

Pure Facts

Newsletter of the Feingold® Association of the United States



May, 1999

Vol. 23, No. 4

The art of mothering

Faced with an array of challenges, mothers use an assortment of skills and strategies to get through crises — both big and small.

A universal characteristic of mothers is that they tend to receive too much blame when things are not going well and too little credit when they are.

Despite the considerable advances women have made in the past generation, the profession of mothering is still down near the bottom rung of the ladder. Parenting is a demanding job for anyone, but for the mom or dad of a child with special needs, the problems are magnified. Mothers of children with autism, allergies and asthma are no longer blamed for their child's condition, but their opinions are seldom welcomed by professionals. De-



spite the claims that parents are partners in their child's education, this is often not the case.

Women have always found ways to compensate for the inequality they have experienced, and the woman who

has a child with special needs digs even deeper to find the strength and resources she needs.

A caring mother will instinctively know a great deal about how to help her child. One physician who understood this was Dr. Ben Feingold, for whom this organization is named. Another pediatrician who echoed that belief put it this way: "There are generally many ways to treat a child's medical problem. I prefer to allow the mother to use the method she is most comfortable with. It's my job to make sure that there is no risk to the child,

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Pesticides seen as a serious threat to children

Consumer's Union (CU) sheds light on the continuing problem of pesticide exposure in the very young. Slowly, the importance of this issue is being recognized.

The effort to reduce children's exposure to pesticides got a big boost earlier this year when Consumer's Union published their findings in their magazine, *Consumer's Report*.

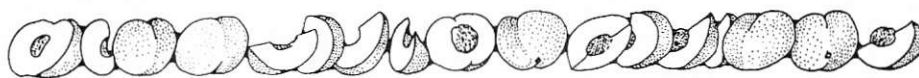
While the U.S. Department of Agriculture maintains that the U.S. food supply is "the safest in the world" CU testing found that those fruits and vegetables grown in this country consistently had higher levels of pesticide residue than imported produce.

CU's labs found that fresh peaches had the highest pesticide residue. Next on the list were: winter squash, apples, green beans, pears, spinach, celery and grapes. Foods with very low levels were: broccoli, bananas, orange juice, milk and corn (both frozen and canned).

Peeling and washing have been found to be good ways to significantly reduce pesticide ingestion, and most health food markets (as well as some other stores) carry products that can be used as a wash; but of course, an ideal solution is to buy organic fruits and vegetables. Earlier research by CU found that foods with an "organic" label can generally be trusted to be the real thing.

Supermarkets are beginning to enter the organic market, and offer a small selection of attractive food at reasonable prices. Shoppers are most likely to find organic food in stores that are competing with the popular "healthy markets" that are rapidly expanding around the United States.

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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.

Happy Mother's Day!

Becoming Real

by Sharon Schexnayder

Several years ago, ours was not a happy home.

My husband, Dan, always seemed tired and could never get enough sleep. He criticized everything and I had to constantly watch what I said and did when he was around. He would become unreasonably angry over trivial things.

Our children, too, were troubled. My oldest daughter, Kansas, was argumentative, fiercely angry and had difficulty concentrating on her schoolwork. She was particularly abusive to her younger brother, Abraham, who cried at the least little thing. Abraham seemed so sensitive that even simple requests like "Please change your shirt now" upset him and he would dissolve into tears.

Living with this inexplicable and irrational behavior made me question my abilities as a mother and wife, even as a person. I became hesitant to voice my opinions and to try new and different things.

We sought help from our doctor, who prescribed Ritalin and Wellbutrin. Life became calm for the first time in our marriage. Once my husband started the medication he was less tired and angry, and he was able to admit when he was wrong. The children's behavior improved too. Kansas was no longer so angry and could focus better on her work, and Abraham was not so easily upset. But still he cried more than seemed normal for a boy his

My husband would become unreasonably angry over trivial things.

age. And the medicine made Kansas an obedient zombie. She would just sit in a chair all day and read — hardly appropriate for a normally energetic nine-year-old girl. Also, she didn't sleep or eat well, which made it difficult for her to gain weight. While I was grateful for the improvement the medicine made in their behavior, the side effects troubled me, and I felt that things could be better.



The real Schexnayder family

Then I came across an article in a friend's *Welcome Home* ("Our Feingold Family," April 1994 issue) showing a connection between a little boy's diet and his behavior. The child in the story could not do simple things without a big fight, until his parents changed his diet. His behavior reminded me of Josiah, our willful and fearless four-year-old, who was showing some of the symptoms of ADD.

