

Pure Facts

Newsletter of the Feingold® Association of the United States



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Getting started on a great school year

What can you do to help make this a successful year for your child?

People and circumstances vary so much that there is no simple answer to the question parents ask at this time of year: "How can I help my child to do well in school?" But here are some ideas for you to consider. See if any of these seem to fit your situation, and adapt them for your family.

The child on the Feingold program may need to have provisions in any of several areas, depending on his/her needs.

Food

Identify all the places where food will be available to your child. This could include: school breakfast program, school lunch program, "a la carte" items (candies, etc.) sold in the cafeteria, vending machines, food rewards in the classroom, foods incorporated into lessons, field trips, foods given by other staff members (gym teacher, music teacher, bus driver, etc.).

The term "food" can describe nourishing, wholesome things to eat, but more likely it will mean edible junk saturated with synthetic chemicals.

Your school might send home printed information on the foods served at lunch, but that doesn't mean they are telling you everything. There is no substitute for visiting your child's cafeteria at lunch time and taking a look at what is being sold. You may be shocked to see that in many schools even the youngest children are able to select a lunch made up of only candy and ice cream.

Few school systems consider the school lunch to be a high priority. They welcome ways to cut costs on the food provided, and the extra money they can earn by selling candies, "fruit" roll-ups, etc. at lunch time.



Here's another irresistible fundraiser for schools — the practice of allowing soft drink companies to install vending machines in their hallways. Since the actual cost of producing a can of sugar + water + chemicals is very low, and the amount charged for the product is high, companies are glad to give a little of their profit back to the school in the form of athletic equipment, uniforms, etc.

Environmental chemicals

Your child's sensitivities will determine how much attention you will need to pay to things like scented products, pesticides, fresh paint, air quality and cleaning products in the school.

The March, 2000 issue of *Pure Facts* described a wonderful little book about environmental chemicals and their effects. It's called "Crabby Kathy," and is the work of a third grade class that found out the reason one of the teachers was always so sick.

Learning differences

There are many good resources. Your school probably has various aids, and there is a good selection of books on learning styles in the FAUS Resource Catalog.

Your child's teacher

If you are exceptionally lucky, the teacher will understand the diet-behavior connection and will be glad to work with you. You might even be fortunate enough to find a teacher who grew up on the Feingold Program!

Be prepared to bring in literature from the Association that can be given to any of the adults who will be working with your child. It isn't fair for a parent to expect someone to accept a concept that they have not learned about.

Don't be surprised if your child's teacher tells you she knows about the subject and that she believes diet does not play a part. The pharmaceutical companies have been at work for about a decade, using various strategies to sell educators on their theories about ADD and ADHD. In many cases it is not apparent to teachers that a company with a financial stake is behind the information they receive.

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The Feingold® Association of the United States, Inc., founded in 1976, is a non-profit organization whose purposes are to generate public awareness of the potential role of foods and synthetic additives in behavior, learning and health problems and to support members in the implementation of the Feingold Program. The program is based on a diet eliminating synthetic colors, synthetic flavors, and the preservatives BHA, BHT, and TBHQ.

Your child's future

Will my child be able to succeed in school? Will she be able to get along with the other children? Will he be able to deal with middle school and graduate from high school? Is college a possibility?

Most parents worry about how they will be able to help their children as they get older, and especially how to survive the tumultuous teen years, but the parents of children with learning/behavior problems worry much more. This is why we want to introduce you to the Curtis family: Donna, Alan, and their children, 15 year old Kimberly and 18 year old Tim.

If Donna's name sounds familiar, it's because she is responsible for our product information research and provides the information on foods for the *Feingold News* pages. Donna has devoted her time and talents to the Association for many years, and her colleagues have watched her children grow up and thrive on the Feingold Program. We believe you will enjoy their success as much as we have.

Tim was the little boy who would have fit the description of ADD/ADHD, although his symptoms fluctuated a great deal — what parents often refer to as “Jekyll-Hyde” behavior. During a reaction his favorite activity was moving objects, and anything that was not nailed down was fair game. He would gleefully take every object he could get his hands on and create a pile in the center of the room. Tim was hard to catch, and even harder to control.

Tim's teachers were careful to support his diet.

At times he seemed unaware of his surroundings. His grandmother described it as “looking into his eyes, and finding nobody home.”

