

## Scientific research supports the diet/hyperactivity connection

The relation between food allergies and hyperactivity was first reported in the medical literature decades ago. Later, natural salicylates were identified as a trigger for various reactions. Dr. Feingold added important new information with his clinical observations that some food additives and natural salicylates can provoke overactive behavior, as well as physical and cognitive effects.

Joseph Egger, M.D., of the University Children's Hospital in Munich, Germany, has conducted several landmark studies on diet and hyperactivity. His article "Hyperkinetic Syndrome," gives an overview of some of the significant research to date. It was published in the *Journal of Nutritional & Environmental Medicine* (1997) 7, 353-357.

### The hyperactive child is at risk for serious problems.

Egger writes, "Studies suggest that 5-10% of all school children suffer from hyperkinetic syndrome. Food intolerance seems to be an important cause of hyperkinetic syndrome and avoidance of provoking foods is the treatment of choice for most patients



who have food-induced hyperkinetic syndrome."

He goes on to point out "Longitudinal studies show that children with hyperkinetic syndrome are at risk of developing conduct and other psychiatric disorders." These disorders include antisocial behavior, aggression and delinquency. The child who is overactive as a preschooler is at high

risk of developing conduct disorders, but it is not clear if this is due in part to the negative response this behavior receives.

### The long-term value of drug treatment has not been demonstrated.

In 1937, the *American Journal of Psychiatry* reported that stimulant drugs had the unexpected effect of calming a hyperactive child. "Although methylphenidate (Ritalin) may have a dramatic immediate effect, longitudinal research is still trying to find out whether overactive children treated with methylphenidate improve and have a better prognosis than those not so treated. From the evidence

*Continued on page 4*

## Doctors reconsider routine use of antibiotics for ear infections

The *Journal of the American Medical Association* suggests that the common practice of prescribing antibiotics for ear infections may be both unnecessary and unwise.

"Is routine treatment of acute otitis media necessary?" ask Drs. Larry Culpepper and Jack Froom in the November 1997 issue of the *Journal of the American Medical Association* (JAMA).

There is little evidence to show the use of the medicine is beneficial, and much to indicate it is harmful, say the writers.

Another critic of this practice is Dr. William Shaw, author of *Biological Treatments for Autism and PDD*. He points out that the use of antibiotics "has skyrocketed from about 80 tons in 1949 to over 20,000 tons in the '90s."

Writing in the newsletter of the Developmental Delay Registry (DDR), Dr. Shaw explains: "In a healthy intestinal tract, beneficial bacteria, yeasts

and fungi coexist. Their shared job is to digest food. When a child takes an antibiotic, the drug disrupts the population of normal digestive flora. In the gut, antibiotics kill off both harmful and beneficial bacteria. Antibiotics do not, however, destroy yeasts and other fungi, but, in fact, may stimulate them to proliferate. The result is that the

*Continued on page 4*

# Our experience with a child with PDD/autistic-like symptoms

by Martha Duchnowski

**D**aniel at age 2 1/2 was diagnosed with Pervasive Developmental Delays/autistic-like symptoms. He made very little eye contact and spent hours in self stimulatory behaviors: spinning around, sliding a toy back and forth over and over again, focusing on objects rather than people, and spending hours lining toys up. Daniel had severe temper tantrums, sensory integration problems, and very little social interaction.



**Daniel in 1995, is absorbed in his own world.**

The first course of action (after wiping away our tears) was to place him in an early intervention program. As he learned to speak, the self stimulatory behaviors diminished somewhat, but temper tantrums persisted and would become especially severe when he was given antibiotics for his frequent ear infections.

When Daniel became 3, he showed a keen interest in potty training, but was having trouble with diarrhea. I was able to pinpoint the problem with the daily dose of apple juice he was getting at school. When I switched his juice to grape the diarrhea stopped, but the temper tantrums increased to horrific levels. We also had trouble in other areas.

He would only wear sweatsuits — even in 90 degree heat. To force him to change into summer clothes would mean a temper tantrum that could last hours.

