

# Pure Facts

Newsletter of the Feingold® Association of the United States



November, 1998

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## What to do when there's not enough time

Life on the Feingold Program can be a challenge for today's busy families. Sometimes it seems easier to just pick up a birthday cake at the supermarket, and hope for the best afterward.

What seems like a shortcut, however, might end up making your life a lot harder. Not only will you have that 3-day reaction to deal with, but the message you give your child is not what you really want.

Young children need clear directions in order to make sense of this complicated world we live in. They learn early in life that running into the street is wrong, and holding Mom or Dad's hand when they get to the curb is right. Hitting other children is a bad thing to do and sharing is a good thing.

As they get older the absolutes of "right" and "wrong" are tempered with the concept of extenuating circumstances. There are exceptions to what



they had labeled as "good" and "bad." The more mature the child, the more ready he is to understand that under some conditions, an action might be acceptable; but if he has to face this when he is not ready, it can be too much for him to handle.

Children using the Feingold Program are more comfortable if they know that eating food dyes is bad for them, and that this is true all of the

time. The world will make more sense if those around him reinforce the fact that candy with artificial coloring and flavoring is always wrong for him, and there are no exceptions. It will be much easier for him to say "no" to the unacceptable foods he encounters away from home if he sees that the adults around him all support this, and buy only acceptable foods.

If adults give the message that the Program is a good idea most of the time, but not necessary on certain occasions, the child's resolve is going to be badly damaged. Why should he refuse that red gum ball when Mom just let him eat a blue one?

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## Fat phobias and phoney foods

A fat substitute is approved by the Food and Drug Administration, despite reported adverse reactions. Meanwhile, many urge the strict reduction of "fats" while new research shows most Americans consume too little of the right kind of fats.

The Food and Drug Administration has announced that it considers the fake fat, olestra, to be safe despite thousands of adverse reactions reported by consumers.

Actually, olestra is not totally fat-free; it contains fat in the form of vegetable oil (as well as sugar) but the body does not recognize it as a fat, and does not digest it.

Proctor & Gamble, the manufacturer of olestra, has initiated a multi-million dollar advertising campaign to

promote its WOW! potato chips made with olestra, and anticipates annual sales of up to \$1 billion by next year.

While there is no reason to believe that this additive will trigger the same types of reactions as the additives eliminated on the Feingold Program, it is a cause for concern. Critics of the FDA's policies see it as one more time when the agency may be placing its priority on the interests of major corporations at the expense of the public welfare.

The other concern is based on the claim that this additive would reduce the absorption of important vitamins and carotenoids, leading to serious health problems for some consumers. Dr. Walter Willett of the Harvard School of Public Health believes that if the projected sales of olestra are correct, the nutritional depletion which would result could lead to thousands of additional cases of cancer and heart disease in this country.

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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.

If Dad lets him have a green drink after the soccer game, why can't he accept it at his friend's house?

How can a child be expected to make sense out of these facts: Grandma loves me; Twinkies contain additives that are bad for me; Grandma gives me Twinkies?

We have seen that the children who have been successful on the Feingold Program are the youngsters who have been given a clear, unambiguous message: Some foods are not right for you and the adults who love you will support you in avoiding them and substituting things that are best for you.

### The good feeling of being in control

As your child gets older he will have a double challenge. First, he will be away from you more of the time, and second, he will be exposed to increasingly harmful substances.

The things that will help him to resist the drugs and alcohol that will be available to him are:

- a clear picture of what is right and what is wrong for him

- a long history of success in his life that is the result of many positive things, including a good diet.

Constant infractions that are brought on by adults around him will prevent the child from having a consistent history of success and will damage his self-esteem.

"Ask any child with ADHD what he would like more than anything else," notes Dr. John Taylor, "and he will tell you he wishes he could stop 'being bad.'"

When your child is fifteen you will want him to be armed with all the resources possible to resist self-destructive behaviors. If he has learned to rationalize eating harmful additives on certain occasions it will be easier to justify using marijuana (or worse) "just on the weekends."

