

## Conference '98

The 23rd annual conference of the Feingold Association featured outstanding speakers sharing information on new ways to help children with symptoms of attention deficits and autism. This is a brief sampling of one of the workshops.

The keynote address was given by John Taylor, Ph.D. Dr. Taylor is a long-time friend of the Association, who we consider to be the leading expert in his field. He has counseled families of hard-to-raise children for many years and as the parent of three children with "ADD" he has first hand experience with the family dynamics and sibling issues that result.

Calling ADD a "family-splitting force," he explained that the parental response to these children varies. Some try to over-protect the child;

others spoil him; some are "hyper-vigilant," while others nag. Generally these challenging children cause a marital split, with one parent being harsh and the other taking the role of the softie.

What these families need, and rarely find, is comprehensive information about all of the resources that are available to help systematically identify and address the issues such a child faces. Once the child's needs are met and he begins to function more normally the family can return to the business of living.

Dr. Taylor identified four avenues of intervention that can help these children. They are: physiological, psychological, sensory-motor, and academic.

**Physiological** - this refers to interventions that affect the child's chemistry, and include diet, supplements and drugs.

**Psychological** strategies - there are many ways to modify a child's behavior by changing his physical environment and by reacting differently to his

*Continued on page 3*

## Pampers, pacifiers, and Prozac

Drugs generally used for adults and older children are now being given to babies. The trend is raising questions among many who otherwise support stimulant therapy.

Prozac, clonidine, dextroamphetamine and Ritalin are being given to children as young as one year who have been diagnosed with attention-deficit hyperactivity disorder, says Marsha Rappley an associate professor at Michigan State University.

Various other drugs are also being used on this young population, Rappley learned. In studying 223 children under the age of 3 who exhibited developmental/behavior problems she found that 127 of them have been treated with drugs. Twenty-two different drugs had been used, but the primary ones were Ritalin, clonidine and dextroamphetamine.



The development of a mint-flavored liquid Prozac for children brought a storm of criticism when it was introduced, but the overwhelming majority of children (90%) being treated for ADD/ADHD with drugs are on methylphenidate (Ritalin). Some children are given additional drugs to address the side effects of the Ritalin.

Professionals who urge doctors to be extremely cautious about prescribing these drugs for very young children include Robert King, Associate Professor at the Yale Child Study Center and Peter Jensen, Director for Child and Adolescent Research at the National Institute of Mental Health.

The Feingold® Association of the United States, Inc., founded in 1976, is a non-profit volunteer organization whose purposes are to support 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.

## You can introduce your child's school to good nutrition

Feingold volunteer, Sally Marinelli gave a workshop on foods/food additives to an enthusiastic class of third graders at the West Kingston Elementary School in Rhode Island. She describes how she shared her information with them.

The class was just great and they loved our talk about healthful foods. We began our talk with a basic explanation of the food pyramid, then went on to discuss package labels and a discussion of allergies and sensitivities which included avoiding certain food additives.

I began with a test where I asked for a volunteer who was a "candy expert" to come up and be blindfolded. I put several Sunspire Sundrops in her mouth and asked her what kind of candy it was. Of course, she said "M&Ms." Then I showed her that the M&M look- and taste-alikes were re-



cals added to our foods. Also, each teacher in the school received information on the recent studies on hyperactivity and food additives.

The class wrote a nice letter to thank me for the presentation. Perhaps the most rewarding and validating thing that happened was this — a week after the presentation I was at a community event where food and beverages were being sold by two different vendors. One was the Firemen's Association which was selling fried foods, steak sandwiches and colas. The other was the Alternative Food Co-Op (the natural foods market where I work) which



Anthony Marinelli

### October 18 - Tony's illustration

ally Sundrops, and passed around samples to all the class. We read the labels on both candy packages and talked about which was the better choice.

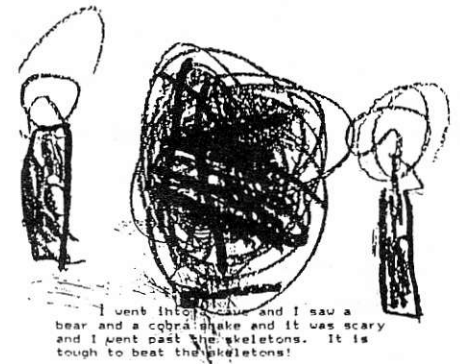
We had similar experiments with Hain Superfruits and Jell-O, Barbara's Fruity Punch Cereal and Froot Loops, and I introduced them to Blue Sky natural soda.