Simple requests were met with temper tantrums and shouting. He picked fights with other children, wasn't intimidated by strangers who got angry at his behavior and was often defiant. He was remarkably insensitive to potentially dangerous situations. I worried that we were going to have to put him on medication too. If there was something to this Feingold diet, I had to know more.

In a trip to the library I discovered an amazing amount of information on food allergies. Could this be the source of my family's trouble? I wanted to test this, but I was reluctant to stop everyone's medication and lose our hard-won peace and quiet.

Then I thought of my nephew, Jake. Jake had a hard time sitting still, and his parents often punished him for not listening. In the past I had approached them (my husband's brother and his wife) about attention deficit disorder, but they had dismissed the idea as trendy and would not see a doctor. While visiting Jake and his family, I discussed the food allergy research I'd been doing and suggested that Jake might have a food intolerance. They

An article in *Welcome Home* explained how a little boy's diet affected his behavior and how the Feingold Program helped him.

seemed interested and even relieved that Jake's behavior might be so simple to correct. They immediately put Jake on the Feingold diet. But after six weeks they decided the diet hadn't made any difference for Jake. I was discouraged until a few days later when my sister-in-law Barb called to say, "Hey, that diet does work!" It seemed Jake's behavior had improved so gradually that they did not notice the changes until they went back to the old foods and his behavior took a real turn for the worse. They were now convinced that the diet did make a difference, and so was I.

Still, I proceeded cautiously. I contacted the Feingold Association, ordered its materials and then put our family on the program while continuing everyone's medication. After one week I reduced Kansas' medicine from twenty-five to ten milligrams with no bad effects. I realized I should consult our doctor and made an appointment to see him before stopping the medications altogether. I was seeing improvements in all of the children, as well as Dan, who clearly felt better. I was excited and couldn't wait to share my good news with our doctor.

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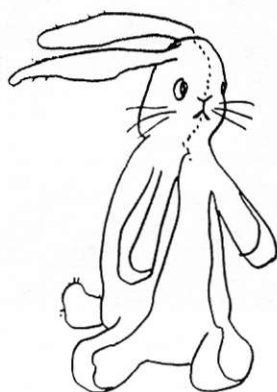
Becoming real, from page 2

He gently pointed out that no research existed proving a causal relationship between diet and behavior. (I would later learn that he was wrong; a number of well-designed studies show a clear connection between some food/food additives and behavior.) He did reassure me, however, that if I wanted to stop the medication, I could do it cold turkey without ill effects. He said I should call him before starting the medications again. I was shocked by the doctor's seeming indifference to what I had learned, but I was determined to try this diet. He thanked me for stopping by and said to call when we needed him. So far I have not called.

Since then, we have stopped the medications and our family has enjoyed the same benefits they offered without the unwanted side effects. I have a large packet of information from the Feingold Association, including a book listing brand-name foods sold in my area that are free of harmful additives: artificial colors, artificial flavors and the preservatives BHA, BHT and TBHQ. There's a cookbook of simple recipes and a handbook to guide newcomers through the program. The association's newsletter keeps me informed of new products, and there's even a fast-food guide.

After the first week or so, I found the brands I needed and saw that it was easy to stay on the program — especially since we all felt better and my children's behavior had improved.

Once we had become comfortable with the Feingold program, I began to fine-tune our diet, looking for foods to which my family was potentially allergic. I found that Dan and the children



are allergic to various foods; avoiding these troublesome foods is much more challenging than staying away from things like dyes. But I've been able to adapt, and anyone eating at our home wouldn't notice anything different about our meals unless they knew what to look for.

The changes in our diet, however small, have made a world of difference for my family. My husband seems like a new person. He has more energy, a lot less anger and consistently

sleeps an appropriate amount each night. My children have blossomed too. Kansas is no longer ruled by her anger and her energy has returned. She has developed an interest in cooking and likes to come up with new and creative dishes for family dinners. Abraham rarely cries as he used to, and has discovered a talent for math. Josiah is now the first to volunteer to help, with no sign of his former willful defiance. He has become particularly aware of and sensitive to people.

