

Pure Facts

Newsletter of the Feingold® Association of the United States



June, 1998

Vol. 22, No. 5

Professional Parents on a Mission

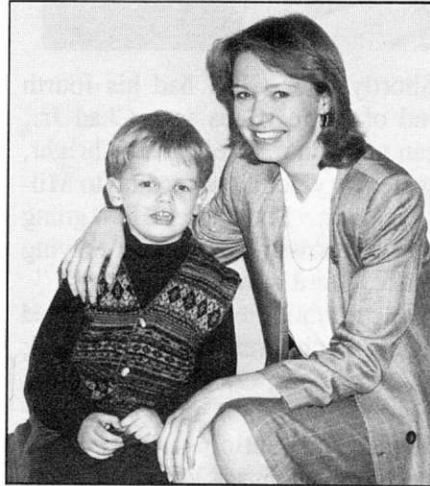
FAUS's two day seminar will explore ways to help children at-risk and those with special needs. Professionals whose own children have ADD or autistic spectrum disorders will address members and guests, sharing their strategies for interventions that work.

Caring & Sharing

Professionals who are leaders in the fields of ADD and autistic spectrum disorders will describe the new findings they are successfully using for their own children and sharing with other parents.

That's right, our speakers are parents of children with either ADD or autistic spectrum disorders, and/or they have been diagnosed with it themselves.

For an information brochure and details on registration and accommodations, call (880) 321-3287 or visit our web site:
www.feingold.org/conf_98.html.



*July 17 & 18, 1998
Fairfax, VA*

The underlying causes of ADD and autistic spectrum disorders remain a medical mystery. Many clues exist in the literature and in the offices of clinicians who look beyond merely covering up the symptoms. But it can take many years before the clinical successes get into mainstream medical treatment.

Our kids can't wait!

We need to know what scientists and physicians are now only just whispering about. We need to learn what professionals with affected children are doing in their own homes to achieve remarkable results. Seminar speakers will guide us through the emerging information, providing an understanding of the resources available.

More on page 3

Natural Salicylates in Plants

The salicylate found in many plants, which closely resembles aspirin, is a source of trouble for many Feingold members. New research tells us more about this puzzling issue.

Since salicylate was first found in willow bark, it has been shown to be produced by many other plants, including tobacco. Researchers at Rutgers University have learned a great deal about the production of salicylic acid by studying the tobacco plant.

Ilya Raskin and his associates report that tobacco plants form salicylic acid in response to a threat; in this case the threat was the tobacco mosaic virus. Once the plants were infected, they began to produce the salicylate, which not only helps that plant fight the infection, but also triggers a similar response in neighboring plants.



Affected plants produce large quantities of salicylic acid, some of which turns into methyl salicylate. Raskin collected the air (containing methyl salicylate) circulating around the diseased plants and pumped it over the healthy plants. As a result the healthy plants produced more immune system proteins, enabling them to become more resistant to the disease.

Feingold volunteers have long theorized that the natural salicylates which are produced by many plants may serve as a chemical defense of some kind. This work appears to support that explanation.

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.

Dad benefits from a diet for his son

Chad Klacynski went on the Feingold Program to support his son, but it turned out that his own response has been even more dramatic. Chad used to suffer from painful nasal polyps.

His family has a history of allergies and asthma, as well as nasal polyps; in fact these problems are found on both sides of his family so it came as no surprise that Chad suffered from them as well.



“Suffered” certainly is an appropriate word for anyone afflicted with nasal polyps. These are nodules that form in the cavities behind the nose and adjacent to the sinuses. They are little sacs that develop by themselves or in groups, and a single polyp can become as large as a grape. There isn’t much extra room in this area, and as these growths enlarge and multiply they prevent drainage and put pressure on the adjacent organs. The result is a feeling of heaviness and intense pressure, with painful, pounding headaches.

Many days Chad would have to come home from work early, and just lie down to try to obtain some relief.

It isn’t clear what causes polyps to form, but they appear to be the result of the body’s reaction to allergens or certain chemicals. Infections often follow the development of polyps, possibly because the drainage is blocked, so a course of antibiotics is generally given.