*Alcohol and drugs are believed by many to be a way the ADHD teen and adult self-medicate, to relieve symptoms.*

## Setting things up for success

You can make life easier for yourself by anticipating those occasions when you will need to provide food, and exploring a few simple options.

Some of the events that will test your Feingold resolve are easy to predict: birthday parties, class parties, family celebrations. Select one and see how many choices you really have.

Let's begin with birthday parties — it's easy to know in advance when they will come your way! A birthday celebration might take the form of a major party, a family get-together, or just a treat to send in to school. Suitable drinks are not hard to find, and even candy is readily available in your area stores or from the Squirrel's Nest; it's generally the cake that presents the biggest stumbling block.

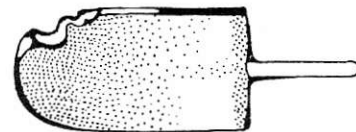
The first question to ask is: Is it essential that we even have a cake? Would the children be just as happy to have a bag of (acceptable) cookies from the Mrs. Field's shop at the mall?

Why not provide chocolate covered ice cream bars? (Refer to your *Food-list* for brands.) You could get some natural ice cream and the "fixings" and let the children make their own sundaes or banana splits.



Serve a pan of brownies in place of a cake; even when they are made from scratch, brownies are easy to prepare. After the candles have been blown out, cut it into squares and serve each topped with a scoop of ice cream. Forget about layers, filling and frosting.

If you still want to have a cake consider these choices. Do you live near one of the new healthy markets (Whole Foods, Wild Oats, etc.)? Then a birthday cake is as easy as stopping by the bakery counter and making your choice.



For those who don't have access to these stores, do you know someone who likes to bake? Does Grandma live near enough to be able to pitch in and supply the treats? Even if she lives far away, it's still possible to ship the treats to you in time for the celebration. Teenage neighbors might welcome the chance to earn some money baking; provide them with recipes and acceptable ingredients from your Feingold information.

If there are other families in your area using the Program, one of them might be a talented baker willing to offer his or her services for a small fee. Or, if you enjoy baking we can put your name in *Feingold News* — if your family loves your homebaked goodies there will be many other families that will appreciate them as well.

The Feingold Resource Catalog has molds you can use to make your own natural versions of Twinkies and Devil Dogs, plus the recipes to go along with them. For Pete's Sake carries a line of cake and frosting mixes, and in some parts of the country, it is possible to find the one natural Duncan Hines cake mix.

Once you get good at birthday strategies, you can apply these techniques to any occasion. Your children can have a great time while they are at the event, and you won't have to pay for it with out-of-control behavior for the next three days.

Call an experienced Feingold volunteer if you find you are tempted to slide back to the old days of plastic food. Those volunteers whose children are now grown will tell you how grateful we are that we did the cupcake routine back then, and got our children headed in the right direction.

## Salatrim

Another new fake fat, salatrim, is a partially digested fat claimed to have 45 percent fewer calories than regular fats. Like olestra, it has been shown to cause digestive distress for some people.

One of the outspoken critics of these phony foods is Michael Jacobson, who is the Executive Director of the Washington-based Center for Science in the Public Interest. Jacobson writes:

"Olestra and salatrim are part of a bizarre new trend. One (olestra) is an indigestible fat; the other (salatrim) is a partially digestible one. Food manufacturers are also using partially digestible sugar alcohols like sorbitol, mannitol, and xylitol, which can cause diarrhea. And they're adding indigestible gums and cellulose derivatives to foods as emulsifiers and fat substitutes. Needless to say, no one has looked at what happens to people who eat more than one of these additives on the same day.

"Food is supposed to nourish us. How ironic that, at a time when many people are going hungry, companies are converting nutrient-rich crops into indigestible goo. And calorie-conscious consumers are choosing foods based on their indigestibility."

