

# Pure Facts

Newsletter of the Feingold® Association of the United States



March, 1999

Vol. 23, No. 2

## Going camping

It isn't too early to find a summer camp for your children. Some have special programs that focus on helping kids to get along with others, but generally the space is limited.

Your public library is a good place to begin researching the best camp for your child. Ask the reference librarian for their directories or on-line sources. Also, you can call (800) 966-CAMP to reach the free service provided by the National Camp Association's advisory service.

If you live on the East Coast, you might want to look into three camps that provide support and social skills assistance. Two are located in North Carolina and one is in Pennsylvania.



S.O.A.R. offers a therapeutic adventure program for children ages 8 to 18 who have attention deficits. Admissions director, Karen Morgan, has used the Feingold Program in her home, and is glad to work with parents to accommodate the Feingold Program.

You can write to: S.O.A.R., P.O. Box 388, Balsam, NC 28707 or call (828) 456-3435. Their web site is [www.soarn.org](http://www.soarn.org).

*Continued on page 4*



## *Get a head start on Easter & Passover*



## Saccharin may be making a comeback

For years products containing saccharin have carried a warning label that the synthetic sweetener may cause cancer. An international agency has recommended dropping this warning, but who are the members of this committee, and do they have any conflicting interests?

It sounds impressive. The International Agency for Research on Cancer (IARC), working under the World Health Organization, has reviewed the studies of saccharin and cancer.

The review was unscientific, charges a consumer advocacy organization, because the review committee was dominated by industry employees and consultants. The Washington, DC based Center for Science in the Public Interest (CSPI) described the make-up of the committee. One member is a researcher whose work has been funded in part by the "International

Life Sciences Institute" an industry organization whose members include the manufacturer of Sweet'N Low saccharin products, major soft drink companies, the National Soft Drink Association, consultants to the industries using saccharin, as well as drug and agricultural companies.

No consumer organizations were represented, and CSPI's request to have an unaffiliated scientist included in the committee was rejected.

A letter of protest was sent to Health, Education & Welfare secretary, Donna Shalala. It was signed by CSPI Executive Director, Michael Ja-

cobson, and by scientists from: Boston University, University of Texas Medical Branch, by the former director of the National Cancer Institute's chemical carcinogenesis program, and by a former staff pathologist at the National Cancer Institute.

CSPI contends "The saccharin case may serve as a precedent for ruling that numerous other chemicals that have caused cancer in animals will be considered safe for humans."

*The Feingold Association recommends members avoid the use of saccharin, aspartame, and other synthetic sweeteners.*

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.

## The right place for Tim

"I still have FAUS material in my car and am ready at the drop of the word 'hyperactive' to testify for the benefits of the Feingold diet."

Our son, Tim, is now 15 and has been on the Program for 9 years. He continues to have good results when he is diligent, and not so good when he is off. Needless to say, he understands how important it is to follow it.

I would like to share our most recent developments. For the past few years Tim has attended summer camp at the Concordia Language Villages in Minnesota. We have really been happy with the support from the administration and the hard work the kitchen staff does there to not only prepare culturally nutritious meals, but also ones that a Feingolder can enjoy.

After his camp session ended, Tim accompanied us to pick up his older brother, Nick at the summer adventure camp put on by St. John's Northwestern Military Academy. We were surprised to see that Tim was smitten with St. John's — from the time he entered the gate. The tradition, the ideals, the whole aura captivated him.

Tim told us, "I like being organized," and asked for an iron.

We thought Tim would change his mind as summer went on, but the more he thought about it the more he felt it was the right thing for him. He knew he needed the discipline and structure and he craved the smaller classes and individual attention he would get there. At home, he loved the military side of his award-winning high school marching band program, and was "lost" when the program ended last year.

By mid-August, Tim had us convinced. He applied, got accepted, got a scholarship and started training with the football team at their end of summer training camp. When the cadets and new boys came to register Tim was surprised and thrilled to discover that the boys he was jostling with at football camp actually were the upper classmen who were in charge of the corps of cadets — under the watchful eyes, of course, of the experienced adult staff.