Treatment usually begins with antihistamines, decongestants, and possibly allergy shots. In severe cases doctors prescribe steroids to help shrink the polyps, and then perform surgery to cut them out. Since the surgeon is working in an area where there are so many vital organs, it is necessary for the patient to be able to respond to instructions. Because only light sedation is used, the procedure is quite painful.

Shortly after Chad had his fourth round of surgery, his son, Chad Jr., began preschool. He’s a very bright, “high energy” child according to Millie, his mom. She adds, “He’s going to shape this world, and we’re trying to make sure it’s in a positive way.”

The preschool teacher had worked with many children like little Chad; they are curious, creative and on-the-go, but at times their energy can take a negative direction. Before she moved to Lynchburg, Virginia, where the Klacynskis live, she had taught in Roanoke, where many of the professionals are acquainted with the Feingold Program. The preschool teacher encouraged Millie to contact the Feingold Association, which she did, and the family went on the Program together.

They never expected nasal polyps to be related to diet.

It was wonderful for Millie and Chad to see their child benefit from the Program. (When he eats the prohibited synthetic additives, he says his brain “is going too fast.”) But it was a totally unexpected gift, the Klacynskis say, that Chad’s symptoms responded.

After a few weeks on the Feingold Program, Chad told Millie, “You can’t believe the difference in how I feel.” The pressure, the headaches, nasal congestion, and of course, the polyps somehow seemed to be connected to the ingestion of certain food additives and salicylates.

As an adult it is easier for him to identify and describe the symptoms he experiences when he eats something off his diet. The reaction is almost immediate, Chad told *Pure Facts*. The old familiar pressure, stuffiness and headaches come back to remind him of the days he would sooner forget.

As they gain more experience on the Feingold Program, the Klacynskis have become better able to identify other irritants. They have found that Chad is highly allergic to whole wheat, but can have spelt, and that he does best with less processed foods and pure water.

Millie never saw a reason to pay much attention to the ingredients in the food she bought for her family, but today it just makes good sense to provide the best quality possible. She has found help and support from Fresh Air, a local natural foods store, and can get wonderful produce at the farmer’s market. Twice a month the family makes a trip to Charlottesville, VA where there is a well-stocked Whole Foods Market.

Chad and Millie continue to refine their diet because they believe there are other sensitivities or allergies to be addressed. They understand that their diet is much more restrictive than what most Feingolders need to follow, but they are not complaining for a minute — after what they’ve been through, it’s a very small price to pay.

The Klacynskis weren’t the only ones to be surprised by Chad’s recovery. The doctor who had been caring for him, an eminent allergist and ENT specialist at the Medical College of Virginia, was astonished. “You were one of my worst patients,” he exclaimed, “what have you done?” Chad replied, “Have you ever heard of Feingold?” Yes, the doctor had, but had never paid much attention to it. “I need a copy of this diet,” he told Chad, “we might become famous over this!”

Chad may or may not someday become a footnote in a medical text. For now, just feeling good is enough.

Let's hear it for the dads!

Two of the featured speakers at the upcoming FAUS Conference are dads who have many years of experience in dealing with attention deficits.

John Taylor, Ph.D.

You may have first learned about the Feingold Program through Dr. Taylor's popular book, *Helping Your Hyperactive/ADD Child*.

Long before the current crop of self-described "experts" arrived on the scene, and before the label "ADD" was developed, Dr. Taylor was providing practical, effective strategies for children who had trouble learning and behaving.

His book *The Hyperactive Child and the Family* was published in the early 1980s, and he was well acquainted with the effectiveness of diet management for these youngsters.

Dr. Taylor has produced numerous excellent resources for families of children who face challenges, including his video, *Answers to ADD, the School Success Tool*. In addition to his own work, he reviews books and tapes on all aspects of parenting, and can guide parents toward the best ones.

Those who have heard his workshops are impressed with the scope of



Dr. Taylor's keynote address will be presented on Friday, July 17. At 9:30 am he will speak about "Understanding ADHD - a broader view," and at 10:50 his workshop will be "Brain Chemistry - recent findings."

practical suggestions he provides, and the delightful way he shares this information with his audience. If you have not yet attended, you are in for a treat.