## Butter vs. Margarine

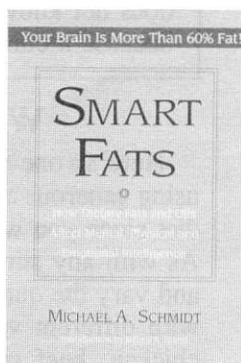
For decades margarine has been promoted as a more desirable choice than butter; now many are rethinking this assumption. The results of a 14 year study at the Harvard School of Public Health have shown that the animal fats in butter are more desirable than the hydrogenated fats used in stick margarine and in many prepared foods.

Hydrogenation, the process that changes liquid oils into solids, creates trans fats, which are cited as more serious health hazards than animal-based saturated fats.

(Margarines are acceptable for use on the Feingold Program as long as they do not contain synthetic flavoring and the other prohibited additives.)

## The importance of essential fatty acids

There is growing evidence that one form of fat — essential fatty acids (EFAs) — plays a vital part in all aspects of health, and that a deficiency is directly tied to learning and behavior problems.



*Smart Fats*, \$16.95, published by North Atlantic Books, call (800) 337-2665

"The story of essential fatty acids also calls into serious question the low fat/no fat recommendations so common today, since there are many circumstances in which low fat diets may be harmful to the brain. This is especially true when they restrict essential fatty acids. Pregnancy, lactation, infancy, depression, early senility, multiple sclerosis, aggression, bulimia and hyperactivity are but a small sample of conditions where low fat diets may be harmful."

Michael Schmidt

Research in England and the U.S. has identified the crucial role of EFAs for children with learning and behavior problems. Those who wish to learn more about the role of EFAs will find this complex subject has been made more understandable by Dr. Michael Schmidt. He has authored the book, *Smart Fats*, with the subtitle, *How dietary fats and oils affect mental, physical and emotional intelligence*.

"We have become a culture that has learned to hate fat" Schmidt writes, but 60% of the brain is made of fatty material, and the type of fat we consume has a direct bearing on how our brain, as well as the rest of our body, functions.

He refers to those fats which are needed by the brain as "brain fats" and explains how important it is to have the correct ratio of the essential fats. While most people on a typical Western diet consume plenty of fats, the intake of brain fats has declined an estimated 80%.

It isn't just the brain cells which need certain rations of essential fats, but all of the cells of the body require the right kinds of fats.

Dr. Schmidt addresses the bad rap cholesterol has received, and notes that "In order to make the myelin sheath that covers your nerves, cholesterol is an absolutely essential molecule." It is only when cholesterol is too high or too low that dysfunctions occur. "Incidentally, the body puts such a high priority on cholesterol that it manufactures roughly 3,000 milligrams per day, about the amount contained in one dozen eggs."

## Signs of Fatty Acid Imbalance

Fatty acid imbalance can manifest in many different ways and may affect almost any body system. However, there is a set of signs and symptoms that many doctors believe to be correlated with fatty acid imbalance. We should pay particularly close attention to the skin signs and symptoms:

Dry skin	Weakness	Learning problems
Dandruff	Fatigue	Poor wound healing
Frequent urination	Dry, unmanageable hair	Frequent infections
Irritability	Excessive thirst	Patches of pale skin on cheeks
Attention deficit	Brittle, easily frayed nails	Cracked skin on heels or fingertips
Soft nails	Hyperactivity	
Alligator skin	"Chicken skin" on backs of arms	
Allergies		
Lowered immunity	Dry eyes	

reprinted from *Smart Fats*

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## Essential fatty acids, from page 3

*Smart Fats* gives comprehensive information on the best sources of essential fatty acids, both in fats and oils, and in foods. While most people will benefit from a diet with more EFAs, Dr. Schmidt cautions that people with autism and seizures might not tolerate the beneficial EFAs.

### ADD, vision, dyslexia and EFAs

Research being carried out in England and the U.S. supports the belief that children with symptoms of ADD and ADHD, as well as dyslexia, are deficient in essential fatty acids, especially those classified as omega-6 and omega-3 fatty acids. These are needed for the body to create nerve cells and for them to function normally.