The children were very interested in learning about the blueberry muffin mix that read "real fruit" on the label, but turned out to have no blueberries in it. (The "real fruit" was actually dried apples that had been dyed blue and artificially flavored to look and taste like blueberries!) The children

now understand that manufacturers can be very tricky in order to save a little money.

I brought in samples of my son's drawings before and after eating red Twizzlers back when he was in first grade. The children (and teachers) were amazed to see the "before" and "after" pictures. One of the boys in the class announced that his mom says he's allergic to red dye, and a little girl revealed that she has to avoid dairy products.

Each of the children went home with information from the Feingold Association, telling about the chemi-



Anthony Marinelli

### October 23 - after eating red candy

sold Blue Sky soda, yogurt, Annie's Popcorn, and other natural snack foods. I ran into one of the little girls from the third grade class as she was proudly buying a Blue Sky soda (in spite of the fact that her Dad was one of the firemen selling the other drinks)! Then I ran into a parent whose child is in the class where I spoke. She laughed good-heartedly as she told me that her son doesn't want to drink anything else but natural soda ever since our presentation!

I really did have fun with the third graders. Who knows? Maybe I'll do one again next year.

Sally Marinelli

Dear Mrs. Marinelli,

Thank you for the presentation last week. We really liked it because we all had fun during the taste tests and wish you can come again.

We liked the story about the blueberries, we learned something from it, READ THE LABELS! Also, the things on the front of the packages are not always true.

## Conference, from page 1

behavior. Dr. Taylor describes many of these in detail.

"Always use structure — the placement of objects — as the first step in order to corral the child into doing what you want him to do," he recommends. For example, if your child's floor is decorated with wall-to-wall clothes that never made it to the hamper, bring the hamper to him. Put a large version in your child's room, decorate it with an appealing poster (rock star, cartoon character, etc.) and mount a basketball hoop in place of the lid. No more dirty laundry on the floor. Do the same with a wastebasket, and make sure it's a very big wastebasket.

These children need a room equipped with lots of shelves; they should have ample plastic bins, labeled with the desired contents. Use color coding as another aid, and Dr. Taylor suggests a picture on the wall showing a bed that is made, and a room that is clean — to be sure to drive the message home.

"Each 6 to 8 years the name of the condition (attention deficit disorder, hyperactivity, etc.) is changed."

**Sensory-motor** - Calling the skin "the royal road to the brain" Dr. Taylor explained that many of the puzzling habits these children have are related to the fact that they are overly aware of their skin. A child may be very picky about the texture of food he will accept, dislike being hugged, complain about the tag in his shirt, and take excessively long showers. All of these behaviors are related to the fact that his skin is far more sensitive than most people's. Soft fabrics to stroke and back rubs can be very calming for such children, and various therapies are

### Favorite phrases of ineffective counseling:

"Boys will be boys."

"It's just a phase."

"You don't discipline properly."

### Behavior-modification techniques that are not effective for these children:

Reward  
Punishment  
Time out  
Ignore

available from occupational therapists and sensory integration specialists to bring the child's tactile senses into a more normal range.

The last avenue of intervention Dr. Taylor describes is **academic**. His full day seminars are loaded with practical strategies teachers can use; in this workshop he covered a few. One of the simplest is to "put a clipboard in his hot little hand." The teacher can solve virtually all of the problems having to do with attention, squirming and focusing, Dr. Taylor notes, by giving the child a clipboard. The student can squirm all he wants, and the work will still be in front of him, with no other papers to compete for his attention.



The Taylor notebook for the ADD child is practically guaranteed to keep the child on track, avoid forgotten assignments and homework, and keep his supplies right where he needs them. Even the possibility that he will forget to take his notebook to school is addressed. "Rubber band the child's shoes to his notebook, place them on a chair, blocking the front door!"

Many of these children are at high risk of developing additional problems. Dr. Taylor explains, "Other conditions that overlap with ADHD are oppositional defiance disorders (ODD), which are typically found in hyperac-

tive boys, and conduct disorders. The hyperactive boys will not have a fully developed **conscience** and are at great risk."

