

## Newer studies yield support for diet/ADD connection

“The often quoted position that ‘the relationship between diet and hyperactivity has not been proven’ was based on research in the 1970s. It is now timely to consider the useful studies of the 1980s and 1990s that clearly show a relationship.”

**J**oan Breakey is a dietitian/nutritionist in Queensland, Australia who has studied and written extensively about the effects of foods and food additives on children. Last year the *Journal of Paediatric Child Health* (1997 33, 190-194) published her paper, “Review Article, The role of diet and behaviour in childhood.”

The paper follows the history of the studies, from the early, somewhat crude versions, to improved methods which were introduced, starting in the mid 1980s.

The earlier studies looked for changes in hyperactivity and learning tasks, but in later studies reports from parents showed that other symptoms changed. Sleep disturbances were often mentioned by parents. “Symptoms which may change include those seen in attention deficit disorder



(ADD) and attention deficit hyperactivity disorder (ADHD), sleep problems and physical symptoms with later research emphasizing particularly changes in mood....An important unexpected finding is the number of researchers who emphasize that the symptom most affected by diet is mood, especially irritability.”

Newer studies were designed to avoid some of the serious shortcomings of the earlier trials, including the potential for ‘placebo effect.’ and the size of the population studied. “The numbers [of children] studied in the recent studies collectively are significant. Diet establishment time was considered and the period on diet was longer, as were the challenge phases and wash-out periods. With these changes in study design the problems of order effect in earlier studies were resolved.”

“The most important finding was that in almost all studies there was a statistically significant change in behaviour with dietary intervention. A degree of change was noted with partial and full responses occurring rather than the all-or-nothing earlier expectation.”

*Continued on page 4*

## FDA approves Sucralose, a synthetic sweetener

FAUS will be asking members to provide feedback regarding any adverse effects (or lack of effects) from this new sweetener.

**W**hen Sucralose finds its way into countless foods and beverages (in about two years) it will give the current best-seller, NutraSweet™ (aspartame) vigorous competition.

Made from sugar, sucralose is about three times sweeter than aspartame. By manipulating the molecules of sugar, scientists have created a sweetener that will pass through the body undigested.



Thus far, it appears that sucralose does not have the negative side effects that have been associated with aspartame. (See *Pure Facts* for December 1997/January 1998.)

FDA approval will allow sucralose to be used in virtually any processed foods and beverages. It does not undergo chemical change over time or when heated, and it is considered a suitable sweetener for diabetics.

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.

## The dramatic effects of salicylates

It has taken me weeks to begin this article because every time I started to write about our miraculous experience on the Feingold Program I am brought to tears.

**H**annah was a marvelous and happy baby, although right from the beginning a more needy child than her elder brother. Up until her second birthday I never had anything to say when the doctor asked at her well child checkups about any concerns we had about her (other than recurrent ear infections).

Just before she was three years old, however, we started to feel the "terrible twos" would never end...and they didn't until recently when we were 10 days into the Feingold Program and she was 7 1/2 years old!

Hannah was impatient, irritable, had a short attention span, was disruptive at home and school, impulsive, loud, oversensitive, had myriads of physical complaints and was severely depressed. She had also become chubby and was very lethargic.

We were a family in crisis, overly focused on Hannah, my husband and I becoming angry and frustrated with her and each other, our other children being short-changed in our over-attention to Hannah's hourly outbursts and traumas. We dreaded picking her up from first grade every day because of the negative daily reports of her behaviors and her anger, tears and frustration only adding to her plummeting self esteem.

### We were a family in crisis.

We tried everything we could think of: various discipline and reward techniques, food allergy elimination diets, environmental allergy controls, homeopathy, phytochemicals, complete medical and psychological evaluations, private counseling, changing her school for a lower class size, eliminating television, etc. We were working our way down an exhaustive list of things to do to try and help this very unhappy child, and only one of the professionals we encountered along the way ever mentioned the Feingold diet.

We began to suspect some kind of a medically undetectable biochemical imbalance or sensitivity but we truly



felt our diet was excellent, based on fruits, vegetables, whole grains and lean proteins, with no junk food to speak of ever in the house. As someone sensitive to additives in foods (which should have tipped me off sooner!) I was very aware of eating additive- and preservative-free foods, many organically grown.