Along with the brain, the retina in your eye requires high quality fatty acids in order to function well. (Fatty acids are converted to several "long chain fatty acids" which the body then uses. One of the most vital long chain fatty acids is known as DHA — short for docosahexaenoic acid.) British researcher, Jacqueline Stordy, reports, "dyslexics have poor dark adaptation, which is a function of the DHA-rich rod cells of the retina. However, supplementation with a high-DHA fish oil restored dark adaptation to normal."

### Obtaining enough EFAs

The EFAs can be obtained from some foods, especially fatty fish such as salmon, mackerel and tuna, and from green leafy vegetables. Flaxseed and flaxseed oil are very rich in EFAs, and you can get some from walnuts, cashews, Brazil nuts, almonds, and from pumpkin and sunflower seeds. They are found in some oils, and some forms of algae and in supplements such as evening primrose oil.

Schmidt cautions that when you change your diet to include more of the "smart fats" you will also need to add a natural antioxidant (vitamin E) to protect these fats from free radicals, including oxygen — something the brain uses in abundance.

Researchers note that the American diet is loaded with the wrong kinds of fats, which prevent the intake and use of the vital ones. Among the offending fats are those used for deep frying and hydrogenated fats, found in most processed foods.

The child who is deficient in EFAs, who eats a lot of highly processed foods and deep fried fast foods is at risk for learning, behavior and health problems. The undesirable fats interfere with what EFAs he may have, and the synthetic colors, flavors and preservatives might be having a similar effect of preventing their use. In addition, he is likely to be reacting directly to the presence of those additives. If the child's diet is high in sugar and contains too many carbohydrates the needed EFAs are further compromised.

A new source of essential fatty acids, which was not mentioned in the book, is **grapeseed oil**. Proponents say it has benefits similar to olive oil, and can be used either for cooking or in salads. Grapeseed oil is available in some health food stores and supermarkets, or can be ordered from Walnut Acres in Pennsylvania (800) 433-3998. (FAUS does not know if this oil would be considered a salicylate because it comes from the grape.)

### What's for Dinner? EFAs!

Here's a one-dish meal your family will enjoy. It can be made using generous amounts of olive oil, and is ideal for a Stage One diet since you won't miss having tomato sauce on your pasta. As with any stir-fry dish, you can substitute other ingredients and vary the quantity according to your family's tastes. Try it with different vegetables, pastas and protein sources such as chicken, beef or seafood. If you prepare salmon fillet one evening, you might want to make extra and plan to have leftovers. Then, when you make the pasta dish, add the flaked salmon just before serving, cooking just long enough to heat the fish.

#### *Mediterranean Pasta Dinner*

You will need a large frying pan or wok. Serves 4.

8 ounces of dry pasta or noodles

olive oil

1 large onion - sliced (white or Vidalia onions are good)

mushrooms, sliced

green vegetable - fresh or frozen

1/2 teaspoon prepared crushed garlic

1/2 pound shrimp\* - cleaned (blot with paper towel to dry)

1/2 lime

salt

Cook the pasta/noodles in a large saucepan according to package directions. Drain them.

Cook the green vegetable briefly in a microwave oven with a little water so it will be tender.

In the saucepan or wok saute the onion and mushrooms in about 2 tablespoons of oil, at medium-high heat. When they are browned, remove them from the pan.

Add more oil and add the garlic and shrimp. Cook at medium high heat briefly (about 1 minute on each side).

Add back the pasta, onions, mushrooms and green vegetable; season with lime juice, salt, and more oil. Serve immediately.

\*You can substitute diced raw chicken breast or cut-up raw salmon; or add leftover cooked meat or fish when you return the pasta and vegetables to the pan. Heat briefly and serve.

**Spraying oils.** If you enjoy the convenience of oil sprays but don't want to use aerosols, you can now find refillable sprayer bottles. Stores selling kitchen equipment carry them, as does Walnut Acres.

The Pampered Chef offers an inexpensive Kitchen Spritzer for \$6.50. Call (800) 726-8793 for details on locating a distributor in your area and information on ordering.