He goes on to say, "the outdated behavior mod mentality: reward, punish, time out, and ignore will not work well with ADHD kids, and it will not build conscience. You will not build conscience with charts and stars."

His suggestion for dealing with discipline issues is a series of books titled *Positive Discipline*. The best resource for building a conscience in children ages 4 to 8 is the *Kelly Bear Series*.

How do Dr. Taylor's workshops and books differ from the many that are being offered around the country? He

"Depression is the most common additional diagnosis for the child with straight ADD. The inattentive child tends to be shy and withdrawn, one step away from depression."

addresses: healing family dynamics, the development of a conscience in the affected child, and effective strategies for teachers.

A terrific problem for these children is the **social skills deficits**. "Their concrete logic, the excessive literalness with which they approach every situation renders them a fish out of water in social relationships, which are inherently abstract." A teacher's best resources for helping build both social skills and conscience in affected children are the *Sharing Circle Handbook*, and *Stick Up For Yourself*.

In addition to presenting his own child-tested strategies, Dr. Taylor reviews books on the various topics he covers and has them available through his seminars and catalog.

You can learn more about Dr. Taylor's books and seminars, and can request a free copy of his catalog on outstanding books by visiting his web site:

[www.ADD-Plus.com](http://www.ADD-Plus.com) or call  
FACT'R at (800) 847-1233.



## MSG — in order to avoid it, you first need to know how to find it.

Annie Costa felt terrible much of the time. She learned that her problems were due primarily to a sensitivity to monosodium glutamate (MSG), but that was only the first step. This chemical is widely used, and ingredient labels are even more deceptive regarding MSG than they are for other additives.

In an effort to help others who share her sensitivity to MSG, Annie has written a book describing what she has learned. She calls it *The Feel Good Handbook*.

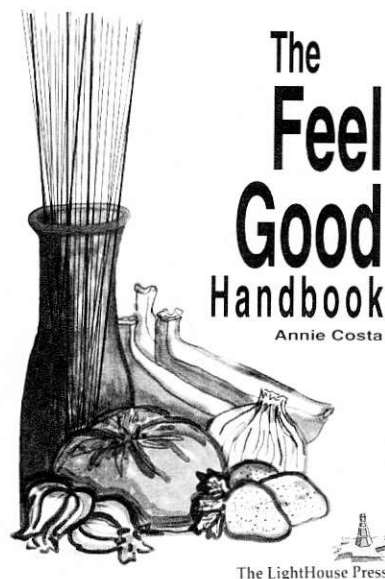
It's not a simple matter to understand what MSG is and how it works, but Annie has made a very good effort. She writes, "All protein is made up of complex strings of amino acids. Glutamic acid is an amino acid. When glutamic acid is found in protein it is referred to as 'bound' glutamic acid. Bound glutamic acid found in human tissue is made of L-glutamic acid only.

"When glutamic acid is freed from protein during digestion, the free glutamic acid is made up of L-glutamic acid only. No adverse reactions to the consumption of 'protein' per se have been reported. But when glutamic acid is freed from protein due to processing before it is ingested, the glutamic acid changes significantly. The processing not only changes the glutamic acid, it also creates by-products — some of which may be carcinogenic.

"Also, any glutamic acid that has already been freed before you eat it doesn't have to be digested like the whole protein has to be digested. So instead of being released from the protein slowly, you can be exposed to a lot of processed free glutamic acid in a short period of time. Perhaps, at some point, [there is] too much for your system to handle, and adverse reactions are the result."

When it occurs naturally, glutamic acid is generally well tolerated. But when it is changed into MSG its effect can be very damaging for the sensitive person.

Free glutamic acid was first derived from seaweed and has been used in China for at least two centuries. Now, it is generally made by fermenting



corn. It is cheaper, readily available, used in huge quantity and in many different products, but especially in institutional foods.

MSG-type flavor enhancers are also being widely used in low-fat and fat-free products since the removal of fat results in a loss of flavor.

MSG was once added to baby foods in an effort to appeal to the moms who sampled what they fed their infants. This practice was voluntarily discontinued by the industry years ago after the public became concerned over its safety. Now, while foods for babies

are still free of the additive, MSG-like ingredients are being used in foods designed for toddlers.