A developmental pediatrician diagnosed 4-year-old Tim as “ADD and MBD” (minimal brain dysfunction). His recommendation was to put Tim in an early childhood development program, and if that wasn't enough, to put him on Ritalin. His parents suspected that food was a factor, but the doctor assured them that “food doesn't affect behavior.”



In fact, they had suspected for some time that food was somehow connected to Tim's puzzling behavior.

He had been such a good baby, and did quite well as a toddler. It wasn't until Donna became pregnant and was very sick, and Tim was cared for (and fed) by others that there was a pronounced change in him. Donna would later realize that there was an 18 hour delay from the time he ate a food to the time the reaction set in.

Tim was enrolled in the early childhood program, but it didn't seem to help. His teacher tried for 6 months to teach him how to ride a tricycle. Donna learned of the Feingold Program and after three days she saw a pronounced change in Tim, and his astonished teacher saw him ride the tricycle with ease. It was soon clear that the 4 1/2 year old did not need the special pre-school program, but his teacher asked Donna to let him stay there as he was such a good role model for the other children.

The rest of Tim's school experience was a series of successes and honors. He graduated from high school in May, one of the top students in his school, and has won more awards than Donna can recall. Tim is well-liked by his teachers and classmates, and has

been elected to leadership positions in various organizations. His interests include agriculture, music, and mechanics, and he is an avid sports fan.

Tim is now a freshman at Western Illinois University, with all of his expenses being covered by the many scholarships he has been awarded. The University is covering his residence expenses as they want him to serve as a role model for the other students.

As Tim went through school, the various teachers cooperated with his dietary requirements. Donna still appreciates the way Tim's third grade teacher explained people have different health needs. For example, a diabetic must watch his diet. She made the Feingold Program comfortable both for Tim and his classmates.

It can be a scary prospect to think about what your child's life will be like as he goes through school.

Kimberly's school and extracurricular activities have been equally impressive. She has earned awards in a diverse group of activities including FFA, composition, instrumental and choral music, public speaking and drama. All this is accomplished while maintaining an “A” average.

Had she not grown up on Feingold, Donna believes Kim would have had even more serious reactions to additives. Her most dramatic reaction is night terrors.

The Curtises are grateful to the Feingold Association, and also to the Carl Pfeiffer Treatment Center in Naperville, Illinois for helping their children to overcome several chemical imbalances. Trips to the Chicago area always include a stop at Whole Foods for natural treats. Although they live in a rural area, Donna is able to find the products she wants either in her area stores or through the Blooming Prairie Warehouse Co-operative.

Life has been good!

What materials can be used?

Take a look in your 3 ring binder you received when you first joined the Association. In the section labeled "Resources" you will find a paper titled, "Important Studies." You are welcome to make copies.

Then you should see a reprint from *Pure Facts*, with an article that begins, "Dear Grandma and Grandpa, dotting aunts and uncles, teachers and friends..." Again, make extra copies and provide them to anyone who will be in contact with your child and needs to understand how to support you.

Our new **School Year calendar** is a perfect way to provide a quick introduction to the Program. Additional copies can be ordered.



FAUS can send you our "Teacher's Packet." This is a folder with articles and studies that would be of interest to any educator. It includes the dramatic handwriting samples of children who are on and off the Feingold Program.

If your child's teacher is taking classes, perhaps for a post-graduate degree, suggest that the Feingold Program is an interesting topic for a term paper. The Association has copies of the supportive studies and related materials that can make it very easy for a scholar of any age to get a top grade. Especially valuable is the recent report by the Center for Science in the Public Interest, "Diet, ADHD & Behavior, A Quarter Century Review." The authors at CSPI have done an outstanding job of researching the subject and presenting the most vital information. You can purchase a copy from FAUS (\$5) or see www.cspinet.org.

Submit an article

The Association prints many articles and informational pieces that would be suitable to reprint in your child's school newsletter. You are welcome to photocopy these or to ask your school to reprint them and include them in a mailing home to the other parents.

A good choice was just published in your recent *Pure Facts* (July/August, 2000). It is a **letter to the Secretary of Health, Education and Welfare from five U.S. Congressmen**. This is an important validation of what FAUS has long maintained: the important role of foods and food additives in behavior and learning is not being adequately studied by individuals and agencies responsible for these issues.