## Jams, Jellies and Preserves

Salicylate-sensitive people have a limited choice, but we've recently found some products that might offer delicious new options.

The Slack family started their business in 1954 when they first began selling the jams and jellies they made at their farm in Lodi, Wisconsin.

Over the years their business has grown to provide mail order service, and their line of products has expanded. Since FAUS is always eager to find non-salicylate options, we were delighted to learn of their **Rhubarb Jam**, which is made from cane sugar, rhubarb, pectin and citric acid.

### Pectin

Pectin is a water soluble carbohydrate, the ingredient in fruits that causes them to jell. When fruits are cooked over high heat, however, the naturally occurring pectin is destroyed and must be added back. Pectin can be derived from various ripe fruits, and it is often made from apples and oranges. At this time we do not know if this means that someone who is sensitive to apples or oranges will be intolerant to these pectins, but just to be sure, FAUS lists products containing them under Stage Two. If you or a family member has a known salicylate sensitivity, we would be grateful for any feedback you can offer about your ability to tolerate apple or orange based pectin.

The pectin used in Slack's Rhubarb Jam is derived from lemons and limes, so this clearly places it on Stage One.

Slacks sells many different flavors of jams, jellies, fruit spreads and butters, salsa and relish, as well as honey and other syrups. In addition to the rhubarb jam, the only other product we have researched is Slack's pumpkin butter. Since it contains clove, it is a Stage Two product.

If you live in the Midwest you might be able to find the Slacks products at specialty stores. For more information you can write to: Slack's Inc., W12153 Slack Road, Lodi, WI 53555 or call (608) 592-4804.



### Easy Pineapple Jam

Make your own Stage One jam with a can of crushed pineapple and some granulated sugar.

All you need is a large (20 ounce) can of crushed pineapple in its own juice and 1 1/2 cups of sugar.

Combine them in an uncovered heavy saucepan (the bottom of a pressure cooker is a good choice). Bring the mixture to a boil, stirring occasionally; use a big wood spoon if you have one. Turn the heat to the lowest setting, and let the mixture simmer, stirring occasionally, until the most of



Located in the heart of Pennsylvania Dutch country, Schenk's began in 1929 when a farmer in Lancaster, Clayton Schenk, began selling cheese at the Lancaster Market. His daughter added a line of preserves, and today Schenk's has a large selection of jams, jellies, preserves and butters, as well as condiments.

Zimmerman Foods, which owns Schenk's, writes, "The heritage of Schenk's 'American Specialty Foods' dates back to the immigration of the Mennonites and Amish to Pennsylvania at the invitation of William Penn in the late 1600s. These people brought a culinary repertoire that is the basis of our line today.

"Our specialty foods are still made by hand, on the original farm property, following the all natural tradition begun in 1929. Many of our fruits and vegetables are bought from local farmers."

Two of the Schenk's products have been added to the Stage One list: **Pear Butter Spread** (which contains pears, pear juice, and sugar) and "**Nothing But**" **Pear Butter Spread**, which has only pears and pear juice.

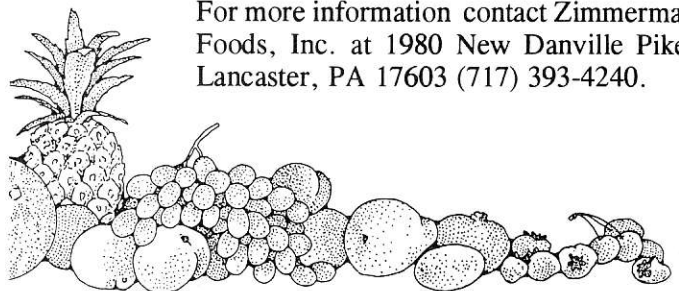
Several products are made from non-salicylates, but have apple pectin added, so they are listed as Stage Two. Donna Curtis writes, "Experienced people may be able to test these preserves and jellies and due to the low level of salicylate might find they are well tolerated."