As the weeks passed, our son learned a new way of life. His classes were small and every teacher knew him by name. He'd say, "Mom, they know me here *and* care." On his football team, he played nearly every play, in contrast to just a couple of plays a game at his old school. When he said he could not get away with anything mischievous at school, I said "Oh, it's like having parents." Tim replied, "no, there are many, many more of them."

Our son, never one to keep anything neat, is now impeccable in his decorum. When we visited him after a football game and asked if he wanted anything, he said "yes, an iron." He wants his shirts to be perfectly ironed and clean, his shoes polished mirror-bright and his room inspection perfect. "Can this possibly be the same kid?" one asks. Yes, yes, yes! In fact, when Tim wrote home after 6 weeks at school that he is getting to like being organized, we knew we had made the right decision.

Years of working with him and closely with his teachers had failed to achieve the organization for success that he now knows. His previous grades had suffered for years because his organization was terrible, he constantly lost things and was late with assignments. Now, after nearly three months there, Tim's closet, desk and room are all impeccably organized and

clean. He proudly says, "I like being organized" and his grades reflect that.

Tim's attitude reflects it as well. He shows pride in his achievement both academically, in sports and in his military comportment. We are so glad we found St. John's Northwest in time.

You may wonder how we could part with our youngest child and send him away to school. Yes, it was traumatic. We miss him and miss the daily interaction, but we have a better than ever relationship. He thanks us every time he writes, calls or sees us. He knows we are sacrificing to send him there and working to keep him there. For his part, he is working hard too to make the school work for him.

Tim has more friends at school than he ever had (totally) throughout the years. He doesn't have to call to get someone to hang out with or see a movie, he doesn't have to wait for someone to call. He has constructive extracurricular activities, his role models are men of accomplishment and honor.

On his football team, he played nearly every play — unlike his high school team.

Tim's diet has been manageable. He has disciplined himself and asks about foods served in the dining hall, avoiding the pop and snack machines.

Feingold got Tim to where he is today. Many military school have long lines of children on stimulant drugs, but there is room for a Feingolder at this school, to put a great life together and have a wonderful, balanced life of sports, academics, military activities and friends.

If you know of desperate parents with good kids like Tim, who are looking for a great chance for their sons, please share our story with them.

Thanks again and again and again for being there for us and for the great job you all do!

Pat Lehman, Ft. Wayne, IN, e-mail: [powerhousemom@hotmail.com](mailto:powerhousemom@hotmail.com).

## Dancing in the Rain

For some children, their learning and behavior problems are related to a dysfunction in their hearing and processing of sounds.

This is a book of hope and encouragement, written by the real experts — parents who have sought out the pioneering health practitioners and have found how to help their children. In many cases, parents accomplished this despite the advice of the professionals they had initially consulted.

Many of them were told there was nothing to be done for their child, and still, they went on to find answers. The primary focus of the book revolves around the benefits these children received from auditory integration training (AIT) but the reader is given valuable glimpses into other promising

alternatives. These include: diet, vitamin supplementation, visual training, prism lenses, sensory integration, the Lovaas method, and the Option Institute. One mom described these as “eyeball therapies” because of the common reaction of their doctor, rolling his eyeballs at the mention of non-drug approaches.

Parents who are still searching for answers, or for whom diet has been only part of the answer, will find encouragement in this book to follow their own best instincts.

### Our senses enable us to interpret the world.

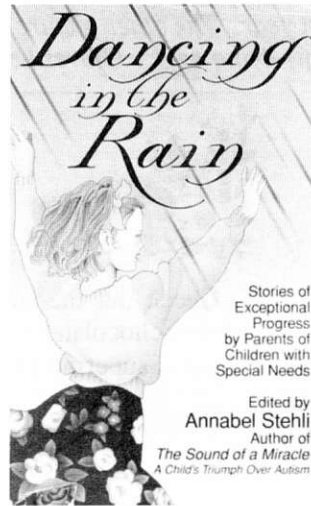
In order to make sense of the sounds we encounter, the delicate mechanisms of the middle and inner ear must function well. Sound enters the ear canal and causes the ear drum and the small bones in the middle ear to move and the fluid inside the tiny “cochlea” to vibrate. These vibrations generate nerve signals which are transmitted to the brain.

