2 to 1 Tablespoon water

Mix confectioner's sugar and butter. Stir in vanilla and milk. Add water until desired consistency is achieved. Stir until smooth. Refrigerate extra icing.

FAUS 1998 Conference Plans in High Gear

Mark your calendar now for the July 17 and 18 two-day conference to be held in Fairfax, VA.

Conference chairperson, Marilee Jones is putting the finishing touches on an impressive lineup of parent professionals who will address members and guests at the 1998 annual FAUS Conference.

She writes, "We have gathered together a unique group of professionals who can lend truth to their convictions. Each of our speakers has a child or they themselves have been identified with a hidden disability such as ADD or autism.

"Each professional/parent has successfully implemented what they recommend in their practice. They know how crucial it is for research and education to keep up with what the parents already know.

"Each speaker will share with us advances in assessment and treatment as well as address your nutritional, educational, medical and psychological concerns. This outstanding compliment of speakers shares our under-

standing of the complexities of a hidden disability and feel the urgency for accelerated research and education as we do."

Parent/professional speakers will include:

John Taylor, Ph.D.

Vicki Tillman, M.A.

Laurie Miller, Ph.D.

Amy Rosenthal, M.D.

Debra Dickson, R.P.T.

See the *May Pure Facts* for details.



Labelit Poison™

Years ago products that were poisonous contained a skull and crossbones; today they will merely say "danger," "warning," or "caution."

The Labelit Poison™ Foundation was one of the exhibitors at the 1997 Feingold Association Conference.

The Foundation has developed a poison awareness/prevention program that creates an activity for parents and children to work together labeling and talking about different products at home. A skull and crossbones sticker is used for identification of poisons. "The skull and crossbones is universal language" says Dave Brown, a founding member. "It used to be around much more than it is today, but it should be there. By placing the stickers on poisonous household products, everybody benefits. Young kids who can't read and who are too often attracted to the pretty labels, as well as all adults will be reminded that these household products are dangerous."

The program teaches the meaning of words on warning labels such as DANGER, WARNING and CAUTION. For example, DANGER means only a taste to a teaspoon of what is in the container can be fatal to an average size adult. What about a child?

Safe Solutions

Providing some guidance to safe alternatives is also a part of the mission. The Foundation was responsible for providing Clear Choice, the cleaning solution used by the hotel at the Conference. The feedback was excellent, with no reactions among our members.

You can learn more about the Labelit Poison™ Foundation and Clear Choice cleaning products by calling their office in Florida at (954) 917-9715.

School Year Calendar

Each year FAUS publishes a School Year Calendar, with information and tips on using the Program, plus advertisements for hard-to-find products.

The Calendar also features photos of our Feingold children and teens. We are looking for informal photos, especially those of youngsters engaged in seasonal activities. (No portraits or school photos, please.) If you like, include a description of the activity, or some information about your child and the effect the Program has had.

Please write your child's name and address on the back of the photo and they will be returned to you when the calendar is printed in late summer. Photos can be either color or black & white as long as the image is sharp.

Mail to: FAUS Calendar, P.O. Box 6550, Alexandria, VA 22306.

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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April 1998

The California Medical Board hearings

Both sides have recessed in the hearings which address the freedom of doctors to be permitted to recommend non-drug choices for children with ADD and ADHD.

The Medical Defense Fund is actively soliciting donations to help pay the enormous expenses involved in defending our rights. (See the February issue of *Pure Facts* and the March issue of *Feingold News* for details.)

Their popular T shirt (below/assorted colors) can be obtained for a donation of \$15 to the nonprofit Medical Defense Fund. These shirts come in adult Large or Extra Large. (Other sizes are available by special order.)



**I support
my doctor's right
to tell me about all
medical treatments**

Please specify the size(s) and quantity and send your check for \$15 for each shirt to: Medical Defense Fund, Post Office Box 1565, Fontana, CA 92334.

In the E-Mailbag

"I have been on the Feingold diet for 18 years. It saved me from a life of drugs and saved my mother's sanity. Even now an infraction makes me clumsy, angry, and anti-social. Please allow my e-mail and mailing address to be used by anyone who wants to know about living with the Feingold diet for a long time.

"P.S. It is good to know that I am not the only one."

Tanya Coulombe
#2-5 Burlington St.
Mississauga, Ontario Canada L4T 1B6
Catanya@msn.com

Our shared web site

If you have gone surfing for our web site, which is www.feingold.org, you may have come upon the site of Russ Feingold, a senator from Wisconsin. His web address is: www.feingold98.org so we now share a "splitter page" with him.

Thank You Thank You Thank You Thank You

...to the Autism Society of America - Central Virginia chapter for inviting the Feingold Association to participate in their recent conference held in Richmond, VA. Special thanks to Linda Moore and the other volunteers for their work in organizing such an excellent program.

...to Laurie Curry and Zohar Edelkind for representing FAUS at the recent Learning Disabilities Association conference in Washington DC.

...to the editors of *Complementary Health*, the News Journal of the Complementary Medical Association (CMA) for their excellent article on the Feingold Program. The article, "Complementary Therapies for ADD, ADHD" appeared in their 1997 publication.