These Schenk's products are:

**Mission Fig Preserves**  
**Rhubarb Preserves**  
**Dandelion Jelly**  
**Quince Jelly**  
**Watermelon Jelly**

We believe dandelion and quince will be tolerated by most salicylate sensitive people, but do not have any feedback at this time.

Shenk's products are sold in gourmet shops, natural food and farmers markets. For more information contact Zimmerman Foods, Inc. at 1980 New Danville Pike, Lancaster, PA 17603 (717) 393-4240.



## Head Lice

...the scourge of schools that afflicts six to ten million children a year

Once again, the versatile olive oil may be of help — as a way to smother head lice, not as an EFA source. After shampooing the oil out, try using a rinse of equal parts of water and white vinegar.

Other oils are suggested for the same purpose. In his book *The Cure is in the Cupboard*, Dr. Cass Ingram recommends putting a dropper full of wild oil of oregano in a tablespoon of shampoo. Wash the hair thoroughly and let stand for several minutes. Rinse the shampoo out with water as hot as the child will accept.

The publisher of *The Cure is in the Cupboard* is Knowledge House, Buffalo Grove, IL (800) 243-5242.

Dr. Louis Pottkotter, author of *The Natural Nursery*, cautions:

"Lindane 1% (Kwell) shampoo is often prescribed for the treatment of head lice in children even though it is an organochlorine pesticide from the highly toxic DDT/chlordane family. Lindane is carcinogenic and can also damage the neurological system, liver, and immune system. The use of Kwell shampoo has even been linked to the development of childhood brain cancer. Lindane is absorbed through the skin and becomes lodged in the fat tissue and vital organs (like the brain), where it can wreak havoc with a person's health for 20-30 years because it biodegrades so slowly."

Unfortunately, the lindane-free products based on pyrethrins are losing their effectiveness as the lice develop a tolerance to them.

A new product that looks very promising is called "**Not Nice to Lice**" shampoo. It uses a naturally-occurring enzyme which duplicates the enzyme insects create; thus, the manufacturers say, it is not possible for lice to develop an immunity to it. If you cannot find it in your area, call 1 (888) 474-4406, then dial the pin #8727. Their web site is: [www.notnicetolice.com](http://www.notnicetolice.com).

## Developmental Delay Resources

The Developmental Delay Registry has changed its name to Developmental Delay Resources to better reflect their mission. (Happily, we can still call them the DDR.)

This nonprofit organization also has a new address and an impressive publication, their *Membership Directory*. If you have a child with any of the following, their directory might be a valuable resource: attention deficits, learning disabilities, pervasive developmental disorders or autism.

The first section of the directory lists families who wish to be in touch with others facing a variety of challenges. The child's age, sex and diagnosis are listed, as are notes on the various therapies the parents are pursuing or have tried. (It was gratifying to see the positive comments parents included on the use of the Feingold Program.)



The second half of the *Directory* is devoted to professionals and organizations that may be able to assist with the various issues.

The *Directory*, which contains a total of 56 pages of listings, is available from the DDR at their new address:

4401 East West Highway,  
Suite 207  
Bethesda, MD 20814  
(301) 652-2263

The cost is \$25 plus \$3 shipping. (Maryland residents please add \$1.25 tax per book.)

## Holiday Gift Idea

How many people do you encounter who need to have a better understanding of the Feingold Program?

Are you looking for a gift for that special teacher, doctor, relative or friend?

Solve both problems by lending or giving them a copy of *Why Can't My Child Behave?* This comprehensive book will make it clear just what the Feingold Program is and how important it is that they support your efforts.

Pear Tree Press, the book's publisher, is offering a substantial discount for the holidays. Until December 31, 1998 you can purchase 3 (or more) copies at only \$15 each (compared to the list price of \$22) all sent to the same address, and Pear Tree will pay the cost of shipping.

Send your orders to: Pear Tree Press, PO Box 30146, Alexandria, VA 22310. Please be sure your full address is provided.