Near the cochlea is the vestibular system which controls balance, coordination, and a sense of where our body is in space. That system, as well as the process of hearing sound, interpreting it and relaying it to the brain, is what is affected by auditory integration training. Even though a person may have “normal” hearing, it is no guarantee that sound is being processed correctly.



When any part of the system doesn't work normally, there can be many different effects. The child who cannot hear or interpret sound accurately will have trouble speaking and understanding what others say. If the vestibular system is out of whack a child's coordination or posture could be affected.

Typically, the child (or adult) with auditory integration problems will be overly sensitive to sound. She may be able to hear a sound which is too faint or far away for most people to perceive. Her abnormally acute hearing makes it hard for her to filter out back-



*Dancing in the Rain* is a collection of case histories written by parents about the progress of their children with attention deficit disorder, dyslexia, hyperlexia, central auditory processing disorder, pervasive developmental delay, and autism. The title is taken from my previous book, *The Sound of a Miracle*, and refers to a passage where Georgie, my learning disabled, autistic daughter, after having her dysfunction hearing corrected by auditory integration training, asked to go out to play in the rain. “The rain doesn't sound like a machine gun anymore,” she said.

Annabel Stehli

*Dancing in the Rain* is available from the Georgiana Institute (\$15 + \$3 s&h). Sales help support this work. Their new address is P.O. Box 10, Roxbury, CT 06783 (860) 355-1545. [www.georgianainstitute.org](http://www.georgianainstitute.org); e-mail [georgianainstitute@snet.net](mailto:georgianainstitute@snet.net)

ground noises; her senses are assaulted with so much she cannot focus on what is important. Because ordinary noises are painful, she may respond with screaming or terror, or go to great lengths to avoid them. Such behavior makes no sense to other people until they understand the source of the problem.

When a child such as this is tested, an “audiogram” will show a pattern of highs and lows. Where the graph rises sharply it indicates she cannot process certain sounds. The normal audiogram will show a wavy line, with no spikes and valleys.

An audiogram can help predict if auditory enhancement training will be helpful. The treatment involves having the child use earphones to listen to specially filtered sounds. There are two 30 minute sessions a day for ten days.



The child who has auditory integration problems is likely to have been diagnosed with anything from dyslexia to attention deficits to full-blown autism. Some are prone to migraine headaches. Typically, they have had frequent ear infections and numerous courses of antibiotics. In some communities with an unusually high proportion of affected children a polluted environment is believed to be one of the factors that contributes to the dysfunction.



## Sarabeth's Easter

Her family has selected presents in place of candy, and Sarabeth is again looking forward to this year's celebration.

**Talisman** is a small camp in Black Mountain, NC, with an enrollment limited to 25 children ages 9 through 17. They have a high ratio of counselors to campers.

The program uses a combination of wilderness experiences, working together at camp, and group discussions to bring about improvements in individual and group communication skills. The activities are designed to provide a fun atmosphere where campers can develop increased self-esteem, trust in self and others, and the basics of good decision making.

Talisman Summer Camp

601 Camp Elliott Road

Black Mountain NC 28711

(704) 669-8639

[www.natwc.org/elliott/taliho.html](http://www.natwc.org/elliott/taliho.html)

**Summit Camp**, located in Honesdale, PA, is geared toward helping children with attention deficits and learning disabilities. Youngsters ages 7 - 17 may attend. They are familiar with the Feingold Program, and have accommodated it in the past.

Summit offers a wide range of recreational, social, athletic and water safety programs. The camp provides the popular craft activities as well as trail hikes in the Appalachian Mountains.

Summit also offers travel programs; these last for 26 days and take the children to various parts of the United States and Canada.

To obtain information on both programs, contact:

Summit Programs

110-45 71st Road,

Suite 1G

Forest Hills NY 11375

(800) 323-9908

[www.summitcamp.com](http://www.summitcamp.com)

Camps such as this are a wonderful experience for children and teens, especially those with learning or social deficits. But please be prepared for very hefty price tags due to the individualized help the children receive.