We were members of the Association for almost two years before we actually started the Program. My very good friend had recommended it but I felt overwhelmed by having already eliminated dairy products (which did end the continuous ear infections), wheat and yeast from our diets in hopes of seeing her improve. I really thought that following the Foodlist would be an ordeal with which I couldn't cope.

What changed my mind was reading John Taylor's book *Helping Your Hyperactive/ADD Child*. Once I read that he believes the Feingold Diet is as effective as medication for certain children I knew we would get on the Program. Hannah's school had begun pushing for a special ed evaluation and her teacher even subtly suggested maybe Ritalin would be the answer.

Our belief that medication should only be a last resort spurred us into action and we began the Program. Within 10 days my husband and I agreed that Hannah's behavior had improved to 8.5 from 0 on a scale to 10. Her grandmother came to visit during the third week and couldn't get over

the changes she saw. She and Hannah were actually able to begin to have a relationship that just wasn't possible before. I found them sitting together often, reading a book, both of them enjoying it!

Hannah is a different child today, only five weeks into the Program. She is happy, doing very well in school, taking setbacks in stride, being much more patient and agreeable and is basically an enjoyable child. Her physical symptoms have also greatly improved: her skin is clear and smooth, the asthma almost disappeared, headaches and stomachaches things of the past. She has more energy, and now loves to play soccer and other sports whereas before the Program we could hardly get her to move. She likes the Feingold Program because she's actually getting more homebaked treats than she ever did now that the wheat and yeast sensitivities seem to have disappeared.

### She's a different child today.

Hannah is still overcoming social deficits because of all the years she struggled with just being alive, but moving into a new school and community has helped her get a fresh start.

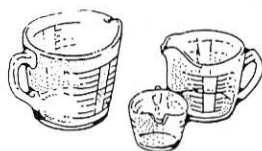
Remarkably the foods we thought were healthy for her (the naturally-occurring salicylates) were the ones she naturally tried to avoid, but which we encouraged!

We can't believe what this Program has done for our family. We have our wonderful daughter back and can't thank the Association enough for being there. We are angry that the information was so hard to come by, that only one of the professionals we consulted seemed to have any knowledge of helping a child like ours without medication, and that the food and pharmaceutical industries seem so greedily involved in keeping parents and professionals uneducated about the Feingold Program.

*Mundy Wilson-Libby*

# In the beginning: Tips on Implementing a Gluten/Casein Free Diet (Without Driving Yourself Crazy)

by Jean Curtin, Director of the Feingold Association's Autism/Intolerance/Allergy Network



I have asked for hints from members who seem to have a good handle on following a special diet for a child with symptoms of autism. Here are some of their suggestions.

Before you begin, look at your grocery list. How many times per day does your child/family eat foods that contain gluten or casein? Without making any changes, keep a log for one week. Write down the obvious foods, such as milk, bread, macaroni & cheese, but also check the soups, sauces, mixes and sandwich ingredients your child prefers. Look for these words: wheat, gluten, barley, rye, malt, casein, caseinate, milk powdered milk, cheese. These are some of the many names for gluten and casein added to foods.

Once again, record information without making any changes in the food you use. For one week keep track of the things that present the greatest challenge. Write down your concerns: some foods may be too expensive or deficient in calcium, or provide too few calories, etc. If your child eats green leafy vegetables, broccoli and fish, you could add extra portions to make up for lost calcium. If not, talk with his/her pediatrician to see if a calcium supplement may be in order. Whenever possible, use the substitute foods for the whole family.

Now, select one item at a time to replace. If your child drinks milk frequently that's a good place to begin. Start looking in local supermarkets and health food stores for one of the milk substitutes in your Foodlist. Buy the smallest size at first, to see if your family likes the taste. You might want to introduce the product very gradually by adding a small amount of the milk substitute to a container of milk. Gradually increase the amount of the substitute, until your family has become accustomed to the taste of the alternative.

Don't give your child a great deal of juice to substitute for milk, as it may

cause diarrhea. You might want to gradually add more water to the juice, until your family is accustomed to drinking it in a very diluted form.

Which bread item will your child miss the most? Are pancakes or waffles a favorite? You might find acceptable waffles in a large supermarket or health food store. Look for a pancake mix or find a recipe that meets your needs.