The CMA is a nonprofit medical-educational association stressing the importance of preventive medicine and self-care. They "encourage the integration of all viable medical disciplines and favor the acceptance of efficacious, alternative therapies as full partners with traditional western medicine in a complementary environment."

CMA has a networking and referral service to link professionals and the public to quality care resources. You can contact them at the Complementary Medical Association, 4649 East Malvern, Tucson, AZ 85711. Phone (520) 323-6291.

Anaheim, CA

There will be a two day conference on AUTISM on April 27th and 28th at the Disneyland Hotel. These two days actually represent a "preconference" to be followed by several days of workshops addressing various issues concerning children with special needs.

Guest speakers include: Temple Grandin, Ami Klin, Diane Twachtman-Cullen, Bryna Siegel, Travis Thompson, Marie Bristol, Sally Rogers, B.J. Freeman, Gary Mesibov, Linda Watson and Max Wiznitzer.

Tuition cost is \$270; phone (510) 828-7100, extension 3. Audio Cassettes of the presentations will be sold for \$44, by Audio Magic (800) 679-3646.

Getting Acquainted

Chillicothe, MO - Rebecca Lewis would like to meet other Feingold moms in her area. You can reach her at (660) 645-4420.

FAUS Product Information Center Report

from Donna Curtis

Product Alert!

The label on HORMEL Real Bacon Bits now says "may also contain smoke flavoring." The company has told the Product Information Committee that the Bacon Bits are processed the same way as their bacon, which is currently not acceptable. Please remove this product from your Foodlist.

Product Caution!

WALDEN FARMS has a new line of Fat Free, Calorie Free Salad Dressings which contain the synthetic sweetener aspartame. They plan to slowly phase out the old Fat Free line over the next 6 to 12 months unless they see a demand for it. The old version (in our Foodlists) is a short round bottle on the regular store shelf. The new version states "Calorie Free," is in the refrigerated section, is a totally different label, and lists aspartame (an unacceptable additive) as an ingredient.

Wonder why Cheerios & Kix are not in your Foodlist and Shopping Guide?

FAUS has tried repeatedly throughout the years to gain GENERAL MILLS' cooperation in completing our Product Inquiry forms. They continue to refuse, but have told us they are very happy to work with individual consumers to address any special needs.

Since Lois Miele became Chair of PIC seven years ago, we have seen a great increase in the number of foods advertising "no artificial colors, no artificial flavors, no preservatives," etc. We believe this is partly because they are hearing from the Feingold Association on a regular basis, letting them know this is what we want.

Please take 5 minutes to call GENERAL MILLS on their 800 number and ask them why their products are not on our *Foodlists*. Question them about plain Kix and plain Cheerios, telling them you have noticed the advertisement of no colors or flavors on the box. Ask them if this means they have become aware of the connection between these additives and behavior, learning and health.

Inquire about preservatives in all the ingredients used in the product, because you know these additives don't always have to be listed on the label. Also, ask them if they spray preservatives on the packaging material because you know that doesn't have to be listed either.

GENERAL MILLS may be reached by
Calling: 1 (800) 328-1144 (7:30 am - 5:30 pm, CST, weekdays)
Writing: General Mills, Box 200-BG, Minneapolis, MN 55440
E-Mail: BigG@CIS.CompuServe.com

PIC Report

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

Stage One

AUSTIN Zoo Animal Crackers (CS,SF)
CLOVER Lowfat & Nonfat Milk (California only)
ELMHURST Lowfat & Nonfat Milks (NY and NJ only)
FARMLAND Skim Plus (skim milk in an aseptic package, available in: NY, NJ, PA, MA, CT, VT, FL)
FARMLAND Milks: Low-Fat, Non-Fat (NY, NJ)
FRIGO Cheese Heads 100% Natural String Cheese
KELLOGG'S Pop-Tarts: Frosted Brown Sugar Low-Fat Frosted Brown Sugar Cinnamon (CS)
LANE COUNTRY Lowfat & Nonfat Milks (Pennsylvania)
PANDA All Natural Herbal Licorice Chew
US ABALONE Live, in Shell: Abalone is sold retail in Davenport, CA and mail order: 1 (888) ABALONE.
VALLEY Spinach & Mozzarella Ravioli with Italian Herb Cheese Sauce Mix (available on the East and West Coasts.)

Stage Two

BUBBIES Pure Kosher Dills - refrigerated (cucumber, red pepper)
DIETZ & WATSON Beef Bologna (CS, N, paprika)

Non-Foods

ANDREA ROSE Salicylate-Free Skin Care:
Cleansing Lotion, Toner, Moisture Cream, Eye Makeup Remover, Eye Cream
The Cleansing Lotion and Toner contain a small amount of masking fragrance. Available via mail order from Andrea Rose Products, P.O. Box 5212, Palos Verdes Peninsula, CA 90224 (310) 375-4606.
PRE-SUN FOR KIDS 29 (octyl salicylate)

Tell them the story of your success with the Feingold Program and what happens to you or your child when these additives are consumed by your family. Customer service representatives are trained to be polite and really listen to people, so it shouldn't be hard to get them to hear your story. These employees may then become motivated to work within their company to get their products on our *Foodlist*, and to get the company to reduce the use of these harmful substances.

You can make a difference!

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.