He is the dad to three children with attention deficits, and speaks as one who has "been there" to share the approaches that he knows are effective. Feingold members will also appreciate his review of the research and unique understanding of the underlying brain chemistry differences in these children. He shows how we can use this understanding to more effectively work with our children.

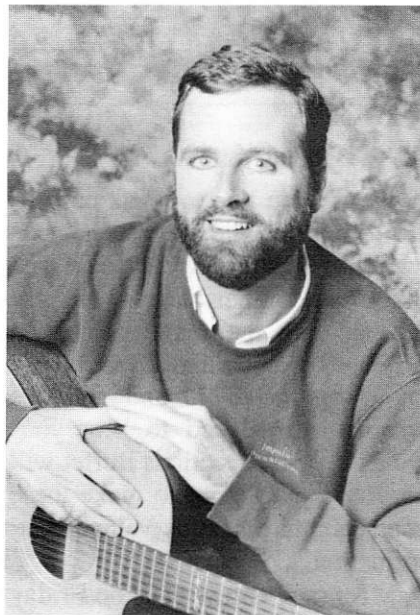
Many of us have experienced the "parent bashing" that comes our way from those who are supposed to help. Listening to Dr. Taylor's words of support and praise for us is truly a therapeutic experience!

Jerry Mills

He is a popular songwriter and concert performer who entralls his audience with his moving presentation, "Teacher, Tell Me What You See."

How does it feel to attend a concert by Jerry Mills? One of our members described the event when Jerry performed for us at last year's Feingold Association conference.

"While I found all the information [presented by the speakers] to be a true gift and tried to absorb everything like a dry sponge absorbs water, I found myself drawn to one speaker above the others. He evoked such a strong emotional response from me and from others attending, that many of us excused ourselves to the restrooms, trying to discretely shed a few tears. Sometimes I became so engaged that I found myself neglecting that discretion. I cried as I sat there because I didn't want to miss a word this speaker might say. His name is Jerry Mills.



"Jerry brought us to such an incredible understanding of what it feels like to be a child growing up labeled, and without proper interventions. His insight came from his own difficult life experience with ADD.

"Judging by my reaction to Jerry, I can be certain that each person dabbling their eyes also had someone in their lives they had wanted to reach for a long time. A long, standing ovation marked his incredible performance. I only hope he is aware of how he was able to turn his personal struggle into an avenue for hope to those around him. He was truly inspiring."

Jerry's presentation will be given on Friday, July 17, 7:00 p.m., at the George Mason University Center for the Arts.

Moms on a Mission to help their children and yours

The women who will be presenting workshops at the FAUS annual Conference know how it feels to have a child with special needs.

Amy Rosenthal, M.D.

Immunology and Autism - searching for answers

Dr. Rosenthal and her husband have one son, Carl (age 5) with autism. She is an Associate in Medicine at the Durham V.A. Medical Center and Duke University. She has a degree in nutrition research and is board certified in internal medicine and geriatrics. Among her published research are articles in the areas of nutrition and immunology, two areas that are being explored as underlying factors in autism.



Vicki Tillman, Ph.D.

Social Skills

good strategies for all children

A psychotherapist and mother of five, Vicki is on the staff at the Pike Creek Psychological Center in Newark, DE, and works both one-on-one and as director/facilitator of her "Get Along" workshop.

One of the most serious handicaps many of our children experience is their limited social skills. This workshop addresses the development of such skills in children with attention deficit and learning disabilities, and their siblings.

Jane Hersey

Oh, those Trash Can Foods!

FAUS National Director and author of *Why Can't My Child Behave?*, Jane offers a workshop you can give to your friends or to your child's teachers and classmates. Aside from their hazards, food are very funny things, and ripe for ridicule. Learn some lighthearted ways to drive your point home.

Laurie Miller, L.P.C.C.

Dealing with Multiple Diets anything is possible

A psychotherapist since 1980, Laurie maintains her private practice in Centerville, Ohio, concentrating on children, women and families.

She and her husband have two sons. They saw benefits from the Feingold Program for their older son, who has additional allergies and sensitivities. Laurie is currently writing a cookbook featuring meal planning and recipes for Feingold-type diets.