Asian markets carry a variety of inexpensive noodles with acceptable texture and taste. EnerG Foods has a brown rice pasta with good texture and flavor. There are various mail order businesses that cater to people on restricted diets.

Buy one package at a time and experiment before investing in a bulk purchase. Once you have found products that your family enjoys you can investigate some time and money saving options. Your local market might be willing to order a whole case, which you can use, or split with friends on a similar diet. Food co-ops are a great resource for hard-to-find foods. (See the November 1997 issue of *Pure Facts* for information on co-ops.)

You can contact For Pete's Sake to get special help from a Feingold mom who has her own business providing all natural foods. The number is (800) 864-7383.

There are several cereals on the market that contain acceptable colorings (from natural sources) and use unmalted brown rice syrup as a sweetener. FAUS will research any of these products if they do not already appear on our Foodlists.

The Gluten-Free Pantry makes some very good baking mixes. (We love their sugar cookies.) You can call them for information on their products: (860) 633-3826.

For school snacks, send in a mixture of nuts, allowed cereal and unsulfured dried fruit for a customized "trail mix." For variety, alternate this with a mixture of rice bread sticks, rice chips, nuts, and unsweetened cereal.

Set aside a few hours a week for baking. If you are using this diet for an older child who can help, you can make this a special family time. You might also enlist the help of an older child in scanning foods for forbidden ingredients and picking out his favorite substitute foods.

## What works at our house

Tacos, non-wheat spaghetti, and Chinese food made from scratch are fun for the whole family. We have a special bowl set for taco ingredients, and a set of dishes for fruit or vegetables with dip one night a week. We also make "haystacks" with rice chips and homemade soups once a week.

When we make homemade chicken fingers we boil the chicken and save the broth in ice cube trays in the freezer. This gives us plenty of material for "instant" soup (chicken rice soup made with instant brown rice, a little escarole, broth and water.) The kids are also allowed some junk food (potato chips, dye-free soda, homemade lemonade, homemade French fries) so they don't hate their diet.

My daughter, Lisa, loves making her special chicken dishes: boneless chicken breast fried crispy with a ton of garlic powder, and chicken French style (her brother's favorite). I always keep a supply of fresh fruit and gluten free cookies on the counter. We substitute Italian ice for ice cream, indulge in really hot chicken wings twice a month, and about as often treat ourselves to MSG-free Chinese food cooked to order at a great local restaurant. That adds variety.

If you have a really great recipe to offer, please send it to me at 4266 Rt. 31, Palmyra, NY 14522 or e-mail it to: Finders@Lynnet.com.



Later study designs also took into account food allergies and environmental sensitivities. A family history of allergy and migraines was found to increase the chance of a child's success using dietary intervention. Researchers looking only at allergy foods or only at additives could miss some children who would otherwise respond.

"Non-food items that have been implicated are perfumes, fumes, inhalants..." Breakey addresses the question of why some researchers find that the removal of allergy foods helps, while others see improvement from eliminating some additives or natural salicylates. She suggests that any of these could result in a reduction of the 'total body load.'

"By the 1980s recognition of the complexity of the issues was reflected in methods that investigated more suspect substances and monitored a wider range of areas of change."

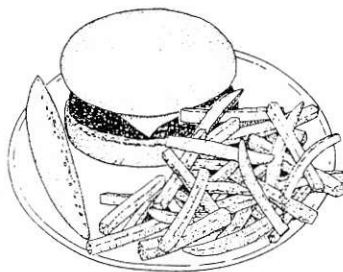
She writes that the improved symptoms noted by parents were sometimes different from those reported by teachers. "This adds weight to the concept that parents and teachers monitor different symptoms and that this difference can add rather than detract from results..." The many successes Dr. Feingold described were based on the reports from parents, not from teachers. Critics frequently overlook this, especially when they cite the very early Harley study at the University of Wisconsin, where the all ten mothers of preschoolers found the diet to be successful.

"In the past the procedure seemed simple: investigate artificial colours in hyperactivity, chocolate in migraine, diary foods in asthma and so on. It has now become clear that such specificity does not apply and any investigation should include the broad range of presenting problems and suspect substances."