Most issues of *Pure Facts* contain information that is directly related to the issues educators face. Take a look at your other newsletters, and make photocopies for interested parents and school staff, or call us for additional copies.

Please send a \$5 donation for each copy of: School Year Calendar, Teacher's Packet, or CSPI report. Mail requests to FAUS, P.O. Box 6550, Alexandria, VA 22306.



Other resources

Your Feingold Resource Catalog, **Tools For Success**, is filled with books and other aids that could be used by teachers, parents and students.

If you will be ordering a copy of the book "Why Can't My Child Behave?" consider ordering a second one for your child's school. The cost for the first book is \$22 and each additional book is just \$15.

Have you been to a **Taylor workshop**? Psychologist, John Taylor, travels around the United States presenting his popular seminars for teachers and parents. They are crammed full of practical information, and are as entertaining as they are useful. If the staff at your child's school were to attend, they would leave with a far deeper appreciation of the value and validity of your role.

To learn where upcoming workshops will be held call 1 (800) 847-1233 or see www.add-plus.com. If you plan to attend, contact FAUS to ask about representing the Association and about ways you can help publicize this event in your community. Call (703) 768-3287 in Virginia.

Perhaps you live in an area where there is a representative who can provide a **Feingold workshop** for your school's PTA, or an inservice seminar for the school staff. Call either our Virginia or New York office. In New York the phone number is now (631) 369-9340 -- please note that the area code was recently changed.

Offer to help

Find a way that you can provide assistance to the teacher while you help your child. If you cannot spare the time to be a room mother, offer to do the food shopping for class parties. You know from your own experience on the Program that you will be able to avoid many of the worst of the synthetic additives by making a small switch at the supermarket. If you are willing to do some baking, your child will be able to enjoy natural treats along with his classmates.

When it's time for your child's **Birthday Party** consider what one mom plans to do for her youngster's class. She will be bringing in natural food and drinks for all of the children and has invited the staff to look in on the party. She wants them to look at how the class behaves after the Feingold party, and compare it to how children act after the usual parties.

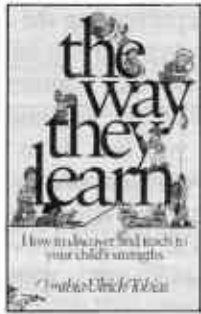


Teacher's gifts

Your child's teacher probably spends a considerable amount of her own money to buy special things for the classroom. Then, when holidays come, she receives endless gifts of stationary and cologne. This year, why not ask her for a wish list of extras she would like for the room or to add to projects planned for the year. Share this with other parents for gifts that are truly meaningful.

The Way They Learn

by Cynthia Ulrich Tobias
\$11.00



Most parents will seek out this nifty little book because they want to know more about their child's learning style; but in the process they will learn a lot about their own. Perhaps some of the conflicts we have with our children, coworkers or spouse stem from very different styles of learning. Perhaps it's because we perceive the world in very different ways.

Who hasn't puzzled over the student who claims to do his best work lying on the floor, in poor light, with the TV blaring? Or maybe we were that student and it was our parents who scratched their heads in disbelief when the system seemed to work for us.

"The more we learn to identify and use multiple ways of being smart, the more effective our education system can become in equipping the next generation for dealing with the real world."

The author confesses to having been a challenging child to raise, then a police officer and later a teacher. She married a man with a very different style and is raising twin sons who keep her on her toes. Obviously, this is a writer who brings a wealth of insight into her work and shares the distilled gems she has uncovered.

It was a refreshing surprise to see that not only does she address the different learning styles of children and their parents, but of teachers as well. Here's some information all of us could have used many years ago, but we can now absorb it from this entertaining little book and apply it to help our children.

Learning Unlimited

Using Homework to Engage Your Child's Natural Style of Intelligence

by Dawna Markova
& Anne R. Powell
\$13.95



Even very little children often exhibit a wisdom about themselves that seems to go way beyond their years. The baby who spits out the strained peaches and rejects apple juice may grow up to learn he is salicylate sensitive.

"Despite most homework experts' advice, there is no one right way to set up a study space for your child."

The child who wants to do a homework assignment while sprawled out on the floor with the radio on might have found a system that works best for him. If our way of working requires a quiet room and clean desk, our child's choice can be hard for us to accept.

