

Pure Facts

Newsletter of the Feingold® Association of the United States



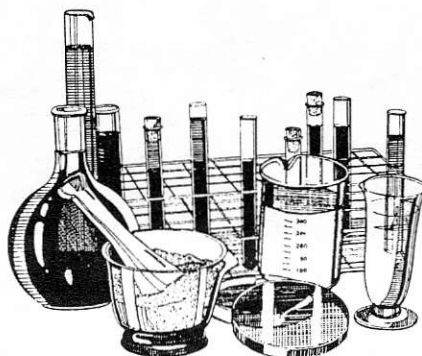
February, 1999

Vol. 23, No.1

"Inactive" ingredients added to medicine

The purpose of medicine is to confer benefits and, hopefully, help us feel and function better; sometimes it ends up creating problems.

"My five year old son has trouble staying asleep at night" a mother wrote. "He takes medicine at bedtime and by 1:00 am he's awake for at least an hour before he can get back to sleep and then he's up and going by 5:00 am. I feel like I still have a newborn and very seldom get to sleep an entire night. I have told his doctor over and over and nothing ever seems to help. They've tried him on various medicines and they don't help him even get to sleep."



It sounds like your child's doctor has not attempted to identify the reason your son has trouble sleeping; as any parent knows, sleeplessness is not typical for a child. You may want to seek a second opinion, especially if you can locate a physician who will try to find the cause, rather than just address the symptoms. A possible irritant could be the medicine itself, especially if it is colored with synthetic dyes.

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The "down side" to the Feingold Program — if there is one

Families using the Feingold Program occasionally hear others refer to the negative aspects of it. We know we're biased, but, try as we may, we have a hard time thinking of any.

The Association's Web Mistress, Shula Edelkind, received this question from Katie in Atlanta, GA, and provided a thoughtful response.

"I have looked through your web site and didn't notice any information about adverse effects of the Feingold diet. I was wondering if you have information about possible long-term adverse effects, both psychological and physiological, of such a restrictive diet."

Dear Katie,

Thank you for your question. Medically, there are no adverse effects; there is no such thing as a deficiency of petroleum products in the diet. All the vitamins are available through a great variety of foods, even for someone who is highly sensitive to



salicylates. In other words, even if the person can never drink orange juice, there is still grapefruit juice, lemonade, pineapple juice, pear juice, and other non-salicylate fruit juices and fruits with as much, or more, vitamin C. Watermelon is a very good source of the vitamin, and so are some vegetables. The objection still cited by some critics that a person on this diet would become deficient in vitamin C is simply amusing and has no bearing on reality.

Families using the program are encouraged to choose wisely to create a balanced diet, but we don't balance it for them, and if a Feingold member insists on eating only junk foods, they will find a sufficient number of junk foods on our lists that are "safe" from the standpoint of not containing the chemicals we eliminate. He or she is as free to eat a non-balanced, high-sugar, high-fat, high-salt, etc. diet as the next person. Again, it certainly is not something we encourage, but I point this out only to show that the diet itself does not exert that sort of control, it simply provides the information one needs to avoid synthetic colors, flavors, certain preservatives and salicylates.

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The Feingold® Association of the United States, Inc., founded in 1976, is a non-profit 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.

My son Wade

by Beverly Roy

Sometimes it takes a lot of determination on the part of parents to track down all the things that can affect a child, but the results are worth it.

My son, Wade, is 10 years old, and is a real sweetheart. One time, when he was around two years old I had picked up his room for him and I was rocking his baby sister when he came up to me and said, "Thank you, Mommy, for picking up my toys for me. Now I won't trip over them." That's just the way Wade is, kind, loving and sensitive.

When he was little he had a lot of friends, but as he began to grow, his happiness and joyfulness about the world began to get on his friends' nerves. Life was just too exciting to have to sit and wait for your turn in a game. This may be acceptable behavior for a 4 year old, but not for a 6 year old. As time went on, the list of friends got shorter and shorter.