## French fries — they might be more than just potatoes

People who are allergic to wheat, milk or eggs may think they can safely eat French fried potatoes, but the potential for a serious allergic reaction is increasing as more restaurateurs switch to "battered" fries. A fine coating of one or more of these common allergy foods results in potatoes that are a deeper golden color, and stay hot and crisp longer than untreated potatoes. It is virtually impossible to detect the coating and the restaurant staff might not be aware it is being used.

One chain, Burger King, has switched to a coating made from potato starch, rice flour and cornstarch. Unfortunately, Burger King, Wendy's and McDonald's fries are off limits to Feingold families since they cook them in oil which contains the petroleum-based preservative TBHQ.



## Solutions

**Q:** My child is unusually sensitive to cane sugar. How can I alter my recipes to use honey instead?

**A:** Rather than trying to adjust your current recipes it's probably much easier to find new recipes that are designed for honey or other sweeteners.

Let's also list other sweeteners in addition to honey:

Sucanat (dried cane sugar juice)

Stevia (natural sweetener made from plants)

Brown rice syrup

Maple syrup

Molasses

Visit the health food stores near you and ask if they have cookbooks with recipes for these sweeteners. Also, contact the companies that make them since most will offer recipes that use their product.

If you don't have access to a good health food store, you might want to try a food co-op. (See the November 1997 issue of *Pure Facts* for information on locating a food co-op.)

Once you gain experience in working with an alternative sweetener you will probably be able to go back to your original recipes and modify them.

## Brain activity of children with ADHD responds to certain foods.

Another study, carried out in Australia and published last year, supports the connection between diet and its effect on behavior and learning.

"In 15 children suffering from food induced attention deficit hyperkinetic syndrome, topographic EEG mapping of brain electrical activity was carried out following avoidance and ingestion of previously identified provoking foods... During consumption of provoking foods there was a significant increase in beta activity in the frontotemporal areas of the brain.

"These data support the hypothesis that in a subgroup of children with attention deficit hyperactivity disorder

certain foods may not only influence clinical symptoms but may also alter brain electrical activity."

Topographic mapping of brain electrical activity in children with food-induced attention deficit hyperkinetic disorder. Uhlig T, Merkschlager A, Brandmaier R, Egger J. Institute for Child Health Research, Clinical Sciences Division, West Perth, Australia. *Eur J Pediatr* 1977 Jul;156(7):557-561.

## *I-Hope Crackers, eating carefully, but well*

Marilyn Voelker is a long-time Feingold member who has found that both she and her son must avoid many common allergy foods. Today they are thriving on a diet that eliminates the major offenders and rotates the other foods.

"What'chu making, Momma?" two-year old Jesse asked.

It was a good question. I knew what I hoped the finished product would be but I had no recipe to follow, and I had never before tried baking with a non-grain flour. So it was with a bit of uncertainty that I answered, "I hope, crackers."

Then I rolled out the dough, scored it and put it into the oven. Fifteen minutes later, with a drawn out "Um-m-m" over the crispy little buckwheat squares, Jesse asked "Kin I have a I-Hope Cracker?" And so, my first adventure in inventing allergenic recipes had been named.

Since that day I've added more than 500 recipe inventions to my collection. More importantly, though, since that day my allergies have decreased, my energy has increased, my moods have moderated, my depression has disappeared, my skin has become unblemished, my thoughts have sharpened, my sleep has become refreshing, my seizures have ceased, and my overall health has improved a thousand percent.



Jesse too has improved and is no longer the hyperactive, hypersensitive, irritable, allergic, sleep-problem child he once was.

*Marilyn Voelker*

Marilyn has put all that she has learned into a book. Clearly a labor of love, the book provides a wealth of information for people who are faced with a restricted diet.

Topics covered include:  
food families  
resources for hard-to-find products  
food substitutes

a wealth of recipes using the various alternative flours and foods  
an extensive glossary.

It is divided into four sections, with a listing of foods that can be used, and designed so that a food will be eaten no more frequently than every fourth day. Each section contains menu ideas and recipes to correspond with the food groups for that day.

Marilyn notes that each day Jesse asks "What day is it?" And each morning she answers, "quinoa" or "corn" or "buckwheat" or "rice."

All of the recipes have been developed free of dairy milk, wheat and yeast. With a few exceptions they are also mold-free, salicylate-free and gluten-free. Gluten intolerant individuals should avoid the recipes that use spelt, oats, and barley.