Then came the “cupcake” revelation: Daniel ate a well-known brand of cupcake and had a temper tantrum that lasted 4 hours. My husband and I could do nothing but hold him down as he kicked and screamed! The rest of the day, he laid on the floor, in a stupor, and rolled a toy truck back and forth.

We saw another dramatic reaction after Daniel ate just 4 jelly beans; it was like watching fireworks! We thought the sugar was to blame, but he didn't act that way when he ate my homemade treats.

We tried putting him on Ritalin, but it made him very “hyper” and caused all of his symptoms to increase 100%.

Out of desperation we tried the Feingold Diet and we also got in contact with a physician who believes in the Feingold approach. Things improved immediately. Daniel went from 3-4 nasty temper tantrums a day to about one. After 4 weeks the doctor added an anti-fungal preparation, and after 6 weeks on the anti-fungal the temper tantrums were down to one a week!

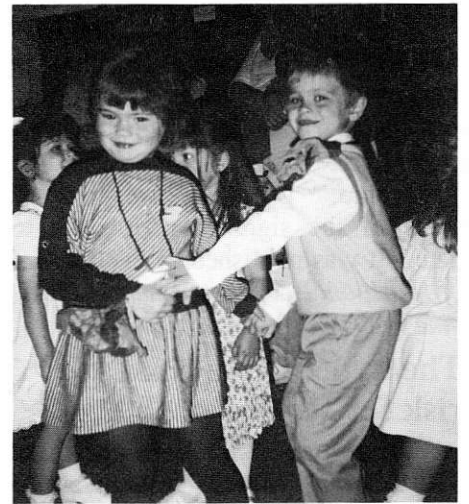
At this point Daniel got terribly constipated and we started to coax him into eating vegetables (hard to do with his sensory problems). Six months later we added supplements and found that his sensory problems improved to the point where he asks how cold or hot the day is supposed to be and dresses himself accordingly.

Now, at age five, Daniel's last set of cognitive tests revealed that he is about 6 months ahead academically and that he is probably gifted. We hope to have him mainstreamed in the next year or so, but for now he still requires quite a bit of one-on-one. Fortunately, the school has been very cooperative — especially after they witnessed his reaction to salicylates! Daniel keeps himself on the Feingold diet, telling us that certain foods (off the diet) will cause him to feel sick or act bad.

We haven't had to give up any of the sugary treats most kids get; I make

some and rely on mail order foods from For Pete's Sake.

Daniel used to have a big problem with “tactile defensiveness” (not wishing to be touched). His temper tantrums prevented him from receiving the therapy he needed. The Feingold Program was a big help in this area, and now he is receiving a lot of occupational therapy. He has gotten so adept at this, that he can even tell me which therapies he needs!



**Daniel today, dancing with Heather.**

The bleak future counselors told us to prepare for has not happened. In fact, Daniel's development has been unusual for any five-year-old. He has developed his own written “language” and loves to “write books.” He knows all the planets, the parts of the human body, and geometric figures. When I was preparing his breakfast recently, he told me he wanted his toast “cut in parallelograms!”

Even more important, he now wants friends, and loved going to his preschool's “prom” and dancing with a little girl.

Nearly all of the self stimulating behaviors are gone. He now plays beautifully with his brother and cousins, has gotten very loving with his family, often telling us he loves us, along with plenty of hugs and kisses. You know something else? We now truly enjoy being with him!

## FDA attempts to destroy books on natural sweetener

The Food and Drug Administration has gotten itself into a messy predicament in their efforts to destroy books that describe the ways to cook with and use stevia, a natural sweetener.

At a Town Hall meeting held by Texas Congressman Joe Barton, a man held up two books. The first book is titled *The Anarchist's Cookbook*. It describes how to make homemade bombs. The second book is *Cooking with Stevia: The Naturally Sweet & Calorie-free Herb*. The book on making bombs is allowed, said the man, but the second book is not. That man is James Kirkland, author of the book on stevia. His book, and two others have been targeted for destruction by the Food and Drug Administration, a federal agency whose job is to oversee the safety of foods, drugs and cosmetics. The First Amendment protects the right of Americans to free speech whether it's a how-to book on making a bomb or baking with a calorie-free herb.