"We both found we weren't angry all the time anymore."

As a parent I was determined that I was not going to put him on Ritalin just because he got on my nerves; I'd just be patient with him, and keep on disciplining him, and make him play outdoors more. Anyway, at that time I believed that ADD was just an excuse for having undisciplined kids.

As time went on I began to see that he actually was the one suffering. I went ahead and had him tested; he came out with a diagnosis of ADHD and began Ritalin.

I hate drugs, but thought this was my only option, but I kept searching for other ways to help him. One day, my daughter's teacher told me about the Feingold diet. It sounded good to me; the idea just felt good. I was glad to take Wade off the Ritalin since he was losing weight on it. All of the food in the house that was not acceptable went out of the house, and we began.

Almost immediately Wade's attitude changed, and so did mine. We both found we weren't angry all the time any more. It took about 8 weeks for his hyperness to calm down, but it was great when it did.



Another wonderful thing was the change in my three daughters. For five months they had been plagued with ear infections and sinus infections, but once we started the diet these problems stopped, and they didn't seem to get sick.

As time went on we realized that Wade is very sensitive to salicylates, so we seldom have them.

Wade still had a lot of catching up to do; kids still made fun of him, but he began to make a few friends. He also was still having a hard time paying attention to requests his dad and I made. But I was so pleased with the improvements I saw. I could actually carry on a conversation with my child, and we didn't get into a fight. I actually enjoyed sitting at the table with him, something I had hated to do because of the constant disciplining I would have to do. In fact, I used to eat separately from my children, mainly because of Wade.

Fall came and everything changed. My sweet, non-hyper boy became angry and hyper and mean. I couldn't understand this...it was wild. We were not cheating on the diet at all; in fact, the time I had let him cheat and given him pizza he threw up. After that, you couldn't have talked Wade into cheating!

Things went from bad to worse, just like pre-Feingold days. It got so bad that he began talking about killing himself again, and then I took him to a psychiatrist and he was put on Cylert. My heart was broken because I knew something had gone wrong. I was told that once the diet works it doesn't stop, and I totally believed that. So even though we had him on Cylert I still kept on with the diet, even though I didn't see it working for him. I knew that it did work for me because of the freedom from anger inside of myself, plus my girls were still free from sickness.

After much prayer my eyes were opened to the problem — it was molasses. My child was so sensitive to salicylates, and being the allergy season, his sensitivity had gotten even worse, that he now had to be on the SAS diet. The kid couldn't even have natural benzoates. (This did not upset him, though, since it meant no spinach or broccoli.)

It turned out that the culprit was molasses!

I began to see a change in Wade, and he was back to his sweet old self for a few days. Then it got rocky again. His dad is a printer, and the fumes from the inks set him off. Wade had not had that kind of a reaction before, but he had been at the shop in the summer months when the allergies were not such a problem. He improved, then began getting angry again — real angry. The pharmacist and pediatrician told us it was probably the Cylert that was making Wade so angry; I stopped the medicine and his anger left.

This winter marks seven months on the Feingold Program and still none of my girls have been sick. Also, it feels wonderful to be so free of anger in myself. I hope all our hard lessons are over, but I'm sure we'll continue to learn more as we go. Maybe someone else can learn from what we've faced. If so, then Wade says, "That's cool."

Inactive ingredients, from page 1

Medicines are a double-edged sword, and often have undesirable effects as well as desirable ones. They contain both active and inactive ingredients. The active ingredients are the chemicals that address the symptoms, while the inactive ones are the other ingredients, such as fillers, flavorings and dyes, which supposedly do not have any effect on the patient.



In 1985 the Committee on Drugs of the American Academy of Pediatrics (AAP) published a report on the undesirable effects of these additives. The AAP issued a position statement recommending the Food and Drug Administration require manufacturers of prescription and non-prescription drugs to list the inactive ingredients, but to date, few companies have done this.