My husband says life on the Feingold diet reminds him of the story of the Velveteen Rabbit — it's about becoming real. Before the medication he knew something was wrong but couldn't figure out what it was. Taking medication made him feel better, but with the diet, life is finally on an even keel, more peaceful and quiet, and he's free from the medication. I see my husband and children becoming the individuals they were meant to be. I can see myself changing as well. I am no longer afraid to express my opinions, and I do not tiptoe around anymore for fear of upsetting someone. I have the energy and self-confidence to explore and develop my own interests. I too am becoming real.

This article is reprinted from the March 1999 issue of *Welcome Home*, published by Mothers at Home, with permission of the author and Mothers at Home, Inc.

Mothers at Home

This non-profit organization has been providing support for at-home moms since the 1980s. Their publication, *Welcome Home*, is written almost entirely by its readers.

More than fifteen years ago Cheri Loveless, Janet Dittmer and Linda Burton saw the need to organize a support group for at-home mothers. After incorporating the non-profit group, Mothers at Home, and launching the monthly newsletter *Welcome Home*, they were surprised by the overwhelming response from other at-home mothers, who like them, were seeking support in their choice to be at home with their children. Mothers at Home notes that more than 7 million women have chosen to leave the paid work force to raise their children.

Welcome Home 1-800-783-4MOM
A 32-page, advertisement-free, award-winning journal supporting mothers who choose to be at home to nurture their families. Twelve issues (one year) for just \$18. Call our toll-free number for a free information packet.
www.mah.org

Through its publication, Mothers at Home provides encouragement and support at a time when mothers often face criticism or misunderstanding from society for their choice to be at home with their children.

Betty Walter, Executive Director of Mothers at Home, says "Although there are so many at-home mothers, society has not really embraced being at home as a good or even possible choice. Today, we are told that no one can afford to be home, that day care providers can be as good as mother love, and that stepping off the career track to raise children limits women's future financial security. These messages are more sophisticated than 15 years ago when at-home mothers were typically portrayed as throw backs to the 1950s image of June Cleaver."

Here's a special gift for that very special teacher

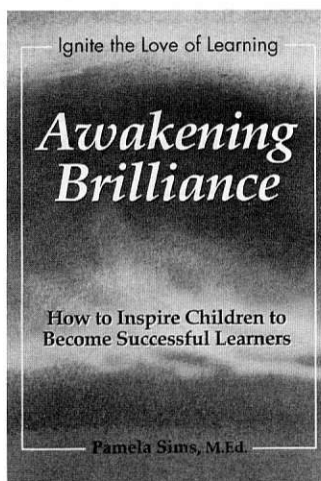
Awakening Brilliance is just as valuable for parents as it is for educators, so if you buy this book for a favorite teacher, read it yourself before you give it away.

FAUS is now making plans for our annual conference (to be held in Staten Island, NY in October). One of our featured speakers will be Pamela Sims, M.Ed., author of *Awakening Brilliance: How to Inspire Children to Become Successful Learners*. She spoke at our 1997 Conference and delighted participants with her unique workshop.

Feingold members will applaud Pamela's common sense approach to teaching. All children benefit from TLC, but chemically sensitive youngsters are especially in need of it.

"If teachers don't create supportive, emotionally caring relationships with their students first, it doesn't matter what they teach them. They won't be able to reach them."

Sims describes novice principal, Jane Madison, as she learns how to guide her students and staff to a new approach. This



Awakening Brilliance is available through the FAUS Resource Catalog: 127 E. Main St., Suite 106, Riverhead NY 11901, or from our web site: www.feingold.org \$14.95 plus \$4.50 for s+h. Phone (516) 369-9340.

slim book deftly imparts practical solutions in a way that is interesting and makes them easy to remember and implement.

Her philosophy is based on a fundamental respect of others, whatever their age. She shows how schools can go back to their real purpose of helping children to grow. *Awakening Brilliance* even gives us reason to believe that perhaps one of the answers to the violence in schools is not the need for additional security guards, metal detectors and drug-sniffing dogs. And many learning problems could be handled with compassion rather than medication.

The Elementary Teachers' Federation of Ontario awarded Pamela Sims their Women's Writer's Award for her book. The award recognizes *Awakening Brilliance* as an outstanding achievement and contribution to teachers, parents and students. The book has also won an Athena Award for excellence in mentoring in education.

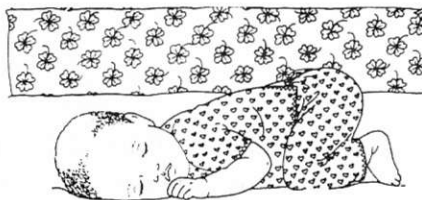
Lullaby, and Goodnight

High technology plus an old fashioned technique — instead of drugs — can help baby sleep.