Jean Curtin

Helping Autism with Diet

Jean is the parent of two children, one whom has autistic spectrum disorder, and she is the director of the Autism Intolerance Allergy Network, USA. She has been a source of information and inspiration for many parents nationwide who wish to investigate the biochemistry of this disorder.



Connections Buffet

Would you like to speak personally with the parent professionals who will be speaking? Would you like to meet other parents who are dealing with the same issues you face? Would you like to learn more about the products and services which are designed to help your child? Our Connections Buffet will be your opportunity to make these contacts and gain this valuable information.

Meet (and eat) with us on Friday evening from 5:00 to 6:45 pm.

Debra Dickson, RPT

Sensory Integration the social and emotional benefits

Debra is in private practice as a pediatric consultant. She has a degree in physical therapy and is certified in pediatric neurodevelopmental treatment. Her interest is both personal and professional as two of her three children have been diagnosed on opposite ends of the autistic spectrum.

Debra will explain how to identify problem areas and their effect on social and emotional interactions.



Pat Dunn

Our Journey Toward Answers

One of Pat's two sons had symptoms of ADHD and responded dramatically to the Feingold Program. She is both the treasurer of the Feingold Association and vice president of a brokerage firm, showing how a parent can combine a busy life with the Feingold Program. Her story is a powerful one, as she prevailed against school personnel who sought a "quick fix."

Brenda O'Reilly

Autism Research Update

As the parent of a child with autism, Brenda established the original organization, Allergy-Induced-Autism in the United Kingdom. She has gone to extraordinary lengths to help her son and the children of Great Britain.

Brenda was instrumental in getting the original research done at Birmingham University showing a possible connection to a missing enzyme. She is one of just a few lay people who has published in a medical journal.

Fibromyalgia

Several of our members have contacted *Pure Facts* as a result of the article on salicylates and fibromyalgia which appeared in the April issue.

One member in her 20s has found that the painful symptoms return when she strays from Stage One of the Feingold Program. She is especially sensitive to grapes.

Another member writes, "Having had personal experience with fibromyalgia, I found an entirely different solution, and think your readers would be interested in knowing of another option.

"In my case, fibromyalgia was not an inherited disorder. It was triggered by antibiotics and the resultant yeast overgrowth. This approach to fibromyalgia is explained by one of FAUS's past conference speakers, Dr. William Crook, in his many books on yeast, the most recent being *The Yeast Connection Handbook*. Antifungal medications combined with an anti-yeast diet solved my problem."



Making it legal

While the American Academy of Pediatrics has begun the job of promoting breastfeeding as a natural part of daily life, and is encouraging the media to do the same, legislators in some states have passed laws which protect a woman's right to nurse her baby in public.

Delaware and California have passed laws which affirm that a woman may not be segregated to a special area or prohibited from breastfeeding in public. A similar law was passed by the city of Philadelphia.

Human nutrition plays a vital role

Many in the scientific community have long overlooked the vital role of foods and food components in health, learning and behavior. It is becoming increasingly difficult to deny its importance.

Essential Fatty Acids

The role of nutrition in attention deficits recently gained new support from the work of British researcher Jacqueline Stordy, who has connected a deficiency of essential fatty acids (EFAs) to ADD and, possibly, to dyslexia.

EFAs are a vital requirement for producing long-chain fatty acids that build nerve cells. It appears that some children either lack sufficient amounts of the EFAs or their body has difficulty turning them into the long-chain fatty acids.

A key fatty acid is called docosahexaenoic acid, or DHA. The body produces some DHA, and also obtains it from foods such as fish, seeds and nuts. It is vital for good eyesight, for peripheral vision, night vision, and the ability to detect movement. At Purdue and Tulane Universities researchers are giving DHA as a supplement to children with dyslexia, and report that it improves their ability to process information.

Breast Milk for Infants

A national organization recently established the following recommendations: Breast milk should be the nourishment of choice for all infants, including premature babies.

Physicians and hospitals must provide encouragement and support for new mothers, and remove the obstacles that can make nursing more difficult.

No other nourishment, including water, should be given to newborns in the hospital.