In 1997 the AAP again published a report on the problem. ["Inactive" Ingredients in Pharmaceutical Products: Update (Subject Review)] *Pediatrics*, Vol. 99, No. 1, January 1997, p.268-278.] Once again the Academy called for labeling of ingredients which have been identified as triggers for a variety of health problems. Those additives singled out are: sulfites, benzalkonium chloride, aspartame, saccharin, benzyl alcohol, synthetic dyes, lactose, and propylene glycol.



Most of the reactions to these ingredients that were discussed in the report were physical effects, particularly respiratory problems. In addition to asthma, the report described the "classic aspirin triad reaction (asthma, urticaria, and rhinitis)" that was at the heart of Dr. Feingold's early research into food additives. Yellow 5 has long been associated with these symptoms, but the report notes that sensitive patients may react to the other dyes as well, and recommends sensitive people avoid them.

The portion of the paper of most interest to *Pure Facts* concerned the connection between dyes and behavior problems. The authors wrote, "Dyes and other food additives have also been suggested as a cause or aggravating factor in some cases of hyperactivity in children[116]; carefully controlled trials[133-136] and current opinion[137-139] generally refute a possible association."

How did the AAP reach such a conclusion when there is an impressive body of evidence to support the connection between food additives, especially dyes, and behavior problems? Let's take a closer look at the sources they cite in their references.



Citation number 116: This is a report by S.D. Lockey, a pioneer in the work relating dyes to adverse reactions. Titled "Hypersensitivity to tartrazine (FD&C Yellow No. 5) and other dyes and additives present in foods and pharmaceutical products," *Annals of Allergy*. 1977;38:206-210.

Citation 133: Adams, W. "Lack of behavioral effects from Feingold diet violations." *Perceptual Motor Skills*, 1981;52:307-313.

Citation 134: Mattes JA, Gittelman R. "Effects of artificial food colorings in children with hyperactive symptoms: a critical review and results of a controlled study." *Arch Gen Psychiatry*. 1981;38:714-718.

Citation 135: David TJ. "Reactions to dietary tartrazine." *Arch Dis Child*. 1987;62:119-122.

Citation 136: Thorley G. "Pilot study to assess behavioural and cognitive effects of artificial food colours in a group of retarded children." *Dev Med Child Neurol*. 1984;26:56-61.

Citation 137: Kavale KA, Forness SR. "Hyperactivity and diet treatment: a meta-analysis of the Feingold hypotheses." *J Learning Disabil*. 1983;16:324-330.

Citation 138: Ribon A, Joshi S. "Is there any relationship between food additives and hyperkinesis?" *Ann Allergy*. 1982;48:275-278.

Citation 139: Mattes JA. "The Feingold diet: a current reappraisal." *J Learning Disabil*. 1983;16:319-323.

Skewed Science?

Most of these researchers are unknown to us, and were not included in the 1982 conference where the National Institutes of Health assembled the primary researchers dealing with diet and hyperactivity. But more important than that, take a look at the dates of these articles. **The documentation used by the AAP dates from 1977 to 1987. Remember, this article appeared in their journal in 1997, so they have selected references that are between ten and twenty years old!**

Even more significant than what they have used are the many references they have neglected to include. The *Annals of Allergy* research by Boris and Mandel, published in 1994, was one of the most definitive to date and should have been included. The writers have opted to use a 1981 article appearing in a publication called *Perceptual Motor Skills* instead of the very supportive studies reported in the *Lancet* (1985 and 1992) and *Journal of Pediatrics* (1994).

Even more significant than what they have used are the many references they have neglected to include.

Could it be that the Academy is unaware of the studies reported in its own publication? They have also omitted the important double-blind study by Kaplan et al, which was published in their January 1989 issue of *Pediatrics*.