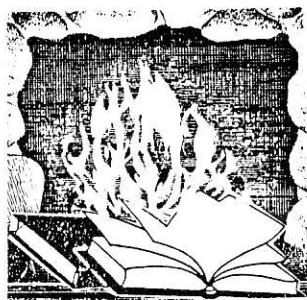
### Why is the FDA so upset?

Stevia is a calorie-free sweetener that has none of the harmful side effects of aspartame, saccharine or cyclamates. Called "honey leaf" by the natives of Paraguay, where it has been used for centuries, stevia has actually been found to offer some health benefits. (Advocates claim it inhibits the development of dental plaque.)

Japanese food companies have successfully used stevia (pronounced STEE-vee-ya) for 25 years.

The Food and Drug Administration banned the import of stevia because it had not undergone the lengthy and expensive testing required before a product can be approved as a food additive. But with the passage of the Dietary Supplement Health and Education Act of 1994, stevia could be imported into the United States; however, it can be sold only as a supplement, not as a sweetener. The agency has not offered evidence of any harmful effects of the natural sweetener.

The information gap this creates for the consumer is being filled by three books which teach consumers how to use stevia, both in cooking and as a



tabletop sweetener. They are: *The Stevia Story — a tale of incredible sweetness & intrigue*, by Linda Bonvie, Bill Bonvie and Donna Gates, *Stevia Rebaudiana, Nature's Sweet Secret*, by David Richard, and the Kirkland book, *Cooking with Stevia*.

The FDA action came in the form of a search of Texas natural food stores, where agents removed the three books on stevia.

The following information has been provided by the Aspartame Consumer Safety Network, an organization composed primarily of people who have had adverse effects from the use of aspartame:

"On May 19 FDA Compliance Officer, James R. Lahar faxed a letter to Stevita Company, addressing the destruction of 2,500 books he deemed 'offending,' at a cost to the company well in excess of \$10,000. The letter further threatens that investigators will conduct a current inventory and 'witness the destruction of the cookbooks, literature, and other publications for the purpose of verifying compliance' upon visiting Stevita Co. for a fourth time this year.

"Oscar Rodes, President of the Stevita Company said the FDA ordered the action because the books contain general information that include history, usages and scientific studies regarding stevia. Currently, Federal law requires that stevia herbal products can only be marketed as dietary supplements without any mention of having sweetening power.

"Here's what Linda and Bill Bonvie had to say, when asked about the FDA wanting the book they authored de-

stroyed in Arlington, Texas: 'The stevia issue, which we first reported in January of 1996 for *New Age Journal*, is one filled with contradictions and intrigue, secret trade complaints, searches and seizures, and generally intimidating FDA actions which, in the minds of many knowledgeable individuals, smack of a conspiracy between regulators and certain powerful commercial interests to keep this centuries-old sweet herb, which is used throughout the world, away from American consumers.'

### The glare of the spotlight

Journalist Charles Levendosky did some of his own research on the FDA fiasco, and reported in the Casper (Wyoming) *Star-Tribune*, "Lahar now claims he never ordered the books destroyed. In an interview he said, 'The sentence reads to the effect that if books are going to be destroyed, we'd like to observe it.' When asked then where the idea for destroying books came from, Lahar said he wouldn't answer."

Levendosky found that the various FDA officials he contacted were very short on information, although the FDA Associate Chief Counsel for Enforcement wrote, "...we have contacted Mr. Rodes and advised him not to destroy the books at this time."

After more publicity, the FDA counsel later wrote to the owner's lawyer, "The FDA Dallas District Office informs me that it was Mr. Rodes [the president of the Stevita Company] who chose the option of destroying the books." (Needless to say, the owner of the company emphatically denies that he had any intention of destroying his own inventory!)

To learn more about stevia and the FDA actions, see the December 1997/January 1998 issue of *Pure Facts*, and visit the web site of the Aspartame Consumer Safety Network: [web2.airmail.net/marystod/fdabook.htm](http://web2.airmail.net/marystod/fdabook.htm). You can call (800) 969-6050 to obtain information on concerns about aspartame.