Another prejudice most adults bring with them from childhood is that homework is a dreaded chore.

The book offers lists, categories and suggestions -- far more information than any parent can remember or implement, but what you will come away with is a different way of looking at a familiar topic, plus some practical steps to help you enter into a new way of seeing homework and your child.

We all like to think we seek out the uniqueness of our children and that we allow them the freedom to be different from us, but that can be hard to do. Markova and Powell make this a lot easier and they offer practical suggestions for helping our children find the strategies that work best for them.

The reader quickly sees that what makes us a better homework coach will make us a better parent.

New Stimulant Drug

The lucrative business of drugs for ADD has a new player. Crescendo Pharmaceuticals has received FDA (Food & Drug Administration) approval to sell an extended-release tablet that is designed to last for 12 hours, rather than the 3-4 hours typical for currently-used drugs. This will make it easier for children to avoid the stigma that often accompanies the need to receive drugs during the school day.

The product, named "Concerta," will be marketed by Alza Corporation in partnership with McNeill Consumer Healthcare.

Among the side effects reported by a minority of the children participating in the drug trials were headaches, upper respiratory tract infections and stomachaches.

Gettin' it Together

If your child is organizationally challenged and you live near one of the branches of **The Container Store**, you're in luck! If there's a product that will help your little packrats put their life in order it is probably here.

Branches are located in: Atlanta, Chicago, Denver, S. California, major cities in Texas, Miami, Washington DC area, and White Plains, NY.

You can also order from their catalog; call (800) 733-3532 to request a copy.



These books can be ordered from:
Feingold Association of the US
127 East Main Street, Suite 106
Riverhead NY 11901
(631) 369-9340

Other helpful books are listed in the FAUS Resource Catalog, sent to all members and included in the new member's white binder. If you need to have another copy of the Catalog, contact the FAUS office.

Shipping charges:
up to \$20 add \$5.00
\$20.00 to \$30.00 add \$6.00
\$30.01 to \$40.00 add \$7.00

Old Fashioned Candy

A happy mistake led to the chocolate candy cups with the runny filling.

The Sifers family started making candy in 1903. In the early years they made bulk penny candy, hand rolled boxed chocolates and some of the first nickel candy bars in the Midwest.

In 1931 the Original Sifers VALOMILK Candy Cup was invented by accident. The Sifers Candy Company was making penny marshmallow candy then. In those days vanilla had a high alcohol content and candy makers were known to take a few 'snorts' now and then. One day a candy maker named Tommy got a little carried away while cooking some marshmallow and ruined a batch. Instead of the marshmallow setting up after cooling, it remained runny.

Harry Sifers, always looking for new ideas, dipped scoops of the runny marshmallow into chocolate cups. It was messy but delicious! Harry thought this new creation would sell so



he asked Tommy to make some more 'bad' marshmallow, but Tommy could not remember how. After many test batches (and much vanilla for Tommy) they found the recipe and began making VALOMILK.

In 1970 the Sifers Candy Company was sold and later shut down. But in 1985 Russell Sifers acquired the original copper kettles and other equipment and put the factory back together. Today, their son, Dave, is the fifth gen-

eration making Valomilks the way candy used to be made -- by hand, one batch at a time. The original recipe is used along with much of the original equipment. "The process is slow and difficult" say the owners, "but the results are old fashioned, hand made quality you can taste. The first bite says it all -- when it runs down your chin, you know it's a Valomilk."

Valomilk candies are made from: milk chocolate, African cocoa butter, pure bourbon vanilla, corn syrup, cane sugar, distilled water, pan dried egg whites and salt. The candy is widely distributed in the Midwest. In other areas it can be found in the Vermont Country Store catalog, at the Cracker Barrel restaurants, and is available from the Squirrel's Nest (302) 378-1033.

The Russell Sifers Candy Company is located at 5112 Merriam Drive, Merriam, KS 66203 (913) 722-0991.

Making Snack Cakes for the Lunchbox, Class Parties, Picnics, etc.