More information on locating a suitable camp is found in *Why Can't My Child Behave?* available from FAUS.

The parent resource center or special ed department of your public school may have a listing of camps that help children improve their learning or social skills.



*In the photo on the left, the Easter Bunny brought summer clothes and toys last year. The other picture shows Sarabeth (right) with her cousin, Amanda (left) dying eggs. Gloves keep the dye off her hands.*



*Let's all have a happy holiday!*

Check out the sources for natural candy. Some of the Palmer novelty chocolates are free of synthetic vanilla (vanillin); look for this brand in supermarkets, drug stores and discount chains.

Health food stores, food co-ops and the large "healthy markets" found in many cities can provide natural candy.

It's really easy to make your own chocolate novelty candies if you have natural chocolate and candy molds. Many craft stores sell candy making equipment, or look in the yellow pages of your phone directory.

The FAUS Resource Catalog offers natural chocolate "gelt" coins and Easter candies.

Contact the Squirrel's Nest Candy Shop for their latest catalog. (302) 378-1033; this is their busy season, so call early to be sure you are able to get your favorites.

Baskets can be filled with things beside candy. Here are a few suggestions:

Plastic eggs with coins inside  
Novelty pencils & pens  
Small toys  
Inexpensive label maker

"Good For" coupons  
"Me First" badge (The child gets to be first all day long.)  
Disposable camera

Look through the party favor section of your local toy store. There are many inexpensive trinkets available.

Easter egg hunt: to help make things fair for all the children, have the older children collect only the eggs that are above their knees. This helps allow the little ones to find their share of eggs.

## Cheese, lots of cheese, and whipped cream!

The Cabot creamery is very proud of their award winning cheddar, but it's the whipped topping that's of special interest to Feingold families.

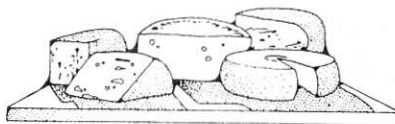


In 1919 ninety-four Vermont farmers each chipped in \$5 per cow to purchase what would become the Cabot Creamery plant. Back in the early 1900s, there were many more dairy farms in the United States than there are today. Milk was produced inexpensively just down the road from where most people lived, and most farmers had more of it than they could possibly sell. So the farmers around Cabot got together to create a good use for their surplus. The plan was to turn it into butter – an easily transported product that people as far away as Boston would be eager to pay for. They succeeded.

Later, when more Americans moved to cities, the Cabot Creamery began supplying milk to bottlers across New England and began making cheese.

Over the next 60 years Cabot grew to a cooperative of 400 farmer-owners, primarily in Vermont. They now produce an impressive line of cheeses, flavored cheeses, butter, sour cream, yogurt, as well as what we believe is the only natural aerosol whipped topping available in this country. It contains: heavy cream, non-fat milk, high fructose corn syrup, corn syrup solids, mono- and diglycerides, vanilla flavoring, carrageenan, and nitrous oxide as the whipping propellant. All of these ingredients have been checked out and found acceptable for people on the Feingold Program (with the exception of those who must avoid corn syrup).

Another very interesting product Cabot offers is "Cheddar Shake," their 8 ounce canister of powdered cheddar cheese, just right for sprinkling on popcorn.



Cabot products can be found in most areas of the United States, and some of them are available via mail order. If your vacation plans take you to Vermont this summer, or if the state's incomparable skiing draws you, consider a trip to Cabot's visitor center in Cabot, or the annex in Waterbury. You will be able to see how Cheddar is made and enjoy samples.

To locate a store in your area that carries Cabot products you can call (888) 792-2268 or check out their web site at: [www.cabotcheese.com](http://www.cabotcheese.com).



## Hard-cooked eggs, without the guesswork

Sauder's eggs also had humble beginnings; in this case, the company started in Lancaster County, Pennsylvania.

If you live in the East, between Maine and Northern Virginia, or west of there to Ohio, you might be able to find Sauder's hard cooked eggs. (In the Mid-Atlantic, look for them in Giant Foods and Weis.) They are available in a package of 8 eggs, sold in the refrigerated section of selected supermarkets.