This article, which references 187 different sources, has managed to overlook every study that supports the relationship between diet and behavior, and in place of genuine research, relies on "current opinion" to "generally refute a possible association."



Continued on page 4

Recommendations

Despite the failings of this report, chemically sensitive people applaud the committee's final comments:

"In a previous review of inactive ingredients, the American Academy of Pediatrics recommended mandatory labeling of inactive ingredients for all prescription and over-the-counter products. Since voluntary labeling was adopted, the legislative push for mandatory labeling has been abandoned, other than for nutritional supplements. A recently published survey of labeling on 102 chewable and liquid pediatric preparations found that only 90% labeled sweeteners, 80% labeled dyes and coloring agents, and 65% labeled preservatives. Although 90% of the preparations labeled flavorings, few provided the specific ingredient, in accordance with the voluntary guidelines. **Therefore, the voluntary system is clearly inadequate. Again, the American Academy of Pediatrics recommends mandatory labeling for all prescription and over-the-counter drugs.**"

Medicines for Children

Children are routinely given medicines that have only been tested on adults, and physicians are forced to guess at the suitable dose and probable effectiveness. Most of the testing drug companies conduct is done with adults. In 1994 the Food and Drug Administration tried to get the industry to expand their tests to include children, but they were not successful. Now, FDA has issued regulations mandating such testing for drugs that are likely to be used for children.

"Children are not little adults" argue the editors of the *San Jose (CA) Mercury News*, "Their immature organs metabolize drugs differently from adults'. Their developing neurological systems react very differently to some substances."

It will come as no surprise to *Pure Facts* readers that the giant pharmaceutical companies strenuously resisted this new safeguard.

Antibiotics - too much of a good thing

More than 50 million unnecessary antibiotic prescriptions are written each year for patients outside of hospitals, according to estimates by the Centers for Disease Control and Prevention.

Of the 23 million antibiotic prescriptions written for ear infections each year, the CDC estimates that nearly one third are unnecessary. Half of the prescriptions for sinusitis and sore throat have no medical justification, 80% of those for bronchitis and *all* of those for the common cold are not necessary.

Every time a patient takes penicillin or another antibiotic for a bacterial infection, the drug may kill most of the bacteria. But a few tenacious germs may survive by mutating or acquiring resistant genes from other bacteria. These surviving genes can multiply quickly, creating drug-resistant strains. The presence of these strains may mean that the patient's next infection will not respond to the first-choice antibiotic therapy. Also, the resistant bacteria may be transmitted to others in the patient's community.

In September of 1997 the *New England Journal of Medicine* reported the first documented case of a child who failed to respond to an antibiotic prescribed for a plague infection. According to the Mayo Clinic in Rochester, MN, drug resistance may have contributed to the 58 percent rise in infectious disease deaths among Americans between 1980 and 1992.

The effectiveness of these drugs is further compromised by their wholesale use for farm animals. Drug-resistance expert, Stuart Levy, M.D., estimates that, of the 50 million pounds of antibiotics produced in the United States, over 40 percent are used not to treat human disease but for farming. Writing in the May 7, 1998 *New England Journal of Medicine*, Levy states that some 20 percent of this amount is used in therapeutic doses to treat sick animals. The rest is used in lower doses to promote food animals' growth, prevent disease in an entire herd or flock, or to protect crops from disease.

Building a better baby

It is common knowledge that a mother's diet has a direct effect on the health of her newborn baby. But new research suggests that good prenatal nutrition can still provide benefits many years later by reducing the effects of aging.

The Food and Nutrition Board of the Institute of Medicine, National Academy of Sciences has now classified **choline** as an essential nutrient. Choline is considered an essential amine, that is required in small amounts and used by various systems of the body.

New research has shown that choline plays an important role in the development of the fetal brain. Animal studies demonstrate that offspring of mothers who were given additional choline were better able to focus, learn, and remember. What's more, these animals showed less decline in memory when they reached their advanced age (in animal years).