Hospitals need to stop providing free packages of formula to new mothers.

Newborns should be nursed frequently, whenever they appear to be hungry.

Breast milk is recommended as the only food provided to babies for at least the first six months, and mothers should be encouraged to continue to breastfeed up to and beyond the first year.

Says who?

No, these recommendations did not come from La Leche League or from the natural foods community; they were issued by the American Academy of Pediatrics!

In the December issue of their journal, the AAP published an article titled, *Breast Feeding and the Use of Human Milk* which was the result of years of research into the existing data on the topic. They concluded that breastfeeding is an essential factor in optimal infant health. Dr. Lawrence Gartner, who is professor of pediatrics, obstetrics and gynecology at the University of Chicago, headed up the task force. He notes "The research supporting these findings about the importance of breastfeeding is compelling."

The physicians emphasize that the decision is the mother's, but that physicians and other professionals should encourage breastfeeding.

The Feingold perspective

A change in perspective such as this can only strengthen the awareness that food really does matter. We can hope that the doctor who understands how essential good nutrition is for the infant will realize that food additives made from petrochemicals are not good for the child.

On a more practical note, since many of the infant formulas now on the market contain BHA or BHT, our members have a limited choice. Those moms who choose breast milk won't have to worry about additives, except in their own foods.

Organic regulations go back to the drawing board

Did you send a letter to the US Department of Agriculture, objecting to their proposal to allow the label "organic" to be applied to food that had been grown in sewage sludge, had been irradiated or bio-engineered? If so, your side won!

The organic foods industry, which is growing at the rate of 20% each year, has felt the need for uniform standards to ensure that when a tomato is sold as "organic" that's what it really is. In 1990 Congress passed the Organic Foods Production Act, and the National Organic Standards Board was established. The Board was appalled when their suggested guidelines were ignored in favor of the recommendations of many agri-business interests. The liberal interpretation proposed by the Department of Agriculture would have made the term "organic" virtually meaningless.

As a result of a tidal wave of protests from consumers and organic growers (about 200,000) the USDA will try again, while still voicing their confidence in the safety of the technologies they attempted to promote.

It's hard to get rid of pests, but even harder to get rid of the pesticides!

While they're having a bad day at the USDA, things aren't much better down the street at the Environmental Protection Agency (EPA).

In a effort to protect consumers — especially children — from the harmful effects of pesticides on foods, Congress unanimously passed the Food Quality Protection Act in 1996. Implementation was expected to quickly follow, but the battle is far from over.

The environmental groups, especially the Natural Resources Defense Council, want the new regulations to take effect quickly to protect children, while industry supported groups want the protection to focus elsewhere.

"The industry wants more time. This amounts to an uncontrolled experiment on our children, which we think is unacceptable."

Jacqueline Hamilton, Natural Resources Defense Council

The American Crop Protection Association predicts that our food supply could be wiped out if pesticides were restricted as mandated in the law.

The Food Chain Coalition accuses the EPA of failing to use "sound science" in their decisions, and calls for delays in any action.

Happy Father's Day!



When you come to the FAUS Conference...

Do you like Mozart, Gershwin, Tchaikovsky, or Harry Belafonte? Would you enjoy hearing Mary Chapin Carpenter, Clint Black or Peter, Paul & Mary? How about Willie Nelson, The Supremes or the fabulous show Riverdance?

This is a sampling of the entertainment that will be offered in July at Northern Virginia's famous Wolf Trap National Park for the Performing Arts where you can see the stars both on the stage and overhead.

Add to this prime entertainment a picnic from the natural gourmet kitchens of Fresh Fields market and you have a perfect event.

For details, contact Wolf Trap at (703) 255-1860 or www.wolf-trap.org.

For information on the Wolf Trap Picnic Menu call Fresh Fields at (703) 281-6616.

A Special Anniversary

June marks the 25th anniversary of Dr. Feingold's announcement of his findings to the American Medical Association. Initially, The AMA responded enthusiastically to his report that food additives and natural salicylates played a big part in what was then being called "hyperactivity."

But the industry lobbies immediately got into high gear in their efforts to control the damage to their many well-funded clients.