Identifying free glutamic acid in foods is very difficult. If a product contains 78% or more "free glutamic acid" it is called MSG; but with less than 78% it can go by other names. Autolyzed yeast and hydrolyzed protein are two of the most common, but there are dozens more listed in this book.

Consumers may believe that products which claim, "no MSG" or "no MSG added" are really free of the additive, but Costa lists many brands that don't live up to the promise.

There is evidence to suggest that MSG can have an adverse effect on behavior, but the main symptoms reported are headaches and asthma. Costa believes that most people are sensitive to free glutamic acid, and they differ only in degree.

This book provides interesting information on a ubiquitous food additive, but it is essential for anyone who has identified a glutamate sensitivity.

*The Feel Good Handbook* is available through the FAUS Resource Catalog. To receive a copy of the catalog call 1 (800) 321-3287.

## They are doing *what* with MSG?

The Environmental Protection Agency (EPA) has approved a product which contains 30% free glutamic acid (MSG) to be sprayed on crops, including growing fruits and vegetables. [Source: *Federal Register*, 1/7/98 page 679-682]

Sprayed fruits and vegetables that come to market may contain residual amounts of free glutamic acid. There is no reason to believe that the product will not also affect ground water and drinking water. Concern was expressed by the Truth in Labeling Campaign (TLC) and its president, Jack L. Samuels, that the MSG residue on treated fruits and vegetables poses a danger to humans, farm animals and wildlife. TLC is a nonprofit organization concerned with undisclosed use of MSG in food.

When the product, called Auxigro, is sprayed on plants, it is believed to cause the roots to pick up more nutrients from the soil, resulting in greater yield and/or larger fruits and vegetables.

For more details, or if you wish to make your concerns heard at the EPA, contact Jack Samuels at: [adandjack@aol.com](mailto:adandjack@aol.com).

## Do you miss Oreos™?

Weep no more; have we got a cookie for you!

Volunteers and guests who attended the FAUS conference were treated to the newly approved Whole Foods 365 brand Chocolate Sandwich Cremes. These cookies look just like the well-known Oreos (with artificial flavoring) but they have a creamier filling and are delicious.

Whole Foods Market is the nation's largest chain of natural food supermarkets with 86 stores in 19 states plus the District of Columbia.

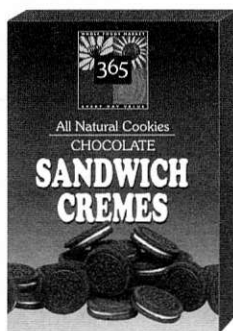
They have developed a line of foods under the name "365," which is intended to convey the fact that these products are competitively priced with supermarket equivalents, and are affordable enough for families to enjoy 365 days a year.

Priced at \$2.39 for a large 20 ounce box, the cookies are less expensive than their unacceptable counterparts. Like all of the products at Whole Foods, the 365 line does not use any of the additives eliminated on the Feingold Program. Some foods, including these cookies, do contain corn syrup.

### Coming to a neighborhood near you?

Whole Foods is expanding rapidly, and provided the following schedule of current and projected new (\*and replacement) store openings:

\*Monterey, CA  
Woodland Hills, CA  
Coral Springs, FL  
\*Aventura, FL



One mom (who buys only "Feingold-safe" foods) told us she used to go to her sister-in law's home, hide in the kitchen, and eat Oreos. Now she has her own supply of natural cookies shipped in by sympathetic friends.

Atlanta, GA  
Chicago, IL  
\*Cambridge, MA  
Detroit, MI  
Ridgewood, NJ  
Edgewater, NJ  
Jenkintown, PA  
Philadelphia, PA  
Providence, RI  
Dallas, TX  
\*Houston, TX  
Arlington, TX  
Seattle, WA

If there are no stores near you, find a friend or relative who will send care packages to help tame the cookie monster in us all.

## Methyl Salicylate — another problem for the salicylate-sensitive

Beatrice Trum Hunter, a member of the Feingold Association's advisory board, has forwarded this information which appeared in a recent issue of *Food Chemical News*.

"Methyl salicylate — long used as a food flavoring — was recently approved for use in packaging materials, to control insects that eat stored food, animal feed, and textiles. The EPA (Environmental Protection Agency) says that the new pesticide is a safer alternative to traditional insecticides and fumigates since it is applied inside the packaging materials. Last month, EPA registered two methyl salicylate packaging products under the trade name RepelKote, manufactured by Tenneco Packaging of Lake Forest, IL. Under the agency's new streamlined registration process, the inert ingredients in the packaging did not require tolerance since they were already approved by FDA."