Our bodies can make some choline, but not enough to achieve optimum health, so it must be present in the diet. Many foods contain choline, but the best sources include eggs, liver, peanuts and various meats and vegetables.

J.K. Blusztajn, a researcher who has studied the effects of this amine, writes, "The hope is that, as optimal intake of folate during the periconceptual period prevents neural tube defects, so also optimal dietary choline early in life may improve human cognitive development and slow cognitive declines associated with aging."

Woman who have a nutritious diet before, during, and after pregnancy, and who breastfeed, can provide their baby with this important nutrient.

This information appeared in *Science*, Vol 281, 7 August 1998

Alternative therapies to be studied

The Children's Research Center and the Program in Integrative Medicine at the University of Arizona College of Medicine have received \$5 million from the National Institutes of Health to study alternative therapies in pediatrics.

Although the Feingold Program does not fit the description of "alternative medicine," (elimination diets are a very old, traditional approach in medicine) this is exciting news.

The research grant, from the NIH Office of Alternative Medicine, establishes the first center in the nation to conduct scientific studies on alternative therapies to treat childhood diseases.

"We are on the forefront nationally in pediatric research and in integrative medicine" notes James Dalen, M.D., M.P.H., dean of the college, "and this grant award recognizes the incredible potential of the collaboration between these two programs. This collaboration will result in rigorous scientific testing of various alternative therapies. Those found to be safe and effective can be added to conventional therapies offered by practicing physicians. This is what integrative medicine is all about."

Co-principal investigators for the grant are Gayez Ghishan, M.D. and Andrew Weil, M.D. "The NIH recognized the growing popularity of integrative medicine," Dr. Grishan says. "It also recognized the need to subject alternative therapies to scientific review."

Dr. Weil is an international leader in integrative medicine, combining the best ideas and practices of conventional and alternative medicine. He is well known to the public through his books and programs on public television.

The project will focus on childhood illnesses that do not respond well to conventional therapies and will be conducted within the Children's Research Center.

The first research projects under this grant include:

- Evaluating two new treatments for children who have recurrent ear infections: osteopathic manipulation and the use of herbs. (This is a

problem that often responds to the Feingold Program.)

- Studying the use of self-hypnosis, acupuncture and osteopathic manipulation to reduce muscle tension in children with spastic cerebral palsy.
- Testing a treatment consisting of relaxation, guided imagery and chamomile tea for children with recurrent abdominal pain.

The grant establishes a pediatric research fellowship, develops a new program in Pediatric Integrative Medicine, and provides training for physicians-scientists in a patient-centered rather than disease-centered approach.

These projects will be conducted with permission of the parents and with strict scientific controls.

FAUS has provided the Center with information on our work and we are hopeful that diet management for learning/behavior problems will be considered for future research.

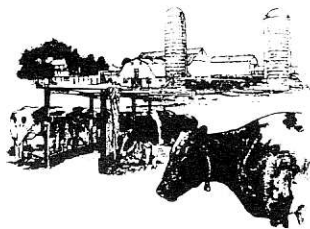
New Horizons down on the farm

The government might be convinced that organic milk is no better than Elsie's usual offering, but the customers who willingly pay more for Horizon's organic drink are not impressed with the official reassurances.

While the Feingold Association does not require that milks be organically produced, it is always of interest to us when a company is able to offer a good product containing fewer synthetic chemicals.

Horizon is a rapidly growing company that uses only organically grown feed for its cows, and natural remedies if any of the animals get sick. The demand for such milk was given a big boost in 1993 when the Monsanto corporation introduced its bovine growth hormone, marketed to boost milk production, and a source of complaints by many consumers.

The Horizon company has quickly expanded and these organic milks are now available in many supermarkets.



Another casualty of modern milk production

Changes in the feed given to cows have resulted in a significant decrease in an important fatty acid once abundant in milk. The substance is called conjugated linoleic acid, or CLA.