A few years later, the studies began, but despite the positive results they showed, the lobbies again worked overtime to portray them as negative.

Had the AMA continued their enthusiastic response, there probably would be no need for a Feingold Association today, as laws would have been passed to ban the worst of the additives.

Pure Facts

Editor: Jane Hersey

Contributing to this issue:

Lynn Murphy
Debbie Jackson
Lois Miele
Donna Curtis
Judy Bower
Paul Doucette

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

© 1998 by the Feingold Association of the United States, Inc.

The next Pure Facts will be our combined July/August issue.

June 1998

See you in Fairfax, Virginia!

Who should attend Conference?

Have you thought about becoming more involved with the workings of the Association?

Annual Meeting

Our annual meeting will begin at 10:00 am Thursday, July 16 at the Comfort Inn Hotel in Fairfax, VA. It is open to all members and will cover key business for the coming year.

Parents on a Mission - Seminar

Your child's teacher

One of the best ways to help your child is to encourage the teachers and support staff at your school to attend. They will come away with a very good understanding of the chemical factors in ADHD and autism, and will be more likely to support you and your child in the treatments you choose. Teachers can obtain continuing education credits.

Note: If three people register together, the third registers free (not including food). For additional conference brochures or information call (703) 768-3287.

Other professionals

Those who offer services to families of children with symptoms of ADD and autistic spectrum disorders will benefit. This includes counselors, physical therapists, occupational therapists, social workers, nurses, and doctors.

Congratulations!

...to Helene Feingold, wife of the late Dr. Ben F. Feingold, on receiving a tribute in the San Francisco Chronicle on her life of achievement.

Shula Edelkind and Marilee Jones on their graduation, and to all our graduates -- well done!

Autism Treatment Guide, by Elizabeth Gerlach

This small book is chock full of information on the resources that are available for parents of children with autism spectrum disorders; but it can also assist families in evaluating therapies that can be helpful for children with attention deficits. The book is now available through the FAUS Resource Catalog. The cost is \$14.95, which includes shipping. It is available from: FAUS, 127 East Main Street, Suite 106, Riverhead, NY 11901.

Thank You Thank You Thank You Thank You

...Sarah Chappell Armentrout and the folks at Tom's of Maine for including information about the Feingold Program in their toothpaste package insert.

The Feingold Association and Tom's of Maine go back a long, long way. When there weren't very many products on the market that we could confidently use, it was so reassuring to know that Tom's was there for our families, and that we could bring it to the dentist's office to be used for cleaning our kid's teeth...with no reaction afterward! Look for the little flier next time you buy toothpaste, and check out their web site at: www.toms-of-maine.com.

...to Shanan and Jordan Kokal for posing as models for our Conference brochure.

...to Sharon & Dan Schexnayder and Michelle Kirchner for their workshop, given to an audience in Coal City, Illinois, near Chicago. Dan's outstanding presentation won him inclusion in the area's "Best of the Best" listing assembled by area libraries.

...Patty Lemer, and Bob Williams for inviting the Feingold Association to participate in the 3rd International Conference of Behavioral Optometry held in Tyson's Corner, VA in May.

ADD, Autism, Nutrition

Audio tapes from the above conference are available, and Feingold members will be especially interested in two of them:

ADD to Autism, A Continuum by Patricia Lemer, M.Ed., and **Improving Clinical Outcomes with Simple Nutritional Interventions** by Kelly Dorfman, R.D.

Tapes are available from Repeat Performance of Hobart, IN (219) 465-1234. They are \$8 each plus shipping.

Getting Acquainted

Opelika, AL - Karla Meadows writes that her family joined the Association for their son Jeremiah. She would like to meet other members via e-mail. Karla can be reached at: frankkd@vetmed.auburn.edu.

Chillicothe, MO - Rebecca Lewis would like to meet other Feingold moms in her area. You can reach her at (660) 646-4420.

Chicago, IL

The 1998 Annual HRI/Pfeiffer Symposium will be held on Friday June 26 at St. Xavier University.

For details call (773) 298-3000.

FAUS Product Information Center Report

from Donna Curtis

Product Alerts!