Mothers have long used lullabies to soothe their children to sleep. Now sleepy parents have a high tech aide that has been proven in hospitals and nurseries around the country.

Terry Woodford was a record producer when he began experimenting with combining classic lullabies with the faint beating of a human heart. The slow, even rhythm of the lullaby has a soothing effect on a baby, and combining it with the familiar sound of a heartbeat has proven to be an amazingly successful combination.

Fussy babies generally drift off to sleep in a matter of minutes, or even seconds. While this is a boon for the tired parent, Woodford's recordings are of even more dramatic value in hospitals. Tiny premature babies desperately need to be calm in order to use their limited stores of energy for grow-



ing. Crying raises their heart rate and need for oxygen, and before the introduction of these tapes, many hospitals gave the infants drugs to sedate them.

Babies and young children who must undergo medical procedures also benefit from the soothing repetitive sound, and can avoid extra drugs when they are used. Even adults can benefit from this music; some Alzheimer's facilities, psychiatric wards and nursing homes have found it to be helpful.

To purchase Baby Go To Sleep tapes and CDs call (800) 537-7748 or visit: www.babygotosleep.com.

Better nutrition means smarter children

Researchers at England's Institute of Child Health have found that early nutrition can significantly influence mental ability in later life.

Professor Alan Lucas and colleagues studied 360 premature babies. Those infants fed standard pre-term formula, rather than nutrient-enriched formula, had reduced verbal IQ scores when they reached 7 to 8 years of age. This difference was particularly evident in boys.

The researchers also found, unexpectedly, that cerebral palsy was more prevalent in those infants fed the standard formula. They stress that under-nutrition does not seem to be the cause of this condition, but that it may prevent the brain from compensating for an adverse event (such as a period of inadequate oxygen supply) which can cause cerebral palsy.

From the November 26, 1998 issue of the *British Medical Journal*.

The Green Turtle Bay Vitamin Company

After years of poor health, Karen Horbatt found that a vitamin with a unique formula made a dramatic difference in her health.

They were developed by a well known doctor in New Jersey, and Karen used them for many years. When the doctor died, she was no longer able to purchase the vitamins. After a long search she was able to locate the supplier. If she felt so strongly about these vitamins, Karen was sure others would as well. This eventually led to the formation of the Green Turtle Bay Vitamin Company.

The doctor's formula was refined as new information on nutrients became available, and Karen named the formula "Power Vites." This was followed by the development of several other supplements, and the newest, called Maple Melts, a chewable children's vitamin/mineral supplement



P.O. Box 642 • Summit, NJ 07902

that was designed in consultation with the Feingold Association. They are sweetened with maple syrup crystals and are acceptable for Stage One.

Your pharmacist or health food store manager can order them or you can contact the company directly at (800) 887-8535; www.Energy-Wave.com.

Eating out at Arby's

Based upon the information provided by The Bailey Company, owners of Arby's, some of the foods appear to be acceptable for families on the Feingold Program.

Please remember that research on restaurant food can not be as precise as that done on brand name products. New members should avoid restaurant food until they have gained experience on the Program. Experienced members need to be aware that ingredients can change at any time.

Acceptable:

Apple turnovers* CS
Arby's sauce* CS,SB
Cherry turnover* CS
Chicken breast w/rib meat, roasted*
CS, MSG/HVP
Croissant, pre-sliced
Eggs
Honey French dressing* CS,
poss MSG/HVP
Mozzarella cheese sticks CS
Multi-grain bun CS
Mustard, German style*
Parmesan cheese sauce CS
Pasteurized process Swiss cheese
Red ranch sauce* CS, poss MSG/HVP
Roast Beef
Sesame seed bun CS, CP
Thousand Island dressing* SB
Turkey breast, roasted, boneless CS
Vegetables



* = salicylate
CS = corn syrup
SB = sodium benzoate
CP = calcium propionate
MSG/HVP = monosodium
glutamate/hydrolyzed vegetable
protein

Pesticides, from page 1

The pesticide industry is fighting hard to keep profits high. Its trade group, the American Crop Protection Association warns that the scaling back of pesticides will bring about everything from "wormy apples in agriculture, to cockroaches in the kitchen and crabgrass choking the lawn."