The food-grade shellac used to coat the eggs seals out air and allows them to stay fresh in your refrigerator. My batting average for turning out successful hard cooked eggs is not good. If the shell doesn't crack, allowing the contents to seep out, and the yolk is not lopsided, then the shells come off with much of the white portion stuck to it. Sauder's did a perfect job with my carton of eight, but they warn consumers that there could be an occasional less-than-perfect egg.

Sauder's also sells eggs raised under organic standards. To locate a store near you carrying these products call (717) 626-2074.

Cabot cheeses have won an impressive assortment of honors, but the most impressive was the First Place award to Cabot's Cheddar in the 22nd Biennial World Championship Cheese Contest in 1998. With entries from 15 nations and 21 states, Cabot is proud of its designation as "Best Cheddar in the World." Another source of great pride is the fact that Cabot exports its aged Vermont Cheddar to England, the country that invented cheddar.



## FDA is taking another look at fragrances

The Food and Drug Administration (FDA) held an open meeting in January to plan priorities and strategies for its cosmetics program. Perfumes and fragranced personal care products come under the same regulations as cosmetics.

An affected consumer, Betty Bridges, reports "I attended the meeting to voice my concerns on the lack of testing for respiratory and neurological effects of fragrances.

"It is important that the FDA is aware that fragrances negatively impact a large number of people including those with breathing problems and migraine headaches."

Another member of the public who testified was Dr. Lawrence Plumlee, who represented the National Coalition for the Chemically Injured (NCCI). Dr. Plumlee emphasized that Dr. William Meggs had found that 10% of a random sample of over 1000 rural North Carolina residents complained that they developed symptoms of illness when exposed to perfumes. He advised that a way to remedy this serious public health problem was to strengthen the Office's program

for receiving reports of adverse effects and injuries from industry and the public, and making the brand names of the responsible products easily available on the Internet.

The FDA has expressed their desire to ensure consumer confidence in cosmetic products, but Dr. Plumlee suggested the chief mission should be to protect the public health, in part by keeping the public aware of injurious cosmetic products by brand name. Noting that many chemically sensitive patients experienced disruption of their endocrine function due to chemical exposure, NCCI encouraged FDA and industry researchers to try to determine the lowest levels at which cosmetic products disrupted endocrine function in sensitive members of the population.

Mary Lamielle, president of the National Center for Environmental Health Strategies, writes, "I wasn't surprised by the industry denial that anyone has problems with perfumes, colognes, and the like." She quotes a vice president of science at the industry funded Cosmetic, Toiletry, and Fragrance Association: "Fragrance really is like beautiful colors, beautiful music -- a sensory phenomenon. It makes life better."

Mary responds, "You might let the industry, but more importantly the FDA, and your legislators know just how *wonderful* your life is because of fragrances."

## That pink, bubble-gum flavored syrup

Last month *Pure Facts* reported that the Centers for Disease Control and Prevention (CDC) found that nearly one third of the 23 million antibiotic prescriptions written for ear infections are unnecessary. The excessive use of antibiotics is believed by many to be the reason these drugs quickly lose their effectiveness when they are needed to treat serious illness.

Once a rare occurrence, ear infections have increased dramatically in the United States over the past few decades. Some doctors have charged that the medicine used so freely to treat them is actually a trigger for future infections. Families using the Feingold Program often report that the chronic infections stop once the child has stopped eating foods with synthetic colors, flavors, etc.

So what is the advice of others at the CDC? In a recent issue of *Pediatric Journal of Infectious Diseases*, they suggest the answer is to *double* the dose of amoxicillin for most children!



## FDA Cosmetics Adverse Effects Hotline

To report an adverse reaction to a product containing fragrances, dial 1 (888) 463-6332; push "9" to bypass a lengthy message.

You can write to: Dr. John Bailey, Office of Cosmetics and Colors, Food and Drug Administration, US Department of Health and Human Services, 200 C Street, SW, HFS 100, Washington DC 20204.