A limited number of copies of the book have been printed and are available from Marilyn, RR 1, Box 131, Howard South Dakota 57349. The cost is \$23.00 plus \$4.25 for shipping.

It is 136 pages (8 1/2 x 11") with a plastic spine that allows it to lie flat.

## *Good Food, Milk Free, Grain Free*

Although this book was written primarily to help those with mental illness triggered by food intolerance, it is a useful book for anyone who must avoid gluten or casein.

The introduction by Beatrice Trum Hunter provides a wonderful description of the complexity of food processing, and how many ways unsuspected foods (or additives) can be introduced at some point in the processing.

Hilda Cherry Hills wrote this little book in 1980, but it is relevant today as more and more children are being diagnosed with symptoms of autism.

Many of the recipes rely on potatoes and potato flour to substitute for wheat. A milk substitute offered, called "Magic Milk" uses lightly cooked eggs. New strains of salmonella now raise the possibility of becoming ill from undercooked eggs, so this recipe may no longer be advisable.



Available through the FAUS  
Resource Catalog.  
Phone (516) 369-9340

"It is possible to avoid milk, grains and other common allergens provided one eats simply and chooses food in their primary state. However, with current American food and beverage processing techniques developed in increasingly sophisticated ways, it has become virtually impossible to detect the presence of these possible allergens that certain individuals need to avoid. To have a thorough knowledge, one would need to become an expert in the field of food science and technology."

*Beatrice Trum Hunter*

## FAUS Annual Conference — learn how to give a Feingold workshop

Have you ever wanted to go into your child's class and teach the kids about foods and food additives? Would you like to get them excited about good food?

One of the workshops at our **Annual Conference, July 17 & 18th**, will be Jane Hersey's Trashcan Talk, that explains the Feingold concepts in a way that has an audience "ooing and giggling" at some of the crazy things being done to food.

The one-hour workshop was recently presented to 10 year olds at the Woodbridge Middle School in Northern Virginia. We thought you might enjoy some of the (unedited) letters the students sent afterward.

"Thank you very much for telling us about the causes of food on the brain. The Feingold diet sounds interesting. Mabey I will go on that. I guess I will stop eating petroliem. My mom seems very interested to."

"We went to the store and we had to get cough drops and we looked on the package and we found Red 40 so we didn't get them."

"I just wanted to thank you for coming and making us, as kids to relize you can eat some of your favorite foods and still stay healthy."

"I really liked the stuff you talked about! It was neat. I didn't know you could be eating crude oil!!!! thats disgusting!"

"Now I know what to look for on food and lables. I'll try not to drink or eat bad food thats not good for me."

"I enjoyed learning about BHT and BHA. This morning I looked on the place that tells you what's in it. Boy - was I amazed. Now I think I'm going to watch what I eat."

"I think that you are right changing your diet help you to think clearer and concentrat better. I might change my diet because I need help in whriting and spelling that is very hard for me to concentrate on."

"It was neat how dyes could make your handwriting worse."

"Today I looked at my Gatorade and it had red 40. I still drank it though. I did it because I had just gotten back from track practice and I was so thirsty. I was wondering if that was O.K.?"

"I thought the foods that were good for you tasted bad, well I guess I was wrong."



### Summer Vacation!

If you're looking for the ideal place for your family's vacation, take a close look at the Washington, D.C. area, the site of our Annual Conference.

What could be better than lots of natural food, every kind of recreational opportunity, unparalleled sightseeing and shopping, as well as reasonable rates at a great hotel?

One parent can attend our Friday or Saturday workshops while the other is off with the kids for a close-up inspection of the black armored suit of Darth Vader at the Star Wars display. All of the costumes, props and memorabilia of the classic film are on exhibit at the Smithsonian until October of this year.

If you have already visited the many fascinating museums and attractions in the nation's capital, come take a look at the recently-opened Newseum in nearby Arlington. A skillfully designed series of displays guides you through the development of human communication from smoke signals to CNN.

Entire books are devoted just to the many interesting places, attractions, and events in the greater Washington area. It's an easy way to learn about history while you're having fun.

*We'll see you in July!*

"I never new what those numbers ment. I also never new that the food coloring in a food effected the way a person thought, and moved. Well, I just wanted to let you know I really appreciate you took time to come and teach us something we never knew before, that actually sunk into some peoples brains. (Not mentioning any names)"

"I guess I should change my diet to because I stink at writing."