## Pure Facts

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*Pure Facts* is published ten times a year and is a portion of the material provided to members of the Feingold Association of the United States.

Membership includes the *Feingold Handbook, Recipes & 2 Week Menu Plan*, regional *Foodlist* containing thousands of acceptable U.S. brand name foods, *Medication List*, a telephone Help-Line, and a subscription to *Pure Facts*. The cost in the U.S. is \$69 & \$6 shipping. A *Pure Facts* subscription, if ordered separately, is \$38/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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November 1998

## The FDA and the Olestra situation

In the Sept/Oct issue of *FDA Consumer*, the magazine of the Food and Drug Administration, there was a brief note at the bottom of page 5 that the agency considered the controversial fat substitute, olestra, to be safe. There was no mention of the thousands of adverse reactions the agency has received from those who have suffered various gastrointestinal problems.

That same issue devoted eight full pages to warning readers about the potential harm from using herbal supplements. "Watch out for herbs," is the message now appearing in countless magazines. While information, and appropriate caution is welcome, it's a shame the same publications have been silent about the much more serious problem of adverse reactions to prescription drugs. Both the *Journal of the American Medical Association* and *Archives of Internal Medicine* have cautioned that adverse reactions to prescribed drugs result in about 140,000 deaths each year in the United States. One can only guess at the number of non-fatal reactions drugs create. More information on what is behind this sad situation can be found in *Bitter Pills* by Stephen Fried.

## FAUS announces cost increase

At the last annual meeting delegates approved an increase for our initial materials to \$69 plus \$6 shipping. This is the first increase in five years and is necessary due to the higher costs of providing an extensive amount of materials and services through more paid staff. In addition, we now support research into the biochemistry of ADD and autism.

The fee for renewing materials increased to \$48 per year; this includes: a new *Foodlist*, Mail Order List, and Medication/Supplement List, *Pure Facts* subscription, as well as access to the FAUS Help-Line via telephone or e-mail. If you haven't taken advantage of the Feingold Program Help-Line and have questions, please call us at (516) 369-9340 (Mon-Fri, 10am - 3pm Eastern time) or e-mail [Help@feingold.org](mailto:Help@feingold.org).

## Are these fees tax-deductible?

We are often asked if the costs of your Feingold materials can be deducted because the Association is a nonprofit organization and qualifies to receive tax-deductible donations. No, the IRS explains, since you receive materials and services for the initial \$75 and the \$48 renewal. However, any donations above these costs can be deducted.

*Thank You Thank You Thank You Thank You*

...Renee Moriarity and Margaret Eakins for representing FAUS at the recent health fair held in Charleston, SC. Margaret is one of the "Soap Ladies" offering pure, handmade bar and liquid soaps.

...Gail Wachsmuth for all her efforts in compiling and distributing the Association's Quarterly Report -- the document that is provided to all those who work for the organization.

The many hours of work it takes to run our non-profit is apparent in this weighty document, as is the dedication of its many volunteers.

## Happy Birthday!

to Mrs. Helene Feingold who will be celebrating her 95th birthday on November 21. She enjoys hearing from our families and would love to have a photo of your child. You can mail greetings to: Mrs. Ben F. Feingold, 1050 North Point Street, San Francisco, CA 94109.



## Developmental Delay Resources

(formerly known as Developmental Delay Registry)

Please note their new address: 4401 East West Hwy, Suite 207, Bethesda, MD 20814 (301) 652-2263.

## Michigan - Waterford

Heidi Kameron writes, "I am interested in getting in contact with other families with preschool-aged children who are currently on the Feingold Program." Heidi can be reached at (248) 674-7253.

## Holiday Gift Ideas

Don't forget to check your Resource Catalog for ideas. If you have recently joined FAUS you may not have received your copy. We ran out of the 1998 catalog and are in the process of preparing the 1999 version. All current subscribers will receive a copy when it is completed.

## FAUS Product Information Center Report

from Donna Curtis

### Product Alert!

AUSTIN Wheat Crackers now contain artificial color and should be removed from *Foodlists*.