## Research, from page 1

available so far, follow-up studies have not produced a particularly impressive long-term effect regarding overactivity, cognitive defects, self-perception or the development of conduct disorder."

### The diet/behavior link can be found in the medical literature going back decades.

Egger points out that the connection between food allergies and hyperactivity was reported as early as 1931 in a book by A.H. Rowe, (*Food allergy, its manifestations, diagnosis and treatment*. Philadelphia: Lea & Febinger, 1931). He goes on to say, "During the last decade the effects of dietary treatment were confirmed by several double-blind, placebo-controlled provocation trials."

The results of these studies clearly show that certain foods and additives

affect the behavior of hyperactive children. Egger cites success rates of between 76 and 82% in the studies by Swanson, Egger, Carter and Boris. The 1994 study by Rowe and Rowe also yielded impressive results with 22 of the 34 children tested reacting to synthetic yellow dye. In those studies that addressed various food items, food additives were found to be the worst offenders, followed by cow's milk.



## Young criminals and food allergies/sensitivities

If diet-related behavior problems suggest that the overactive 3 year old is headed for trouble, what can be learned by examining juvenile offenders? Are they more likely than non-offenders to have various allergies, sensitivities, and health problems which are related to foods/additives?

This was the question addressed by two British researchers. Their paper is titled "The Health of Criminals Related to Behaviour, Food, Allergy and Nutrition: A Controlled Study of 100 Persistent Young Offenders." It, too, was published in the *Journal of Environmental Medicine* (1997) 7, 359-366. The researchers are C. Peter W. Bennett of the Centre for Complementary Health Studies, University of Exeter, UK and Jonathan Brostoff of Middlesex Hospital, University College, London, UK.

The survey conducted by Bennett and Brostoff supports the earlier pioneering work of people such as Barbara

Reed Stitt, Stephen Schoenthaler and Alexander Schauss. They found that criminal behavior and diet were closely tied, and provided impressive results to demonstrate this concept.

Using a questionnaire format, the researchers surveyed 100 offenders with a matched group of 100 non-offenders. Their conclusion: "From this study, the proportion of the persistent young offender population with maladaptive behaviours linked to food allergy, food intolerance and nutritional problems is cautiously estimated to be 75% whereas 18% of the young non-offender populations is similarly affected.

The young offenders were found to have generally poorer health than the control subjects. The authors express their regret that "There has been no rigorous study into health and nutritional links to criminality in this country (United Kingdom) despite a long history of penological concern about poor diets and disease of prisoners."

## Antibiotics, from page 1

growing yeast have no competition, so they are able to get the lion's share of all the food that the child eats."

The yeast then produces chemical by-products that enter the child's bloodstream and contribute to the symptoms of developmental delays and/or autism.

The November 1995 issue of *Pure Facts* described the findings of the DDR. Children with chronic ear infections and frequent antibiotic use are far more likely to suffer from developmental delays and autism than children with few exposures. The affected children are also far more likely to have had an adverse reaction to their vaccinations.

Parents of children with developmental delays and autism can obtain valuable information and help from the Developmental Delay Registry, 6701 Fairfax Road, Chevy Chase, MD 20815.

## Hyperactive children are at risk for mineral deficiency

A study of 486 hyperactive children and 172 non-hyperactives was conducted by Dr. Neil Ward, in cooperation with the Hyperactive Children's Support Group of Great Britain.

Not only did the behavior of the majority of hyperactive children deteriorate when they were challenged with synthetic food dyes, but they experienced a significant loss of zinc.

The survey results show that more than 60% of the hyperactive children are excessively thirsty, and are prone to develop eczema and ear/chest infections. They are likely to react to milk and fragrances as well as food dyes. Interestingly, the survey showed that 12% of the "non-hyperactive" children also reacted to these substances.

Source: *Journal of Nutritional & Environmental Medicine* (1997) 7, 333-342. December, 1997.

## Where shall we go for dinner?

Chefs don't like to give away their recipe secrets; neither do many restaurant chains!