FAUS Advisory Board member, Beatrice Trum Hunter wrote about this in the November issue of *Consumer's Research* magazine, and shared this information with *Pure Facts*.

Researchers at Utah State University found that when cows grazed on green pastures, rather than their typical diet of today, the amount of this beneficial nutrient (CLA) in milk was as much as five times as high as it is now.

Foods that are rich in CLA include: beef, lamb, full-fat milk, butter, cheese and full-fat yogurt. "Despite being a fat component," Ms. Hunter writes, "CLA appears to help reduce body fat and increase lean muscle mass."

Other researchers found that adding CLA to cows' diets yielded more milk. It could be that this beneficial additive can accomplish the same result as bovine growth hormone

Down side? from page 1

We also note other additives, like MSG and corn syrup, in our Foodlist to help people avoid them if they wish. The Foodlist books are not a "list" but rather books of about 100 pages for each region of the United States.

As you can see, the diet really is not very restrictive, and the member can usually find acceptable food even in fast food restaurants, regular restaurants, and at their friend's houses.

Implementing the diet can be stressful to the extent that it involves doing some things differently but it soon becomes routine. This is not to minimize the problems some people have as they try to get others to understand why they have made these changes. This is why we formed a support group. This is why you may call or e-mail us, and we will provide the sympathy, help, and guidance that only another parent can offer.

Most people find that as they stay on the Feingold Program their sensitivity diminishes. They may be able to add back some or all of the natural salicylates. They might also find that an occasional piece of artificially colored and flavored birthday cake is tolerated. Once they have become established on the Program and understand what their sensitivities are, each person chooses the level of compliance right for them. It's not a regimen etched in stone.

Clean clothes without side effects

Your freshly dry cleaned clothes look good, but you might not feel so good if you inhale the fumes from perchloroethylene, the commonly used solvent.

Better known as "perc," it is a chemical so powerful that it is required to be disposed of as a hazardous waste. When a sensitive person breathes in the fumes from perc, they can experience a variety of adverse effects, including headache, nausea, or any of the symptoms of hyperactivity and attention deficits.

If you dry clean your clothes, try to air them out until the smell has gone. Remove them from the plastic bag and hang them out of doors if possible, or in a sheltered spot such as a garage or carport.

There are new technologies being developed that may eventually do away with the need for perc. A promising alternative uses carbon dioxide, an abundant substance that does not cause harm to humans or the environment. Another alternative cleaning process goes by the name "Euroclean." It uses heat, steam, pressing and biodegradable soaps.

Call around to the dry cleaners in your area and ask them what process they are using; you might find one that uses a technique which is kind to your clothes and to you as well.

You might feel sorry for me because I have chosen not to eat petroleum-based chemicals, but I feel sorry for you if you *are* eating them.

My children have used the Feingold Program for years and choose to continue on it. My 23 year old son lives on his own with several roommates, and does his own food shopping. He is aware when infractions have impaired his judgment and has been known to call home and say he needs a ride. The term "DUI" has gained a new meaning for our family!

My newly married daughter has some problems with her husband who does not see why he should eat better quality foods or shop according to the guidelines. So, she does most of the shopping, including buying him some of his own favorite junk food items to keep the peace. But this is no different from a vegetarian married to a non-vegetarian. They will have to make

their own adjustments to get along together. I have no doubt that if their children need the diet it will be implemented in full immediately — because my daughter knows it works. She knows it isn't hard, and it's less expensive than any other form of therapy.

Of course, it is possible to create trouble for yourself; an individual person can limit his diet to an abnormal degree; a mom can use the diet punitively; a child can feel left out at school parties if his mom has not gone to the trouble of making sure he has "safe" snacks available. But these are human problems, not problems inherent in the diet. My children never felt left out — when I provided a cake for Valentine's Day it didn't hurt the other children that the frosting was colored pink with beet juice instead of Red No. 40.