On the other side of the fray, the non-profit Environmental Working Group offers a web site for consumers to learn what pesticides are used on the food they eat. The web site for this is: www.foodnews.org.



Meanwhile, consumers are finding many ways to cope. One Feingold member reports that washing tomatoes in hot soapy water made it possible for her to add them back into her diet. It wasn't the salicylate that was the culprit, but the pesticides.

A company called Eco Tech has a plastic wrist bracelet they claim will repel insects without the use of DEET. The green plastic strap is embedded with 15% citronella oil. Contact Eco Tech, P.O. Box 215, Lake George NY 12845.

Jen-Par Enterprises, the manufacturer of Not Nice To Lice, offers Rid-Max, their pesticide-free fly killing trap. The cylindrical device comes with bait that is harmless, despite the standard caution to keep the trap away from children.

You can learn more about Rid-Max at: www.info@safe2use.com or by calling (909) 372-9850

The red habanero chili pepper, 60 times hotter than a jalapeno pepper, may offer a non toxic pesticide for many products. Scientists in New Mexico are testing the fiery substance in paints, caulks and glue, that some pests dine on, as well as cables and fence posts. It may even help researchers with a problem they have been unable to resolve so far: ridding the Great Lakes of the zebra mussel.

The Art of Mothering, from page 1

and to be available to help." Such a doctor is adored by parents, but runs the risk of incurring the wrath of some state medical boards that are working hard to eliminate physicians who dare to recommend therapies they deem to be outside the "standard of practice." Generally, "standard of practice" means drugs and psychotherapy.

But don't count Mom out. Mothers are the moving force behind so many worthwhile causes, and they support each other by sharing their battles. They write for *Welcome Home*, the publication of Mothers at Home; they contribute to *Pure Facts*; and a rogue group of moms call themselves "Mothers from Hell." They are parents of children with an assortment of disabilities and their newsletter, *Brimstone Bulletin*, is both irreverent and inspiring. In their words, *Brimstone Bulletin* is "a newsletter confronting disability issues with combustible humor and sentiment." They take their challenges seriously and themselves lightly. This makes for delightful reading that any mom will enjoy.

A child's sudden "cure"

One mom described how she successfully fought to have a traffic light installed at a dangerous intersection, then went on to spearhead a movement to prevent the elimination of her city's center for people with disabilities.

Another wrote about the fact that when her son became 12 years old he was no longer able to receive speech therapy. "My son is severely and profoundly — 12. As if that condition were not enough to try the wits and liquor supply of any m.f.h. (Mother from Hell) he has other disabilities too. Pardon me, I mis-spoke; he used to have other disabilities. I can't seem to overcome my mean-spirited denial of the local school system's curative powers."

"Through the therapeutic act of turning 12 (never mind that he turned 12 the way milk turns), he was healed — hallelujah! — of his annoying speech disorder. At exactly 7:33 am on March 8th, he achieved 'maximum correction' (sounds like something that happens behind barbed wire). I re-

Conference '99

Plans are in high gear for the FAUS 24th Annual Conference, to be held in Staten Island, NY. Our all-day seminar will be held on Friday, October 8. It will focus on new information concerning ADD and autism.

Featured speakers will include Dr. Arnold Brenner, who represented FAUS at the NIH conference on ADHD, Dr. William Shaw of the Great Plains Laboratory, and Dr. C. Kot-sanis, who is conducting exciting research on the use of secretin for autism. In addition, Pamela Sims will offer her popular workshop.

*"Blessed is she who can
laugh at herself"*



*"For she shall never cease to
be amused."*

quested an exit evaluation — after all, speech therapy had been part of our life for 9 'r'-less years. You've got to expect a little separation anxiety. No more vocab. sheets depicting archaeological icons from another era, aprons, typewriters, rotary phones?"

"He couldn't be re-evaluated, because nothing had changed — nothing, of course, except the miraculous peeling off of the label 'speech impairment.' And as we m.f.h. know, as goes the label, so go the services. Who would have guessed that our kids' labels have expiration dates?"

The one year membership of \$12 provides "approximately 4 issues of the *Brimstone Bulletin*, contingent upon our sanity level" Mothers from Hell, P.O. Box 21304, Eugene, OR 97402

Last Call for Calendar Photos

Each year FAUS publishes a School Year Calendar and mails it to members in the US at the end of summer. The calendar features tips along with information on products. It also features photos of our Feingold children and teens. We are looking for informal photos, especially seasonal activities. They can be color or black & white. (No portraits or school photos, please.) If you like, include a description of the activity or some information about your child and the effect the Program has had.