Natural, homestyle foods are the new buzz words for many restaurants, but when you try to pin them down to specifics, most of the folks at the headquarters offices are reluctant to provide any solid information. This is understandable in our lawsuit-conscious society; and every corporate officer worries that someone will have a bad experience and bring unwanted publicity.

*Pure Facts* contacted several chains and found it very difficult to get information on ingredients, despite the fact that we made it clear we understand that it is not possible to research restaurant food with the same degree of precision that we can use with packaged foods.

Since many Feingold members report they have had good results with meals at the **Olive Garden**, we called them first. We had learned from our members that you need to ask the waiter to bring your bread sticks before they are brushed with margarine. (Most margarine contain artificial flavoring.)

We also knew that the staff at the local branches tend to be very helpful, and will try to answer your questions (especially if you speak with them during off-hours). Calls to local Olive Garden restaurants in the Washington, D.C. area confirmed that they were willing to help their guests.

But the response from headquarters was a lot chillier. "Yes," we were told, they will provide ingredient information, but "your doctor will have to request it." So much for the advertising promise that when you dine at the Olive Garden, you are considered to be one of the family.



**Sweet Tomatoes and Soup Plantation** are both owned by a company called "Garden Fresh," sounded like an especially good prospect. They call themselves "the Salad Buffet Restaurant" and specialize in soup, muffins, salads, pasta, fruit and yogurt.

An advertisement declares: "from

scratch, not from a can. At our restaurants, we make our soups as fresh as our salads. Take our Chicken Noodle. The broth is made from scratch, using whole roaster chickens. We hand-pick out tender chunks of white meat chicken to join our big home-style noodles in a soup that's as hearty as a stew. It's a perfect complement to our make-your-own salad buffet and made-from-scratch muffins. So come taste the *real fresh food*."

We called the headquarters office of Garden Fresh, spoke with the director of purchasing, and sent detailed information about our program, what information we sought, and how we would use it.

Although we have not yet receive the detailed information we hoped for, Sweet Tomatoes and Soup Plantation may be a good choice for an experienced Feingold Association member who is ready to eat out selectively. They don't use MSG, and the foods which contain sulfites are labeled as such. There are now restaurants in Utah, New Mexico, Arizona, California and Florida. They will be expanding into Georgia and Texas.



**Boston Market** was one of the first chains to offer home-style cooking to go. But when FAUS first contacted the headquarters office several years ago, we received the "have your doctor call us" response. This time, we were provided with a considerable amount of information, but most of it is not particularly good news, especially if you are avoiding monosodium glutamate (MSG) and the other additives that are similar.

The first no-nos for the Feingold member are those Boston Market selections with synthetic dyes. These include: macaroni & cheese (Yellow 5 & 6), apple pie (Yellow 5), chicken pot pie (Yellow 5), honey dijon dressing (Yellow 5), and all flavors of their gelatin product called Jumpin Juice Squares.

Boston Market does not add MSG, but uses "autolyzed yeast" (which contains MSG) in many of its dishes. These include: all chicken dishes, all soups, meat loaf, beef and chicken gravies, rice pilaf, green bean casserole, zucchini marinara, grilled vegetable marinade, and their club sauce dressing.

Based on the information we gained, these selections *might* be a better choice for the Feingold member: old fashioned potato salad, rolls, penne pasta salad, garlic potatoes, cranberry sauce, cole slaw, mashed potatoes, steamed vegetables, spinach, squash, tortellini, and stuffing.

In the Washington, DC area, a new chain has a menu similar to Boston Market, but emphasizes that all of the food is made at the individual restaurant, and is prepared from scratch daily. It is called "**Chicken Out**." The staff has been helpful at the restaurants surveyed, and the main dishes do appear to be natural. As for the desserts, they look very "iffy."

### We all miss those fries!

One of our members wrote, "Are there any fast food French fries that are acceptable on the Feingold diet? We have started the diet, but cannot find any fast food options. It is not possible to go to McDonald's without eating French fries. It is part of my 4 year old son's psyche."