We encourage our moms and dads to go to bat for their children and get whatever help is needed. Most of them decide that the Feingold Program is an effective way to help.

Happy Valentine's



Day!

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

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February 1999

Are you tired of hearing "diet doesn't work" when you know it does? Now you have an opportunity to help change this.

Have you encountered doctors who give you a hard time when you ask for medicine free of dyes and synthetic flavorings? Does your child's teacher forget to let you know about that upcoming class party? Is your sister-in-law (who is a nurse) still giving you a hard time for using diet in place of drugs?

And do you wish there were more selections available for your kids to have at fast food restaurants?

Most families that follow a diet different from the mainstream American fare face issues like this. Even after your child has clearly responded to the Feingold Program, there will be some people who still don't consider the word of a parent to be an authoritative source.

While such problems are seldom insurmountable, they can certainly be a major nuisance. When will these people understand that the things my child eats can have a direct effect on his behavior and performance in school? For many people, this will come only when even more studies are available to demonstrate to the skeptic that our observations are supported by science.

Gaining cooperation and credibility

For years, parents have wished someone would conduct a really well designed test of the Feingold Program — a test that would finally demonstrate what we have known for a long time.

Now we have the opportunity to be involved in such a test. Last month we sent out a letter about the opportunity we have to help make this a reality. It will be conducted at a major university, testing 100 children over a period of one year. The research is designed to evaluate which children with "ADD" or "ADHD" are reacting to certain foods/food additives, and if these reactions can be predicted by a urine test. The study will be titled, *"The Biochemistry of ADD — dietary treatment in a family-centered environment."*

Some of the lab tests and supplies will be donated, but we still need to raise \$35,000 in order to fund the balance. As studies go, this is a modest sum, but for a nonprofit organization such as ours it is enormous.

Please help us with your donation, payable to FAUS and sent to: 127 East Main Street, #106, Riverhead, NY 11901. Thank you!

Thank You Thank You Thank You Thank You

... to all of you who have responded to our Giving Campaign mailing and sent your donations for the upcoming research study. Your help will make a difference!

...to the Harmon family for their very thoughtful choice this holiday season. They contacted FAUS to say they wanted to select a worthwhile charity each Christmas, and donate to it instead of exchanging gifts.

A special kind of gift:

My family knows how important the Feingold Association has been to my son's well-being since he was diagnosed with ADHD. They were all very receptive to my choice for this year's charity. They were also very interested in learning more. The information you sent me will be very helpful and I will be sending each member of my family a copy of the package. I am glad to hear that we may have inspired others to do as we have in choosing to donate to a charity each Christmas instead of exchanging gifts.

We have discussed the possibilities of where our contributions may be best put to use. My family and I feel very strongly about the need for more research and your letter about the new study was very appealing. If my family's donations could be used for this project it would be appreciated.

Thank you for this opportunity for my family to help other families facing the same difficulties we once did.

*Sincerely,
Cynthia Harmon*

E-Mail newsletter available

New information is available via e-mail to all those who are interested. To sign up for this free service send the following information by e-mail to:

<ON@feingold.org>

Your name _____

State/country _____

When you joined FAUS _____

Chicago, IL

Monthly support and information meetings are held on the second Tuesday at St. John Fisher Elementary School located on South Washtenaw. For details and a schedule of speakers/topics, call Barbara Pavoni at (708) 614-7973 (evenings) or (773) 445-7936 (days).

FAUS Product Information Center Report

from Donna Curtis

Product Alert!

FOOD LION Chocolate (Flavored) Syrup now lists vanillin as an ingredient. This product should be removed from your Foodlist.

Product Changes

WALNUT ACRES carries two products for which members should note changes. Wild Rice, Vegetable & Pecan Croquettes & Stuffing do contain red bell peppers and should be moved to Stage Two of the Foodlist. The Buckwheat, Potato & Mushroom Croquettes may contain sulfites.