The Feingold book of *Recipes & Two Week Menu Plan* (found in the white 3 ring binder) has a recipe for snack cakes with a creamy filling. The recipe suggests baking the cake batter in oval shaped aluminum foil potato cups to give a shape similar to Twinkies. FAUS had carried these foil cups in our Resource Catalog, but apparently the manufacturer has stopped making them. You may want to try using a partitioned baking pan. The Ekco company has a non-stick "Petite Loaf" pan made up of eight small loaf sections. Each section measures 3 5/8" x 2 3/8" and they are 1 3/8" high. These would make snack cakes a bit wider than the commercial cakes...a Super Twinkie!

Kim Della Puca suggests filling the cakes in the same way a bakery does. Put the filling into a pastry tube. With one hand, gently hold the cake; using the other hand, poke the nozzle of the pastry tube into the side of the cake and slowly squeeze a little of the filling out. As you cup your hand around the snack cake, you will feel it expand slightly. Remove the pastry tube.

Another option would be to make the cake in a jelly roll pan. Cut the finished cake into two equal rectangles. Spread the filling or your favorite cream frosting on top of one of the layers. Place the second layer on top. Cut the cake into snack-size rectangles and wrap them individually.

The Feingold recipe book gives directions for baking yellow and chocolate cakes, but you can also use a cake mix. There is one Duncan Hines mix in our Foodlists: Dark Chocolate Fudge Moist Deluxe Cake Mix(CS). Check the label carefully since the company makes similar versions with artificial vanilla flavoring. For Pete's Sake offers natural cake mixes (call 800-864-7383). Experienced members may want to try some of the natural mixes available at well-stocked health food stores.



Pizza Kits

September means school, which means that sooner or later you will be asked to participate in various fund-raising projects. A popular project is the sale of pizza kits. They are inexpensive, both to produce and to buy, and they serve a useful purpose for many families.

Before you write-off participating in this project, see if you can obtain the name and phone number of the company that will be providing the pizzas. Some of our members have phoned the company and found that the ingredients are actually acceptable on the Feingold Program. (This refers to the dough, sauce and cheese, and excludes things such as pepperoni, sausage and meats.)

FAUS will research any of these products if manufacturers will contact us; call (703) 768-3287.

Getting Into the Swing of Things

by Barbara Kines

Reprinted with permission of the publisher, Early Years, Inc.
From the October 1998 issue of Teaching K-8 Magazine, Norwalk, CT 06854

We know that at the start of every school year, children need at least a cursory review in order to build on what they already know. Similarly, parents can sometimes use gentle reminders of things that may make the upcoming year run smoothly.

What's in a name?

If you're tired of hearing that all of a child's belongings need a name on them, imagine how weary teachers are of saying it. Valuable instruction time is lost to sorting out identical white sweaters, locating folders or returning lunch boxes to rightful owners. It doesn't take long to write your child's name in big, bold letters with a color marker. Last names too, please - for classes with four Jennifers and three Kevins.

Passing notes

Early October is a good time to drop a teacher a note, if you didn't write at the beginning of the year. Possibly, you have spoken to the teacher about your concerns, but if there were a dozen parents clamoring to be heard, your comments were probably put on a back burner. A single page is a help; something like, "There are two or three things I'd like you to know about my child. It will make me feel better knowing you're aware of them." And if you don't have concerns, it's also nice to drop a line noting how well the year seems to be going. A positive comment goes a long way in a teacher's day.

Early to rise

Do everything you can to streamline morning routines. What happens at home in the early hours of the day makes a huge difference in whether or not a child is ready to learn. Lay out clothes, lunches, milk money and special projects the night before, along with backpacks containing folders with homework and other papers that go back to school.

Space out!

Work on personal organization space. Every class has capable students who get frustrated when they can't locate their homework or even a pencil to check it. Somewhere there needs to be a quiet, well-organized work space.

Homework

If homework is treated as a nuisance few minutes shoved at an exhausted child just before bedtime, we have no business wondering why he or she doesn't realize that school performance is important. The messages we're sending our children may not be what we hope to teach them.



The safety dance

Despite your pre-teens rolling their eyes and your little guys' indifference to safety rules - insist on them! Children must be reminded more often than we think that strangers aren't cartoon characters who run around in dark clothes and lurk in bushes.

Time is on your side

I hear parents, grandparents, teachers and neighbors all lamenting the scarcity of time to relax. Families get caught up in a merry-go-round of "enrichment" experiences which can exhaust everybody.

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

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

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, a telephone and e-mail 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 (631) 369-9340.