Edward Kavanaugh, President, Cosmetic, Toiletry, and Fragrance Association, 1101 17th Street, NW, Suite 300, Washington DC 20036, 1 (202) 331-1770.

## 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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March 1999

## Letters to FAUS

Dear Feingold Association,

I recently became aware of your program when I read the book, *Helping Your Hyperactive Child* by John F. Taylor, Ph.D., and am interested in trying your approach with my child. Would you please send me any information you can including the grocery shopping guide and hand-book?

Thank you for making this kind of help available to desperate parents and down-hearted children.

Dear Feingold Association,

When I read your article about Wade, the boy featured in your February newsletter who is sensitive to molasses, I thought about the unexplained reactions my son used to have. But after a few months on the treatment prescribed by the Pfeiffer Treatment Center (in Naperville, IL) we went to a full Stage Two! The only things we need to eliminate totally are artificial colors and flavors, though we do avoid preservatives and nitrates.

## Gluten/Casein-Free Information is available

FAUS has recently begun adding a section on Gluten/Casein-free diets to the 3 ring binder provided for each new member. If you joined before this material was available, and would like to order the 9 page resource, please contact the FAUS Membership office. Enclose \$2 for each set, to cover costs.

Mail your request to:

FAUS Gluten/Casein  
P.O. Box 6550  
Alexandria, VA 22306

## Chicago, IL - June 10 - 12, Save the date!

The nonprofit Developmental Delay Resources is finalizing plans for its two-day seminar that will discuss many issues that are important to parents of children with developmental delays. The DDR consistently provides outstanding information and cutting-edge research along with practical steps parents can use to help their child. For more details call the DDR at (301) 652-2263.

## The "Dee-Dees"

One mom, calling for information, referred to her child as having the Dee-Dees. She explained that this is her term for the multiple labels given to her son: ADD, ODD, OCD, LD, etc.

*Thank You Thank You Thank You Thank You*

...to Valerie Deptula and the members of the Margaret Brent Business & Professional Women's Club in Southern Maryland for welcoming a Feingold speaker at their January meeting.

...to Pam Roberts for a great suggestion. Pam has put a note on her calendar to call one company a week and ask them to provide more natural foods for our families. Check the labels of foods to locate their 800 number, or call the toll-free information number: 1 (800) 555-12212 to see if a company has a listing.

Can you imagine the impact of thousands of families making these calls?

...to Joan Moore for telling us that Yorkshire Farms meats are available at Harry's Farmers Market in Georgia. "Their bacon is delicious," Joan writes, "and so are the hot dogs."

## *Welcome!*

...to Saryna Neary, who arrived on January 13, and best wishes to her parents Michele and Ed, and to big sister Ambriele.

## Alabama, Florida, Georgia, Mississippi, North Carolina, South Carolina, Tennessee

Do you have a few extra minutes to spare? That's all it takes! Our Region 3 Director, Markey Dokken, is looking for members interested in helping us reach other families in your area. To learn more, please call Markey at (910) 395-8418 or e-mail her at [flifer@aol.com](mailto:flifer@aol.com).

## AD/HD Seminars

Dr. John Taylor will be giving his popular, information-filled seminar, "Beyond Ritalin: Mega Answers to AD/HD" or free workshop in the following locations:

March 14 Bettendorf, IA - For details, call (319) 359-7141.

March 25 Bethesda, MD

April 22 Vienna, VA

April 24 Oakton, VA

Dr. Laura Thompson will be speaking on April 25 in Oakton, Va. Her topic will be: "Our Children Are...What Our Children Eat; How Nutrition Can Help Improve Behavior, Health & School Performance."

Call (703) 690-3071 for information on the Maryland and Virginia seminars.

## FAUS Product Information Center Report

from Donna Curtis

### Product Alert!

BRAN'NOLA Moist & Natural Nutty Grains Bread should be removed from your Foodlist. As explained by BEST FOOD BAKING COMPANY "We have a spec (specification) definition that TBHQ may or may not be used. Therefore we cannot guarantee that TBHQ is not there." We appreciate this company's honesty and FAUS has expressed the hope that they may change their specs at some point in the future.