## Science fair study shows effects of aspartame on learning

High school junior, Susie Morris, of Price, UT won a first prize in the National Science Fair for her three-year research study on the effect of aspartame on rats.

Morris found that when they were fed aspartame (NutraSweet™, Equal™) it "destroyed the elderly rats' ability to learn." The animals were tested in a maze; those on a diet that was identical but did not contain aspartame mastered the maze successfully. The aspartame-fed rats never learned the maze, she said. The animals were 27 months old, which is the equivalent of a 79-year old human.

In the first phase of the study Morris used a group of genetically identical rats. The controls received rat chow and fresh water while the experimental group received 25 percent of its calories from a sucrose (sugar) and water solution. To the delight of the American Sugar Alliance and those involved in the sugar industry, the high schooler reported, "When taught to run a six-choice maze, the sucrose fed rats learned the maze 30 percent faster than the non-sugar fed rats."

The next step was to determine how the artificial sweetener, aspartame, affects learning. "The control rats again received rat chow and water, while the experimental ones were given an amount of aspartame equivalent in sweetness to the previous year's sucrose-fed group." This amount was about 25 percent greater than the amount considered safe by the FDA. However, Morris said that "since aspartame is found in more than 5,000 food products and is consumed by over 250 million people worldwide per day, these results nonetheless have frightening implications."

When tested she found, "The elderly control group had mastered the maze by the 34th trial. The experimental group, however, never mastered the maze and showed no sign of learning whatsoever." Instead, she reported, the group of animals fed the aspartame engaged in "repetition of a meaningless behavior."

## School Year Calendar

Feingold members in the United States have received their new 1998-1999 School Year Calendar.



In addition to keeping track of dates and activities, the calendar features some of the hard-to-find products which make life easier for us all.

Once again, the calendar highlights some of our own "Feingold kids." Be sure to share their photos and stories with your children, especially if they don't know many other children using our program. Even if they don't live near each other, our kids have lots of company.

Calendars are mailed out bulk rate, and only in the United States. If you joined after they were mailed, or if you live outside the U.S. and would like to have one, please contact the FAUS office in Virginia: FAUS, PO Box 6550, Alexandria, VA 22306. The suggested donation is \$10. Proceeds help us better serve you.

### Another way to help

*Please keep the Feingold Association in mind when the United Way or Combined Federal Campaign comes to your place of work.*

*Although rules differ greatly from one area to another, many of our members will be able to fill out a form for their "designated donation" to be sent to the Association. These funds are put to work to improve our services to members and to educate parents and professionals about the help available. Contact FAUS at (703) 768-3287 if you would like more information.*

## You can order audio tapes from our Conference

If you missed our conference in July, the second best option is to order audio tapes of the seminars. Here are your choices:

- #001 Introduction to the Feingold Program, Kathy Bratby, Nurse Practitioner
- #002 Keynote: A Broader View Toward Understanding ADHD, John Taylor, PhD
- #003 Brain Chemistry: Phenols, Additives & Nutrition, John Taylor, PhD
- #004 Our Family's Journey Toward Answers, Pat Dunn
- #005 Oh, Those Trash Can Foods, Jane Hersey
- #006 Social Skills - Good Strategies for All Children, Vickie Tillman, PhD
- #007 Panel Discussion with the above speakers



- #008 C.A.N. "Cure Autism Now" Research Update, Bill Snavely
- #009 The Biochemistry of Behavior, Robert Sinaiko, M.D.
- #010 Identifying & Treating Sensory Integration Problems, Debra Dickson, R.P.T.
- #011 Biochemical Factors in Autism, Amy Rosenthal, M.D.
- #012 Insuring Greater Success with Multiple Sensitivities, Laurie Miller, M.S., L.P.C.C.
- #013 Panel Discussion

These tapes are available from Audio Recording Services, Inc.  
1103 Butterworth Court, #D-2  
Stevensville, MD 21666  
Phone: (410) 643-4220  
Fax: 410-643-3463

The cost is \$7.00 for each tape or \$75 for a complete set.  
Shipping costs: 1 to 5 tapes: \$5.00, and 50 cents each additional tape.  
The cost of shipping for a full set of 13 tapes is \$9.00.