"I thought it was neat what you told us. Beafore you came I knew nothing about what was in the food I was eating, now I do."

"I might try avoiding colors and artifacal flavors on test days."

### 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. [www.feingold.org](http://www.feingold.org)

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May 1998

## Special Diets and the Feingold Program

If you are new to the Feingold Program you may have heard descriptions of it that are not accurate. Many people mistakenly believe that the Program requires eliminating sugar, or chocolate, or milk.

**Sugar:** This misunderstanding comes from the common practice of referring to candy or any sweetened food as "sugar." The most likely culprits are the synthetic additives, not the sugar in the product.

**Chocolate:** Many people who believe they are allergic to chocolate are actually reacting to the synthetic vanilla flavoring, listed as "vanillin."

**Milk:** Although it is not eliminated on the Feingold Program, it is a common allergy food, and appears to be very poorly tolerated by children with autistic symptoms. The same is true for gluten, found in most grains.

This issue of *Pure Facts* describes other diets that are being used by some of our members who have found that the elimination of synthetic dyes, artificial flavors, the three antioxidant preservatives, and natural salicylates has helped them, but some problems still remain.

**"Start with Feingold"** is the advice our experienced members give. It's surprisingly easy and will usually bring significant improvement, even for the person who has serious problems. After you've become established on the Feingold Program, re-evaluate and see if you need to take the next step; we hope this newsletter will assist you in finding that additional help.

## *Thank You Thank You Thank You Thank You*

...to Susan French and Barbara Tiberi for their wonderful article on the Feingold Program which appears in the April 27 issue of *FIRST for women*.

Susan learned about the Program in a previous article that was published in *FIRST* in November of 1996. The phone calls we received as a result of that magazine article were staggering, and as this newsletter goes to press, the toll-free number in New York is again going non-stop.

...to all the staff in the NY office for again going way 'above and beyond' what could be expected of even the dedicated Feingold member.

...to Renee Moriarity, Terri Prosser and Mary Runyon for a bringing the Feingold message to their Charleston, South Carolina community.

...and special thanks to Aaron Moriarity for helping his mom tell people about the good food he enjoys.

...to the Mount Pleasant Harris Teeter supermarket for donating all of the food for both of the seminars Renee has led. We appreciate their generosity.

...to Brad Crafton of the Charleston, SC *Post and Courier* for his article on Aaron and his family.

...to the friends of Colleen Smethers who have offered their sympathies on the death of her daughter, Marci. Colleen has "been there" for countless families in need of her caring and wisdom, which she has generously shared for many years.

## Drug-free ADD Solutions

The excesses of medicine used for children with learning and behavior problems is triggering a backlash of parents and professionals who want to know *all* of their options, not just those favored by the pharmaceutical giants. In the coming months there will be several important conferences/workshops that will explore other options. If you are fortunate enough to be able to attend one or more, you won't be sorry; here's "where it's happening."

**Annandale, VA - June 6:** Dr. John Taylor is a real "pro" at helping parents. His funny and fabulous workshop is "chicken soup for the soul" of the parent who has been given a rough time from the people who are supposed to help. Dr. Taylor offers practical, kid-tested solutions to issues parents and teachers face.

He travels all over the US and to parts of Canada, and will be back in Virginia by popular demand this June as a result of his March workshop. For details on the Virginia meeting, call Carolyn Grafton at (703) 690-3071.

To learn when Dr Taylor will be coming to your area, call: FACT'R at (800) 847-1233.

**White Plains, NY - June 19 & 20:** Authors and experts on nutritional alternatives will participate in the ADD Action's International Conference. For information call Mark Ungar at: (212) 769-2457.

**Hot Springs, AR - July 11:** Once again authors and experts will gather to share their knowledge. For information call Michelle Barker (501) 262-2031.

**Fairfax, VA - July 17 & 18:** The Big One: FAUS' Annual Conference will feature professionals who are involved in cutting-edge therapies, and who also are parents of affected children. Dr. Taylor will be one of our featured speakers.