### Product Changes

NABISCO Bugs Bunny Graham Cookies (not Snacks) now have sulfiting agents. These cookies are available retail, but if you cannot find them in your area you may mail order them by calling (800) NABISCO.

CALAVO Original Avocado Dip now has CS.

NEW MORNING\* Frosted Corn Flakes is now called Honey Frosted Flakes with Flax (peaches, possible apples & grape in sweetener).

### FAUS thanks a long-time volunteer and welcomes our new PIC chairperson

Many of you are acquainted with Lois Miele, the grandmother of one of our "Feingold kids," who has served as our Product Information Committee Chairperson for the past 9 years. She has corresponded with many of you regarding product research requests. It is with bittersweet feelings that we announce her retirement from her FAUS position. We know Lois deserves more time to spend with her husband, Steve, and needs time to recuperate from recent and upcoming surgeries, yet we know that she will miss her correspondence with Feingold members. You have all become her "family" over the years; her commitment to FAUS has been in your behalf.

Stepping into her shoes is Cynthia Harmon. Cynthia has been a member for two years and is a stay-at-home mom wanting to contribute her time. You were introduced to her in the February *Feingold News* via a letter regarding "a special kind of gift." Product research requests should now be sent to:

Cynthia Harmon  
6109 Wellesley Court  
West Bloomfield, MI 48322.

As you write, please remember that Cynthia is new to this position, and help her by providing information that is as complete as possible. (See the inside back cover of your Foodlist for details on having products researched.)

## PIC Report

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

### Stage One

BALANCE\* 40-30-30 Drink Mix: Banana-Coconut (CS), Chocolate (CS), Vanilla (CS)

BOIRON-BORNEMAN\* *homeopathic remedies*

Calendula Gel Sensitive Skin, Chestal Cough Syrup (SB), Optique Eye Drops

CHEF EVAN'S REAL GOOD FOOD (M0) Gluten & Corn Free Biscuit Mix

CHEF EVAN'S REAL GOOD FOOD (M0) Gluten, Corn & Potato Free: All Purpose Cookie Mix, Biscuit Mix, Fudge Brownie Mix, Muffins & Quick Breads Mix, Pancake & Waffle Mix.

These mixes may be purchased via the website: [www.chefevan.com](http://www.chefevan.com) or by calling (415) 567-6235.

CHICKEN OF THE SEA Chunk White Tuna in Water Low Sodium, Solid Light Tuna in Olive Oil

COBBLESTONE MILL Sandwich Rolls (CS, CP), Wheat Sub Rolls (CS, CP), White English Muffins (CS, CP) available in Mid-Atlantic, Southeast, South Central states.

EVANGELINE MAID Thin Sandwich Bread (CS, CP) available in Louisiana.

FARMLAND Boneless Smoked Ham - Water Added (CS, N) found in all states, but primarily in the Midwest

GLUTEN-FREE PANTRY (MO) Bagel, Breadstick & Pretzel Mix, Sandwich Bread Mix, Luscious Angel Food Cake Mix, Lemon Meringue Dream Cookie (CS) to order call: (800) 291-8386

KETTLE Crisps - Lowfat Oven Baked Potato Chip, Lightly Salted Chips

KLEEN KILL (MO) Enzyme Cleaner order through the website: [www.safe2use.com](http://www.safe2use.com) or call (909) 372-9850.

KNUDSEN\* Creamed Papaya Juice Concentrate, Grapefruit Juice, Organic Grapefruit Juice, Pink Grapefruit Juice

### Stage Two

BALANCE\* 40-30-30 Drink Mix: Strawberry (CS)

KASHI\* cereals: Apple Pie Pillows, Good Friends (peaches), Strawberry Crisp Pillows (apples)

KNUDSEN\* Natural Cranberry Sauce (grapes)

KNUDSEN\* Fruit Salsa: Pineapple & Peppers - Mild or Hot (apples, oranges, bell & red peppers, wine vinegar), Tomato & Pineapple - Mild or Hot (red peppers, tomatoes, wine vinegar)

NEW MORNING\* Natural Apple Butter Spread (apple cider)

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