Please write the child's name and address on the back and mail to FAUS, PO Box 6550, Alexandria VA 22306. They will be returned to you after the calendar is printed.

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 *Food-list* 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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May 1999

Next time you shop for a book, visit our new on-line "bookstore"

Amazon.com, the large on-line bookseller, has a program that allows organizations to receive donations when books are purchased through that organization's web site. Here's how you can help FAUS while you enjoy the benefit of ordering books at a discount.

Go into the FAUS web site: www.feingold.org. You will find amazon.com listed; click on it to enter the bookstore and see the books that are suggested. Those listed have all been carefully pre-screened by Pat Palmer, our Membership Office & Catalog Director.

If you choose one of the books selected by FAUS and order it through Amazon.com, the Association will receive a donation of 15%. You can use this site to browse or to search amazon.com's huge on-line resource. Any book you would normally buy can be ordered from amazon.com via the FAUS web site. When you do this the Association will receive a 5% donation.

Oak Brook, IL

"After the Diagnosis, Then What? Helping children on the autism spectrum." This conference will be held at the Chicago Marriott Oak Brook in Oak Brook, Illinois from **Thursday June 10 through Saturday, June 12, 1999.**

The conference is co-sponsored by Developmental Delay Resources (DDR) and the Illinois Interdisciplinary Council on Developmental and Learning Disorders.

The information will be directed to parents, educators, occupational therapists, speech pathologists and health-care professionals working with children on the autism spectrum.

For details contact the DDR at (301) 652-2263; space is limited, so call early.

Southern Maryland

Friday, June 18 - FAUS National Director, Jane Hersey, will be presenting a workshop titled "Smarter Shopping = Smarter Kids." It will be held in California, MD, and is open to the public. For details call Valerie Deptula at (301) 862-4278.

Northern California

Evon Koeppen is working with the Shasta County Schools in an effort to reactivate the **Feingold Camp** - a week-long camp in the beautiful hills of Northern California.

For information contact ykoeppen@aol.com.

Thank You Thank You Thank You Thank You

...to *Welcome Home* for publishing Sharon Schexnayder's wonderful article, and for giving *Pure Facts* permission to reprint it.

...to *Living Without* for such a good article on Kori Schneider in their Spring 1999 issue. Kori is the daughter of Judy and Ted Schneider, long time Feingold volunteers. Judy believes the Feingold Program changed Kori from the "Exorcist poster child" to the lovely and talented young woman she has become.

Living Without is an outstanding publication devoted to helping people who must avoid gluten and other foods/chemicals. For information call their Illinois office at (630) 415-3378.

...to Sue Lynn, who our new Volunteer Coordinator. She began using the Feingold Program when her children were small. Years went by, and one day Sue says she woke up and felt a strong desire to give back to the organization by volunteering to help other families enjoy the same good life her family had. If you feel as Sue did, you can e-mail volunteer@feingold.org or call (615) 443-7244 in Tennessee and discuss what you might enjoy doing to help others.

...to Regional Director, Chris Gardner for representing FAUS at the recent "Beyond Ritalin" seminar in Bettendorf, IA. And thanks for the assistance of two fantastic helpers: Toni Mudd and Sarah Alexander. Chris reports, "I really enjoyed hearing Dr. Taylor. He is intelligent, interesting, funny, and unpredictable. This was great for me as it relit my fire and helped me feel connected to others like me."

If you would like to "**get connected**," take a look at Dr. Taylor's schedule; he presents all over the U.S. and in some Canadian cities. You can access his schedule via his web site: www.add-plus.com or call (800) 847-1233. If he is coming to your area, you might be able to represent FAUS. Contact Kathy Leinen at (909) 875-6635 for more information.

No support from teachers and other professionals in your area? Once you make contact with the individual hosting the workshop, offer to distribute fliers in your community. Any professional who goes into Dr. Taylor's seminar with little appreciation of diet or of the crucial role of parents is unlikely to leave with the same attitude. Here's a real champion who understands what we parents deal with, and gives us a sincere pat on the back.

FAUS Product Information Center Report

from Donna Curtis

Product Alert!