## FAUS Product Information Center Report from Donna Curtis

### Product Note

Many of our members have been successfully using IVORY FREE (fragrance-free) Shampoo & Conditioner. Thanks to Diann Ording for letting us know that Proctor and Gamble has discontinued this product. You can contact the company and request a form to purchase up to \$50 worth of the remaining stock. For details call P&G at (800) 262-1637.

If you call, please ask them to reconsider their decision. Our members find it difficult to locate readily-available unscented hair care products.

### Scents, Fragrances & the Feingold Program

Some members may wonder why certain household and health & beauty products are never listed in their *Foodlist* even though their ingredients seem to fit the *Feingold Program*. The reason may stem from FAUS PIC policy which does not allow products with natural or synthetic fragrances to be included within our *Foodlist & Shopping Guide*. Only those products using masking fragrances or those which member experience indicates as well tolerated are acceptable.

Survey results of Feingold members (see *Pure Facts*, March 1997 issue) demonstrate that fragrances, especially synthetic ones, are indeed a problem for many Feingolders.

Following is a list of products researched by PIC which are not included in your *Foodlist* because they contain natural fragrances. If you are an experienced member and have not had difficulty with natural fragrances, you may wish to cautiously test each one to determine if you are sensitive. As with salicylates, fragrances are a very individual matter; even masking fragrances can be poorly tolerated by some people.

The main source of natural fragrance in these products is essential oils which have highly aromatic fragrances.

#### **Products containing natural fragrances -- for experienced members only!**

AUBREY ORGANICS\* Primrose Tangle-Go Conditioner, Lusterizer & Styling Spray; Ultra-15 Natural Herbal Sunblock (would be Stage Two because of rosehips); Titania SPF 25 Full Spectrum Natural Herbal Sunblock (available in health food stores or via mail order)

CALENDULA\* Baby Oil (would be Stage Two because of almonds), Baby Soap

LIFE TREE\* Fresh & Natural Bathroom Cleaner with Tea Tree & Lavender, Premium Dishwashing Liquid, North American Wild Lavender Herbal Liquid Soap

THE SOAP LADIES Naturalscents: Buttermilk Bar Soap, Cinnamon Liquid & Bar Soap, Eucalyptus Liquid Soap, Lavender Liquid Soap, Lemon Liquid Soap, Peppermint Liquid Soap, Rosemary Bar and Liquid Soaps, Rosewater & Glycerine Bar and Liquid Soaps, Tea Tree Liquid Soap, Tea Tree & Sage Bar Soap, Triple Lemon Bar Soap, White Lavender Bar Soap (mail order: The Soap Ladies, Aiken SC 803-642-3764)

### PIC Report

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

#### Stage One

3-MINUTE Old Fashioned Oats, Quick Oats, Quick Oats Plus Oat Bran

(available in Southeast & South Central regions)

ARNOLD Breads: Country Buttermilk (CS,CP), Country Potato (CS,CP), Country Wheat (CS, now has CP) (available on the East Coast)

BRAN'NOLA Moist & Natural Nutty Grains Bread (CS,CP) (East Coast)

COLOSSO Danish Style Junior Waffle Cones

FOOD FOR LIFE\* Ezekiel 4:9 Sprouted Grain Bread (This can be ordered through their website: [www.food-for-life.com](http://www.food-for-life.com))

GOLDEN GUERNSEY Lowfat & Nonfat Milks (WI & IL)

LENDER'S Big 'N Crusty Honey Wheat Bagels (CS)

SHELTON'S\* Chicken Rice Soup

THE SOAP LADIES Nonscents: Liquid Castile Soap, Nonscents Castile Bar Soap (mail order)

THE SOAP LADIES Naturalscents: Aloe & Vitamin E Bar Soap, Cornmeal Bar Soap, Milk & Honey Bar Soap, Oatmeal Bar Soap, Wheat Germ & Honey Bar Soap. *These are listed as "scented" even though they do not have added fragrances or oils; the scent comes from the ingredients used. They suggest you identify yourself as a Feingold member when you call.*

#### Stage Two

AUBREY ORGANICS\* Natural Mint Mouthwash, Breath Freshener & Antiseptic (clove oil, oil of wintergreen) Mail order by calling (800) AUBREYH. Also see their website: [www.aubrey-organics.com](http://www.aubrey-organics.com)

MARZETTI The Original Slaw Dressing (CS,SF, cider vinegar) This product is found on store shelves, not in the refrigerated section.

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