Dear Susan,

French fries from McDonald's, Wendy's and Burger King used to be part of our psyches too, until McDonald's switched to a frying oil that contains TBHQ. The company found that the new oil lasted 20% longer, resulting in higher profits for the company. Burger King and Wendy's followed suit.

If any chain promising natural food decided to start frying potatoes, and used an acceptable oil, they would have the market to themselves.

## FDA approves Sunett, a new artificial sweetener

While the natural food industry is reeling from the Food and Drug Administration's assault on stevia, a natural calorie-free sweetener (see page 3), the diet soda industry has reason to rejoice. The FDA has given it's blessing to the newest synthetic sweetener, acesulfame-K, better known as "Sunett." It is 200 times as sweet as sugar.

In April, the FDA approved Sucralose, an artificial sweetener made from sugar. (See *Pure Facts* for May, 1998.) The Feingold Association does not know if Sunett or Sucralose will trigger adverse reactions in our members, but the Association recommends members avoid the use of aspartame, saccharine and cyclamates. Should you wish to test Sucralose or Sunett, please let us know any experiences you have — positive or negative.

Read new product labels carefully since manufacturers are planning to use blends of various synthetic sweeteners, especially in soft drinks.



## In 1998 there's a new kid on the block

A brand new magazine accentuates the positive for those who must avoid gluten and other foods/food components.

It's called "*Sully's Living Without, a Lifestyle Guide for People with Food and Chemical Sensitivities*," and the premiere issue is impressive in many ways.

The magazine's beautiful color photos and attractive layout help to contribute a positive feeling about the limitations faced by those who are allergic. In this issue many resources and recipes are provided for wheat-free and gluten-free diets. Several of the mixes are evaluated and rated for their tastiness.

Personal profiles describe the challenges some families have faced as they learn how to live well on a re-

stricted diet. Two chefs offer recipes designed for readers of *Living Without*, and for those who love to travel there's an article on a Wyoming bed & breakfast ranch that caters to special diets.

Editor Alicia Pitzer writes about this magazine, "...our primary aim is to educate and support readers with allergies and food and/or chemical sensitivities and intolerances. We're the magazine you turn to after your diagnosis — after the doctor sends you home with a couple of pamphlets and a pat on the back."

*Sully's Living Without* is published 4 times a year. Call (630) 415-3378 for details.

## Where were you in 1938?

At a time when most of us were not yet born, *Better Nutrition* magazine was teaching consumers about diet and health.

James Gormley, *Better Nutrition's* current editor, marks the magazine's 60th anniversary with a historical perspective.

"In 1954 [long before it became common knowledge] *Better Nutrition* was already warning readers about smoking and lung cancer."

"In 1971 we were probably the very first to discuss folic acid deficiency and birth defects, and to talk about ginkgo and memory."

"In 1977 Lelord Kordel told us about chelated minerals, and we learned about the "Stone-Age diet" and links between sugar, artificial ingredients, and childhood hyperactivity." "In 1978 we interviewed Linus Pauling, Carlton Fredericks, and Norman Cousins; discussed vitamin C and manganese for joints and arthritis; and

broke news about: mercury-amalgam dental fillings, nutrition and depression, HDL and LDL cholesterol, and vitamin B-12 (and folic acid) for brain function."

In 1996 *Better Nutrition* reported on the benefits of St. John's wort for depression.

So when the evening news reports on another advancement in natural health, there's a good chance it appeared years earlier in this magazine, which is provided by many natural food stores.

Since the early days of the Feingold Association, *Better Nutrition* has understood and supported our work, telling their readers about us. Surprisingly, not all in this field do. So thank you, to all the folks at this groundbreaking publication; we wish you sixty more years of success.

## Pure Facts

Editor: Jane Hersey

Contributing to this issue:

Lynn Murphy  
Debbie Jackson  
Lois Miele  
Donna Curtis  
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*. 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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July/August 1998

## The National Institutes of Health conference on ADD - some potential problems

The National Institutes of Health (NIH) will be holding a consensus development conference on November 16-18 in Bethesda, MD. The public is invited to attend at no charge. This 2 1/2 day conference will bring together national and international experts in the fields of psychiatry, psychology, pediatrics, neurology, pharmacology, nursing, family practice, family medicine, addiction medicine and behavioral medicine.