These changes were reported by members via e-mail to productchange@feingold.org as mentioned in your December/January issue PIC Report. Along with the e-mail was an attachment consisting of the ingredient labels that had been scanned into the computer! This is a very valuable aid to PIC and for those who have personal computers with scanning capabilities, we welcome this help.

Dated Eggs

I purchased two dozen eggs last week with the date laid stamped directly on each egg in pink ink! I contacted the hatchery and was told the dye does contain artificial color but is put on the eggs by an ink jet process using an alcohol base. Thus the dye dries within a few seconds, before it has a chance to penetrate the shell.

From personal experience I have observed that the dye is removed when the eggs are boiled. When a fresh egg is cracked open the ink cannot be seen from the inside.

The egg cartons themselves do not indicate the presence of artificial dye, presumably because the dye is not on the edible portion of the egg. I do not believe there will be a problem with the use of these eggs, but members may want to buy a brand without ink just in case shells were to get into an egg mixture.

Papa John's Pizza

Some of the ingredients have been reformulated and the following items may be added to your Fast Food list:

Banana peppers*	Green chile*
Sausage (CS)	Pizza dipping sauce*
Special garlic sauce (SB)	Special seasoning*
	individual serving

* = salicylates

PIC Report

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

Stage One

CHICKEN OF THE SEA Chunk Light Tuna in oil or water pack (MSG/HVP), White Albacore Tuna (MSG/HVP)
NATURE'S PATH* Honey'd Corn Flakes
OLD HOME Plain Yogurt (available in MN and WI)
ORGANIC SOY DELICIOUS* non-dairy frozen dessert: Chocolate Velvet, Creamy Vanilla
OROWEAT Cracked Wheat Buns (CP) available in the West and Northwest
OXY BALANCE Emergency Spot Treatment Sensitive Skin Formula (for acne)
RICE DREAM* Frozen Non-Dairy Dessert: Chocolate, Chocolate Chip, Mint Chocolate Chip
RICE DREAM* Chocolate Nutty Bar
RICE DREAM* Frozen Pies: Chocolate, Mint
RICE DREAM SUPREME* Frozen Non-Dairy Dessert: Chocolate Fudge Brownie, Mint Chocolate Cookie, Peanut Butter Cup (CS), Pralines N' Dream
SNACK ATTACK* Lowfat Monster Cookie: Devil's Food, Gingerbread
SOY DREAM* Soy Beverage: Original, Original Enriched, Carob Soy, Chocolate Enriched, Vanilla, Vanilla Enriched
STAUFFER Animal Crackers (CS,SF)
SUNSPIRE* Certified Organic: Dark Chocolate Coconut Haystacks, Dark Chocolate Crunchy Peanut Clusters

Stage Two

NANTUCKET NECTARS Kiwi Berry Juice Cocktail, Watermelon Strawberry Juice Cocktail (elderberry, grape, other berries), Pineapple, Orange, Banana 100% Juice (apple), Orange Passion Fruit 100% Juice (grapes), The Original Peach 100% Juice, Savannah Tea (oranges)
NEW MORNING* Ginger Grahams (cayenne pepper)
RICE DREAM* Frozen Non-Dairy Desserts: Cherry Vanilla, Orange Vanilla Swirl
RICE DREAM SUPREME* Frozen Non-Dairy Dessert: Cappuccino Almond Fudge (coffee), Cherry Chocolate Chunk (CS), Double Espresso Bean (CS, coffee)
SNACK ATTACK* Lowfat Monster Cookie: Carrot Cake (raisin), Oatmeal Raisin
SPICERY SHOPPE Natural Flavors: Almond, Banana Natural Flavor (clove leaf oil), Black Walnut (almond oil, coffee), Cherry (cloves), Cinnamon (clove leaf oil), Coffee, Orange, Strawberry

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