OSCAR MAYER Chopped Ham, under "Luncheon Meats" (stage one) of your Foodlist & Shopping guide, now has smoke flavor added. The company explained that the product is still smoked naturally over wood chips but has additional smoke flavor added as many consumers were asking for more smoke flavor. Please remove this product from your Foodlist.

UNDERWOOD Deviled Ham has color added. This color, according to the company, is synthetic and/or natural. The source of color can vary without notice. Please remove this product from your Foodlist; it is located under stage two, in the Ham category.

The Product Information line at AMWAY reports that SA8 Plus Detergent was reformulated and now has "avec Bioquest." This involves a natural fragrance from a combination of citrus fruits. As mentioned in the May 1998 *Pure Facts*, products containing fragrances are not included in our Foodlists. Experienced members may reintroduce fragrances if they wish.

Some Good News

We now have the research on a natural cracker which might be a good replacement for the TRISCUIT line that had to be removed from our Foodlist. It's called OLD STONE MILL Whole Wheat Wafers and is available in health food stores around the country. If you have difficulty finding them ask your health food store to order them from the distributor, Tree of Life.

NEWMAN'S OWN Ranch Salad Dressing is not available in some parts of the country. You can order it from Pam Weldon at For Pete's Sake. To place an order call Pam at (800) 864-7383.

LURIDE SF Fluoride treatment is still acceptable. One member thought it contained dye, so we contacted the manufacturer, Colgate Oral Pharmaceuticals. They told us the dye-free Luride is still available. Colgate suggests Feingold members be sure to request the "SF" version, which stands for "special formula," the dye-free version.

Colgate can be reached at (800) 962-2345.

Found on the Internet:

"I heard through a friend that works at a local hospital that there is a recently new thing called FEINGOLD, the details I am unfamiliar with, but it has to do with behavioral toxicology."

PIC Report

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

Stage One

ARROWHEAD MILLS* Chicken Vegetable Soup
BALDWIN HILL Organic Sourdough: All-Rye Bread; French Bread, Rolls & Baguettes; Golden Sesame French Bread & Rolls; Good Seeds Bread & Rolls; Jewish Rye Bread; Oatmeal & Honey Bread; Rye Bread; Salt-Free Whole Wheat Bread, Sesame Wheat Bread, Sprouted Wheat & Honey Bread; Whole Spelt Bread & Rolls; Whole Wheat Bread; Whole Wheat with Rice Bread.

Available retail in NY, CT, MA, RI, ME.

Mail order by calling (978) 249-4691.

MAPLE GOLD 100% Pure Maple Syrup

MAPLE HOUSE 100% Pure Maple Syrup

NATURALLY MAPLE 100% Pure Maple Syrup

(found in Club stores - Price Costco)

NEW MORNING* Organic Kamutios cold cereal

OLD HOME Nonfat Plain Yogurt - available in MN & WI

PHARMASCIENCE Fluor-A-Day Drops (fluoride).

If you cannot find these in your area, ask your dentist or pharmacist to order them for you.

Call (800) 987-6213, ask for Debbie Davis.

QUAKER MAID Brand All Beef Sandwich Steak,

100% Pure Beef Homestyle Patties, Philly Gourmet

Homestyle Patties (100% Pure Beef), Philly Gourmet Steaks for Sandwiches, The Philly Steak.

Available in the East and Midwest.

SHADY MAPLE FARMS* Naturally Maple 100% Pure Maple Syrup

SHELTON'S* Chicken Rice Soup

SHENK'S "Nothing But" Pear Butter Spread, Pear Butter
Sold retail in PA, NJ, NY, OH, CT. For mail orders call (717) 393-4240.

Stage Two

BALDWIN HILL Organic Sourdough: Cinnamon Raisin Bread & Rolls, Raisin Spelt Bread & Rolls

SHELTON'S* Soup: Chicken Tortilla (tomatoes, peppers), Turkey Meatball (tomatoes, paprika)

SHENK'S Jelly: Dandelion, Quince, Watermelon;

SHENK'S Preserves: Mission Fig, Rhubarb.

Note: Both the jelly and preserves contain pectin which is derived from apples; this is why they are considered stage two even though the amount of apple is quite small.

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.