We are invited, as a member of the public, to enter our comments into the record, however, the real work takes place prior to the conference when these experts review the scientific literature. It is our concern that not all the research is going to be studied.

To demand the modification of this conference to include a broader diversity of opinion:

1) Write to your member of Congress. You can call (202) 225-3121 and (202) 224-3121 for the names and addresses of your congressmen and senator.

2) Write to the Director of the Office of Medical Applications Research (OMAR) at the NIH who oversees conferences. He is:

John H. Ferguson, M.D., Director  
Office of Medical Applications Research (OMAR)  
NIH, Federal Building, Room 618  
7550 Wisconsin Avenue, MSC 9120  
Bethesda, MD 20892  
Telephone (301) 496-5641 Fax (301) 402-0420

Until science knows the CAUSES of attention deficits is it irresponsible (and a deplorable use of our tax money) to exclude any research on any treatments. For research into the diet/behavior connection see our web site: [www.feingold.org/research.shtml](http://www.feingold.org/research.shtml).

Those who work at the NIH are employed by us, the taxpayers. It is appropriate for you and any concerned citizen to contact them with your views about including a researcher in the area of nutrition or toxicology on the panel. Anything each one of us can do is important. The conclusions reached at this conference will become the basis of research in the next decade.

For additional information check out: <http://www.breggin.com/consensuswrong.html>.

To register call (301) 592-3320 or register on line at <http://odp.od.nih.gov/consensus/schedule/adhd.html>.

*Thank You Thank You Thank You Thank You*

...to Sarah Roley, long-time Feingold volunteer and leader of our Pennsylvania group. This spring she represented FAUS at eight different conferences, gave several workshops and a radio interview. All of this in addition to her career as a registered nurse! Good job!

...to Dr. John Taylor and Dr. Laura Thompson for sharing their workshop with the Feingold Association. Many of our members have enjoyed Dr. Taylor's workshops. Dr. Thompson is a nutritionist with a practice in Solana Beach, California. She is very knowledgeable about the Feingold Program and routinely recommends it to her clients. A large portion of her practice is via phone counseling. She can be reached at (619) 259-4270.

...to all of our member friends who have made arrangements to have United Way and Combined Federal Campaign donations designated for the Feingold Association.

### California members:

Do you want to give in a BIG way to the Feingold Association, but with little effort required on your part? FAUS is now an agency included under the Combined Health Appeal of California, so when a company joins the Combined Health Appeal, through a referral of one of our members, it helps fund our programs in Calif.

Can you provide us with the name of the person in your company who is in charge of human resources? That's all you need to do...we will take it from there. Please call FAUS Executive Director Lynn Murphy at (408) 997-3822.

### All other members:

If your company is a part of the United Way or the Combined Federal Campaign you might be able to have your annual donation, or a portion of it, be given to the Feingold Association.

### Las Vegas, NV

The seventh annual Scientific Symposium of the International & American Associations of Clinical Nutritionists will be held on August 27-30. For information call (972) 407-9089.

### Good Information on Alternatives

Check out the web site for the publication, Latitudes. It is [www.latitudes.org](http://www.latitudes.org).

## FAUS Product Information Center Report

from Donna Curtis

### Product Alerts!

PIC has learned from BEST FOODS BAKING COMPANY that their pan sprays sometimes contain TBHQ. We are working with the company in an effort to be able to continue to have these popular breads available for our use. The BEST FOODS products which now appear on your Foodlist, and are in question, are:

ARNOLD Duch Style Potato Sesame Rolls, Soft Sandwich Rolls 12's, Soft Sandwich Rolls with Sesame Seeds.

ARNOLD Breads: Bakery Oatmeal, Brick Oven Wheat, Country Buttermilk, Country Potato, Country Wheat, Country White, Real Jewish Caraway Seed Rye, Stoneground 100% Whole Wheat.