## Back to school — with markers



Markers can be serious irritants for the chemically-sensitive child or adult. The most obvious offenders to avoid are the scented markers that are marketed to children, and the permanent markers containing solvents such as methyl isobutyl ketone and butyl acetate, which give off powerful fumes.

The Dixon Ticonderoga Company, best known for their pencils, has a line of markers that are water based, and advertised as either odorless or low odor.

If you are unable to locate Dixon markers you can contact their customer service department at (800) 824-9430.

Remember to ask your young artists to try to limit their drawings to paper, not to decorate their arms and legs.

### Pure Facts

Editor: Jane Hersey

*Contributing to this issue:*

Lynn Murphy  
Debbie Jackson  
Lois Miele  
Donna Curtis  
Sherri Luther-Palmer

*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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# Feingold



# News

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September 1998

## Welcome! to our new officers and board

Kathy Bratby has been elected President of the Feingold Association of the United States. The Bratbys (Kathy, her husband Roger, and their son Eric) have been using the Feingold Program for 4 1/2 years, and during this time Kathy has volunteered in many roles.

She has been treasurer, and later vice president, of the Feingold Association of the Northeast, and last year she served as first vice president of FAUS. She frequently represents the Association, giving presentations on diet and behavior/learning problems.



Kathy is a nurse, and teaches at SUNY in Stony Brook New York. She is active in her church and volunteers as a teacher of religious education. She also volunteers at her son's school.

Her family is proud of the many ways she helps others, and the Association is delighted that she will be sharing her time and talents with us.

Congratulations and thanks to our Executive Director, Lynn Murphy and our new board of directors and committee chairs for their commitment to the Association during the coming year:

Ruth Aranow	Doug Moore
Doug Carey	Ed Neary
Whistle Carey	Sherri Luther-Palmer
Markey Dokken	Sarah Roley
Pat Dunn	Judy Schneider
Sandy Ehrenkranz	Lisa Sharpnack
Leslie Fowler	Tanya Small
Chris Gardner	Colleen Smethers
Ginny Goerg	Helen Vermillion
Lois Miele	Gail Wachsmuth

## Charleston, SC

The Feingold Association will be represented at the 1st Annual Natural Health Expo to be held in Charleston on Saturday, October 10 from 9 am to 4 pm.

Marion Square Park (near the fountain) in downtown Charleston will be the site of the health festival, so if you're in the area, stop by and speak with our representative, Renee Moriarity. If you live in the area and would like to participate contact FAUS at (703) 768-3287.

*Thank You Thank You Thank You Thank You*

...to Christy Alire and the folks at the Vienna, VA Whole Foods Market for their generous donations to the FAUS Conference. We enjoyed the all-natural sodas, snacks and the new chocolate Sandwich Cremes cookies.

In addition, Whole Foods donated their delicious Olivia's Own whole wheat bread for the box lunches featuring Boar's Head turkey and roast beef.

If you have not visited the spacious Vienna Whole Foods you have a treat in store; it is located on Maple Avenue at Park Street.

...to the many companies that donated their wonderful natural products to the Association's annual conference

Annemarie Borlind  
Barbara's Bakery  
Cloud Nine  
Cool Fruits  
For Pete's Sake Natural Gourmet Foods  
Garden Spot  
Gluten-Free Pantry  
Goldenberg Candy Co.  
Kozy Shack Puddings  
The Perrier Group  
Sorrell Ridge Jams  
The Soap Ladies  
Squirrel's Nest Candy Shop  
Stretch Island Fruit  
Tree of Life  
US Mills  
Walnut Acres  
Walden Farms  
Whole Foods Markets

...to Renee Moriarity for offering workshops on the Feingold Program in her area, and for arranging for us to be included in Charleston's Health Festival.

...to you for your support of our calendar fundraiser. This and other financial support we receive helps us to help other families.

**An important note:** The advertising in the calendar is not meant to offer any medical or nutritional advice; it is strictly the opinion of the advertisers. As always, the Feingold Association does not endorse any product or other method of treatment.

## FAUS Product Information Center Report

from Donna Curtis

### Product Alert!

KAUAI KOOKIE Macadamia Shortbread contains artificial flavors and should be removed from your Foodlist.