The articles in this newsletter are offered as information for *Pure Facts* readers, and are not intended to provide medical advice. Please seek the guidance of a qualified health care professional concerning medical issues.

www.feingold.org

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September 2000

ABC Report on Organic Produce

In February, John Stossel of ABC's 20/20 presented a report claiming that organically grown produce is no safer than conventionally grown foods. He said that the network had tests conducted that showed there was no pesticide residue on the conventionally grown produce.

The Environmental Working Group challenged Stossel's findings, saying such tests were never conducted. The environmental group contacted ABC after the February airing, and received a form letter from the network, saying that the tests had been conducted.

Then, in July, Stossel again claimed there was no benefit to buying organic produce.

On August 7 ABC News admitted that the tests were never done. The network says that Stossel was using inaccurate information provided to him by a staff member.

Is it "ADD" or is it a hidden additive?

One of our members called about her 2nd grade son who was having difficulty concentrating in school. The family began the program last year and it helped enormously. This summer she switched to lowfat milk. She was aware that the vitamin A added to the milk probably contained hidden BHT, so she contacted the dairy. (She didn't want to bother anyone at the Association.) They assured her the milk was totally free of additives, and even sent her a letter to that effect. (They were probably confusing BHT with rBGH — bovine growth hormone.)

Anyway, she has been carefully following the Program except for the milk and a cracker that is not in the Foodlist. When she met with the teacher and psychologist they began talking "ADD" and suggesting interventions. Later that day it hit her...the milk! Since there was no ADD last year, she thinks that she sabotaged the diet with the milk and crackers. Needless to say, she's going back to the Foodlist and will stick to it.

Are you still having problems?

A volunteer writes, "I was just speaking with a mom yesterday, who told me 'the diet isn't doing enough,' but *she never removed the salicylates!* This is a smart woman who runs her own business, but she just didn't understand the importance of Stage One. Please remind people that even natural chemicals can be potent offenders if you are sensitive to them. Physical problems, as well as behavioral and cognitive effects, can be triggered by salicylates."

Thank You Thank You Thank You Thank You

...all of you for your donations to the annual School Year Calendar project. One out of 20 children in the United States is now being diagnosed with ADD, but most people have never heard about the diet/behavior connection. Your contributions help us to reach families who are seeking a better way to help their children.

Donations to FAUS are also given in honor of a loved one, to celebrate an event in the life of a child, or just to return the favor for the help so many of us have received. They can be sent to: FAUS, 127 East Main Street, Suite 106, Riverhead NY 11090.

...Colleen Smethers, Kathy Leinen and Lynn Murphy for stuffing envelopes for the better part of a day.

...Gay Bridges of San Carlos, CA for taking such good care of the mail sent to the Bay Area. Gay has been helping out for over 20 years.

...Ginny Goerg for helping so many families in Northern New Jersey.

...Sarah Lynn Roley for representing the Association at a recent conference on autism.

"Thank you, Feingold Association"

"I just received my Feingold calendar in the mail yesterday. I loved being able to see pictures and read about other kids the program has helped. I've already called two of the advertisers to get their catalog. (By the way, I told them where I saw their ad.) I plan to order a few more for Grandma and Sarah's teacher."

"Thanks for doing such a great job!"

Mary R.

FAUS Annual Meeting

The annual business meeting will be held September 21 at the Best Western MacArthur Hotel in Holtsville NY. On the following day the Association will join with the State University of New York at Stony Brook to present the First Annual Collaborative Conference on the Relationship of Diet to Behavior, Learning and Health. Contact the office for details (631) 369-9340.

Conference expenses may be deductible

In May the Internal Revenue Service issued a ruling that will allow parents to deduct some of the costs associated with attending medical meetings related to their child's health condition. More information is available in the IRS Bulletin 2000-19 (May 8, 2000), Rev. Rul. 2000-24, pp 963-964.

FAUS Product Information Center Report

from Donna Curtis

Product Alert!

We have been informed by the company's ingredient hotline that all ARMOUR canned hams contain a liquid smoke flavoring that is not natural. Please remove this product from your Foodlist.