MRS. PAUL'S is now using an oil preserved with TBHQ for all of their fried products. This includes Mrs. Paul's Crispy Crunchy Fish Fillets with Breadcrumb Coating, 6 Corn Fritters, Fried Clams, Fried Fish Sticks and Fried Fillets. Some of the packages say "Special Cuts" on the front of the package and state in the ingredient list that TBHQ has been added to the oil. With this change in ingredients, there are currently no acceptable Mrs. Paul's products on our Foodlist. (Those Mrs. Paul's products not listed above have been discontinued.)

How our Foodlists work

Each of the seven regional Foodlists is revised and reprinted at least once a year, generally in November, or December. If we run out of a particular Foodlist early, it is revised and reprinted in mid-year.

The new member receives the most current book for their area of the country, as does the renewing member.

Some people like to have additional copies of the Foodlist book for their own use, or to give to a babysitter, day care provider, relative, etc. Other times, it is useful to have a Foodlist for another region of the country if you plan to travel there. Members can request we send a Foodlist directly to a relative in another state.

The seven books are: Region 1 Northeast; Region 2 Mid-Atlantic; Region 3 Southeast; Region 4 Midwest; Region 5 South Central; Region 6 Western; Region 7 Northwest.

Any current member may purchase additional Foodlists; they are available from our membership office for \$10 each. Contact FAUS at 127 East Main Street, Suite 106, Riverhead NY 11901.

Coke, Pepsi, etc.

New members are often puzzled that they find Coca Cola (and Pepsi Cola) in our Fast Food Guide, but these drinks are not included in the Foodlists. The criteria for inclusion in the Fast Food Guide is much less stringent than for the Foodlist. Before any product may be added to a Foodlist, the company must first fill out a form providing detailed information on their ingredients. Cola companies are known for fiercely protecting their secret ingredients and will not fill out these forms.

We do have many years of experience with members drinking regular (not diet) Coke and Pepsi, without any reaction. The caramel coloring hasn't been a problem. Of course, corn syrup and caffeine sensitivity is always a possibility, and could affect some individuals.

PIC Report

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

Stage One

BRENTWOOD Bread: Old Fashioned White,
Sunflower Millet (*available in CA, WA, AZ, NV, OR*)
BURNT CABINS Natural Pancake Syrup (CS)
mail order from For Pete's Sake
CABOT Monterey Jack Shredded Cheese,
Sharp Cheddar Shredded Cheese, Sour Cream
CLOUD NINE Chocolate Bar: All Natural Pure Milk,
All Natural Pure Vanilla Dark
DEBOLES* Elbow Style Pasta & Cheese mix
FLORIDA'S NATURAL Home Squeezed Style
Lemonade (*not from concentrate*), Original Ruby Red
Grapefruit Juice
FOR PETE'S SAKE (MO) All Purpose Baking Mix,
Cornmeal Mix, Basic and Oatmeal Cookie mixes
FOR PETE'S SAKE (MO) Nonfat Dry Milk Powder
JONES GOLDEN BROWN Fully Cooked & Browned
"Light" Sausage & Rice Links (CS)
KASHI* Honey Puffed Kashi Cereal
TROPICAL SOURCE* Wild Rice Crisp Chocolate Bar
TROPICAL SOURCE* Hard Candy: Butterscotch
Dream, Mango Papaya

Stage Two

CLOUD NINE* Oregon Red Raspberry Chocolate Bar
NEW BRAUNFELS SMOKEHOUSE (MO) Smoked Beef
Brisket (red peppers) *Call (800) 537-6932 to order.*
PICKLE EATERS* No Salt Chips with Honey (cucum-
bers, cider vinegar), Sweet Pickle Relish (cucumbers,
red bell peppers)
R.W. KNUDSEN FAMILY* Vegetable Juice:
Organic Tomato, Organic Very Veggie (bell peppers,
tomatoes), Very Veggie Low Sodium (bell & red
peppers, tomatoes), Very Veggie Original (bell
peppers, tomatoes)
R.W. KNUDSEN FAMILY* Recharge Sports Beverages:
Grape, Lemon (grapes), Organic Lemon (grapes),
Orange (grapes), Tropical Recharge (grapes, oranges)
R.W. KNUDSEN FAMILY* Syrup Style Toppings:
Blueberry (grapes, oranges), Raspberry (elderberries,
grapes, oranges), Strawberry (elderberries, grapes,
oranges)
SOAP LADIES (MO) Naturalscents Cocoa Butter &
Almond Oil Bar Soap
TROPICAL SOURCE* Hard Candy: Sweet Tangerine,
Wild Cherry

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