HOUSE OF TSAND Hot Chili Sesame Oil now has natural smoke flavoring added as an ingredient which makes it unacceptable for use on the Feingold Program. It should be removed from your Foodlist.

NEW MORNING cold cereals are now being sweetened with FRUITRIM. This is a combination of pure fruit juice and grain syrup. PIC was told it does not contain corn syrup, but it *may* contain apple, grapes, or peaches. Therefore all NEW MORNING cold cereals are now Stage Two, including Organic Kamutios and Granola Clusters Oatiola which are currently listed as Stage One in your Foodlist.

### Finding dye-free medication

Ron Keech at the Apothecary in Bethesda, MD, has been helping chemically-sensitive people for many years. He is a compounding pharmacist, which means he can create many medicines, vitamins, etc. to meet the needs and sensitivities of the consumer.

If your child is using RITALIN and you would like to find a dye-free version, contact Ron; he has told *Pure Facts* that you must ask the doctor to write "dye-free" on the prescription.

The Apothecary can also supply FEVER-ALL SPRINKLE CAPS. This is acetaminophen (similar to Tylenol) in powdered form. Each granule is coated so the child cannot taste the medicine, and so small that most children cannot even detect it in when it is administered in a liquid.

Fever-All comes in a colored capsule that should be broken open and discarded. It's a good idea to have natural pain-killers ready in your medicine cabinet for those late nights when children seem to need it most.

You can contact Ron at (301) 530-0800 or (800) 869-9160. Even if you do not live in the Maryland area, you can contact the Apothecary for help.

### Wild for Pepperoni?

Chris Sashegyi suggests you consider substituting Spanish Chorizo when you make natural pizza. Look for brands that do not contain nitrites or other undesirable additives.

If there is a natural foods market in your area, they might carry these sausages.

## PIC Report

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

### Stage One

ARROWHEAD MILLS\* Biscuit Mix (formerly called Whole Grain Biscuit Mix)  
BEEHIVE BOTANICALS\* Propolis Toothpaste  
BEEHIVE BOTANICALS\* Honey Stix candies:  
Cinnamon, Clover Honey, Lemon, Lime, Peppermint  
(Mail order by calling 1 (800) BEEHIVE)  
DDS\* Acidophilus with FOS Powder  
DDS-PLUS\* Acidophilus Bifidus FOS  
HEALTH IS WEALTH\* frozen foods: Chicken Nuggets  
Uncured Beef Franks, Vegetarian Egg Rolls  
HEALTH IS WEALTH\* soft pretzel - Multigrain with Kamut & Spelt  
MAALOX Mint Creme Flavor Antacid  
MANNATECH Em-Pact Sports Drink (available through distributors; for information call 972-471-7368.)  
NABISCO Cinnamon Sweet Crispers (CS,SF)  
NANCY'S Broccoli Cheddar Quiche 6 oz, Florentine Quiche 6 oz, Mushroom Turnover Hors D'oeuvres  
(These are found in the freezer section)  
NANTUCKET NECTARS Authentic Lemonade (SB)  
NATURE'S CHOICE\* Moist & Chewy Peanut Butter Granola Bars  
NATURE'S PATH\* Mesa Sunrise Multigrain Cold Cereal  
PACIFIC FOODS All Natural Chicken Broth

### Stage Two

BEEHIVE BOTANICALS\* Honey Chews Assorted Candies (The package contains Original, Berry & Lemon flavors; the berry bears contain berry juice)  
BEEHIVE BOTANICALS\* Honey Stix: Sour Apple, Orange, Sour Cherry (grape), Sour Raspberry, Sour Strawberry (Mail order from 1 (800) BEEHIVE)  
HEALTH IS WEALTH\* frozen Pizza Tofu Munchies (tomatoes)  
MANNATECH MannaBar Carbohydrate Formula Snack Bar (CS, SF, apples, apricots, berries, tomatoes), MannaBar Protein Formula Snack Bar (CS, SF, apples, apricots, berries, tomatoes)  
(available through distributors; call 972-471-7368.)  
NANCY'S Veggie Spirals (CS, SB, CP, SF, cider vinegar, bell & red peppers)  
NANTUCKET NECTARS Guava Flavored Juice Cocktail (elderberry), Pink Lemonade (SB, SF, cherries, grapes )  
NATURE'S CHOICE\* Oats & Honey Granola Bars (almonds)

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