### Product Change

HAAGEN Southern Style Hash now contains CS; it is available in the Northwest.

VEGE-SAL All Purpose Vegetized Seasoning Salt (MSG/HVP, tomatoes) now contains no paprika.

### Reminder

Don't forget to submit products for us to research for use this coming Passover. We are compiling a list of foods which are both Feingold o.k. and kosher for Passover for use by those families who keep kosher.

The Product Information committee needs to have your index cards by January 1. Please see the October *Pure Facts* for details.

### New Information on Gluten and Casein

FAUS staff and committee members are at work completing a new section for our Handbook. It will focus on resources for those who need to eliminate gluten (found in most grains) and casein (found in dairy products). Some of the families on the Feingold Program have received initial drafts of these pages when we learned that they had to further restrict their diet.

When the section is completed it will be added to the *Feingold Handbook*.

### Conference Tape on Autism

Due to a last-minute addition at our Conference, one of the audio tapes was not included in the order form you received with your recent newsletter.

The title of this presentation is "The possible genetic, dietary, metabolic and biological origins of ADD and Autistic Spectrum Disorder;" its presenter is Michael Lang, a parent on a mission, who is successfully helping his children.

This has been designated tape #14 and is available from: Audio Recording Services, 1103 Butterworth Court, #D-2, Stevensville MD 21666 (410) 643-4220.

The cost of the tape is \$12, which includes the shipping charges.

### The next Pure Facts will be our combined December/January issue.

## PIC Report

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

### Stage One

BETTER THAN MILK\* Rice Original, Rice Vanilla, Soy Carob, Soy Chocolate, Soy Light, Soy Original, Soy Original Premixed, Soy Vanilla  
*All the above contain CS.*

BUSH'S BEST Bavarian Kraut (*sold in the Southeast*)

CARIBBEAN PACIFIC VIRGIN SOL Tea Tree Burn Relief (*Sold retail in FL and CA; mail order 800-432-6732*)

DEE'S ALL NATURAL Frozen Dough: 100% Whole Wheat Bread, 100% Whole Wheat Dinner Rolls, 7-Grain Bread, 7-Grain Dinner Rolls, Pilgrim's Bread, Pilgrim's Dinner Rolls, White Bread, White Dinner Rolls (*found in Hy-Vee stores in the Midwest*)

DUTCH GOLD Smooth & Creamy Honey Spread: Cinnamon, Natural (*available in the entire East Coast and Mississippi*)

HORIZON ORGANIC\* Cottage Cheese, Lowfat Sour Cream, Lowfat & Nonfat Milks

IMAGINE\* Natural Garden Vegetable Soups: Creamy Butternut Squash, Creamy Broccoli, Creamy Potato Leek, Creamy Mushroom, Creamy Sweet Corn, No-Chicken Broth

JACOBSEN'S Cinnamon Snack Toast

### Stage Two

AMY'S\* Pocket Sandwich with Roasted Vegetables (red bell peppers)

BEEHIVE BOTANICALS\* Therapeutic Derma Cream with Propolis & Honey (almond oil)  
*(available by mail order from 800-BEEHIVE)*

DUTCH GOLD Smooth & Creamy Honey Spread: Strawberry

IMAGINE\* Natural Garden Vegetable Soups: Creamy Tomato, Vegetable Broth (tomatoes)

IT'S SOY DELICIOUS\* non-dairy desserts: Almond Pecan, Awesome Chocolate, Carob Peppermint, Chocolate Almond, Chocolate Peanut Butter, Espresso (coffee), Espresso Almond Fudge (coffee), Raspberry (cherries), Vanilla, Vanilla Fudge  
*(All of these have peaches in the sweetener.)*

JACOBSEN'S Cinnamon Raisin Snack Toast  
McSHILLING Enchilada Sauce Mix (SF, red & bell peppers)

MRM\* Attention Bar: Huckleberry (CS, cloves), Pineapple (CS, cloves)

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.