BROWNBERRY Wheat Sandwich Buns.

BROWNBERRY Breads: 100% Whole Wheat, Buttermilk, Great Grains, Natural Health Nut, Natural Wheat, Natural White, Oatnut, Sandwich White, Twelve Grains.

OROWEAT Oatnut Bread.

THOMAS American Gourmet Original Hot Dog Roll, American Gourmet Original Sandwich Roll.

When preparing the pans for muffins, the company uses a mixture of corn meal and wheat. Bagels are boiled. Therefore, the bagels and muffins will remain on the Foodlist.

You can express your concern by calling BEST FOODS BAKING'S toll-free consumer number at (800) 356-3314. It seems reasonable to PIC that if a pan spray which is free of TBHQ is used some of the time, it could easily be used all of the time.

Don't forget BALDWIN HILLS breads have recently been added to your Foodlist (June '98 *Pure Facts*).

Please let PIC know if you find breads not on your Foodlist which have promising ingredient lists.

POST Natural Bran Flakes now have BHT added to the packaging. The company representative I spoke with says that the other cereals currently in our Foodlist are unaffected by this change. These acceptable Post cereals are: Grape Nuts, Grape Nuts Flakes, Super Golden Crisp and Raisin Bran.

### Some Good News

Until now it has been virtually impossible to find an acceptable brand of margarine in supermarkets. Most contain artificial flavoring. Now, MRS. FILBERT'S Golden Quarters 60% Vegetable Oil Spread has been found acceptable for use on the Feingold Program. Unfortunately, it currently is available only on the Eastern Seaboard. Well, it's a good beginning.

## PIC Report

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

### Stage One

BEEHIVE BOTANICALS\* Propol-Guard Lip Balm with SPF15 (*Beehive Botanicals products may be mail ordered by calling (800) BEEHIVE.*)

DDS JUNIOR\* Bifidus-Acidophilus FOS

DDS-100\* Acidophilus with FOS Capsules, Chewable Acidophilus with FOS

EREWHON\* Crispy Brown Rice No Salt Added cold cereal

FREEDA (mail order) A-Free Prenatal 1-A-Day, Prenatal 1-A-Day, CoQ-10 50mg, Delta D2 400 IU, Daily Value Multivitamin, Fem Cal Citrate, Niacinamide 100, 250 & 500 mg Tablets, Ferrous Fumarate Tablets

HEALTH IS WEALTH\* Uncured Chicken Franks

KISS MY FACE\* Liquid Rock Deodorant Fragrance-Free

LIPTON Pasta & Sauce: Mild Cheddar Cheese (*may contain Nitrites*)

MAMA LUCIA from QUAKER MAID: 15 Precooked Italian Style Meatballs (CS) available in the East and Midwest

MRS. FILBERT'S Golden Quarters 60% Vegetable Oil Spread (*limited distribution on the Eastern Seaboard*)

STEAMER Gourmet Hot Chocolate: Chocolate Mint, Chocolate Hazelnut Flavor, Dark Chocolate Flavor, Traditional Flavor, White Chocolate (*available in all states except Alaska and Hawaii*) All flavors except Mint Chocolate may be ordered from the Squirrel's Nest Candy Shop (302) 378-1033.

USA\* Co-Enzyme Q-10

US MILLS NATURAL\* Cocomotion Cereal

WALNUT ACRES (mail order) Turkey Bacon, Beef Hot Dogs, Organic Ruby Red Grapefruit Juice, Cafe Brenda Croquettes: Buckwheat, Potatoes, & Wild Mushrooms; Wild Rice, Vegetable, & Pecan

### Stage Two

FIVE BROTHERS Creamy Alfredo Pasta Sauce (CP, wine)

NATURE'S GATE\* Kid's Sunblock SPF30 (coffee, grape-seed), Sport Block Lotion SPF30 (coffee, octyl salicylate, grapeseed), Aquablock Sunblock Lotion SPF30 (coffee, octyl salicylate) Please note, the coffee is from the plant, not the bean.

STEAMER Gourmet Hot Chocolate: Chocolate Raspberry Flavor

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