CABOT CREAMERY has just discovered a problem (for Feingold members) with their entire yogurt line. Earlier in the year they began adding Vitamins A, C, D and E to their yogurts. The Vitamin A palmitate that is part of the vitamin mix does contain BHT and BHA. All of their yogurts, plain & flavored, now contain this vitamin mix. Although they were just announced in the July/August PIC Report, the following should be removed from your Foodlist:

CABOT Nonfat Yogurt - Berry Banana, Black Cherry, Blueberry, Lemon, Peach, Raspberry, Strawberry, Vanilla, Very Berry.

We are glad to have companies such as Cabot, who will inform us of changes that affect our members' well-being.

WENDY'S has confirmed that there has been a change in their lemonade. The previous recipe they used consisted of: water, lemon juice, corn syrup, sugar, lemon oil. It is listed as acceptable in the current edition of our Fast Food Guide.

Unfortunately, Wendy's has switched and they are now using two unacceptable products:

Country Time Lemonade (Kraft/Philip Morris Co.)

Sugar, fructose, citric acid, contains less than 2% of natural flavor, ascorbic acid (vitamin C), sodium citrate, calcium carbonate, sodium and potassium bicarbonate, artificial color, yellow 5, BHA, sodium benzoate and potassium sorbate.

Crystal Light Lemonade (Kraft/Philip Morris Co.)

Citric acid, maltodextrin, aspartame, contains less than 2% of natural flavor, lemon juice solids, calcium carbonate, sodium and potassium bicarbonate, acesulfame potassium (a synthetic sweetener), potassium citrate, artificial color, yellow 5, BHA, sodium benzoate and potassium sorbate.

You can do two things to make your wishes known. First, use the postcard enclosed with this mailing to write to Wendy's headquarters and express your wishes. Second, when you eat at Wendy's you can make your own natural drink; ask them to give you ice water and a lemon slice, and add sugar to taste.

PIC Report

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

Stage One

BOSCO The Original Real Chocolate Flavor Syrup (CS)
CABOT Cheddar Cheese: 5 Peppercorn, Garlic & Herb, Toasted Onion & Garlic www.cabotcheese.com
FRUITFULL frozen fruit bars Lemon (CS), Mango Cream (CS) - *not available in all states*
www.fruitfull.com
IMAGINE* Natural Stuffed Sandwich: Broccoli & Cheddar, Indian Vegetable Curry, Spinach & Feta, Szechwan Veggie Delight, Vegetable Pot Pie
PACIFIC HOLISTICS Clear Summit Tea Blend
PACIFIC HOLISTICS Ache-Ease for Sprains, Strains & Pains; Koo-dies Shampoo with Neem; Throat-Ease Soothing Antiseptic Mix; Antisept-All Nasal Mix; Ouch-Ease Antiseptic Spray for Cuts, Scrapes & Rashes; Pedi-Cure Anti-Fungal Antiseptic Foot & Nail Mist
Products are sold retail in Hawaii and by mail order. Call (801) 963-6173 or visit www.pacificholistics.com
PET VET Natural Care Pest-Ban Spray for Dogs & Cats
This product is available through Pacific Holistics.
SIFER'S Valomilk Candy Cups (CS) - *Sold in the Midwest; available from Cracker Barrel Restaurant gift shops, Vermont Country Store catalog, Squirrel's Nest.*

Stage Two

CABOT Cheddar Cheese: Fire-roasted Veggie (bell peppers), Habanero (chili pepper, paprika), Mediterranean (pimientos)
FRUITFULL Tropical Splash frozen fruit bar (CS, cherries, raspberries, strawberries)
HAPPY INDULGENCE Berry Cobbler Frozen Dessert Bar - *not available in all states*
IMAGINE* Natural Stuffed Sandwich: Santa Fe Chili & Cheddar (chili peppers, tomatoes), Three Cheese Pizza (tomatoes)
PACIFIC HOLISTICS Best Defense (grapeseed extract); Bright Eyes Under Eye Restorative (almonds, oranges); Bug-Off! (oranges); Ear Drops (almonds); Itch-Ease for Rashes, Bites, Hives Skin-Fixx Healing Salve (almonds, grapeseed, oranges); Cough-Ease Gentle & Pleasant Tasting Syrup (wild cherries); Pest-Off Natural Plant Spray (cayenne pepper)
PACIFIC HOLISTICS Green Chai Tea Blend (cloves)
PET VET Natural Care Pest-Ban Shampoo for Dogs & Cats (oranges) - *available through Pacific Holistics*

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