

# Pure Facts

Newsletter of the Feingold® Association of the United States



November, 2000

Vol. 24, No. 9

## Food dye may prove deadly for the critically ill

The October 5 issue of the *New England Journal of Medicine* reported three cases where Blue No. 1 is believed to be responsible for the death of three very ill patients. (Blue No. 1 is used in foods, drugs & cosmetics.)

Hospitals also add the dye to food for diagnostic purposes. In these individuals, their permeable digestive tract permitted the dye to enter the bloodstream. One adult patient's skin and blood turned green and she died two days after the dye had been added to her food. A one year old boy died on the same day, with his skin, blood and urine turning blue. The third victim was an elderly woman.

Dr. James Maloney of the Medical College of Wisconsin is encouraging colleagues to stop using dye in hospitalized patients. Safety tests on dyes are performed on healthy subjects, he emphasized, not on the critically ill.

## Vision deficits can be an ADHD look-alike

The child is fidgety in class, squirming in his chair. He talks excessively, blurting out answers, interrupting, and has trouble waiting for his turn. He is bright, but forgetful, easily distracted, disorganized and makes careless mistakes. This child has trouble organizing his work, doesn't listen well, and often fails to finish assignments. A prime candidate for Ritalin? for the Feingold Program? Maybe not. Careful examination by a physician skilled in identifying learning-related visual problems shows that the youngster's symptoms are the result of a vision deficit, not his diet or a need for stimulant drugs.

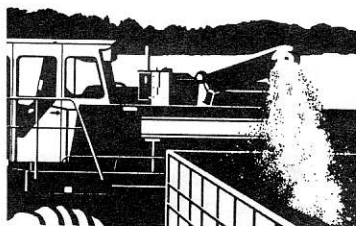
Optometrist, Dr. Samuel A Berne reports, "A new study was just released at the University of California San Diego

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## Genetic engineering and the Feingold Program

People who believe our food is not adequately monitored, who see companies create synthetic chemicals that negatively affect learning and behavior, are uncomfortable about the prospect of these same companies taking charge of the world's food supply.

You've probably seen the television ads promoting the value of biotechnology by relating genetic engineering to advances in aviation and aerospace ("If we had stopped here, we never would have gotten here"). It is the work of a new organization named the "Council on Biotechnology Information," the sponsor of the \$50 million campaign. The members of this council are: Monsanto (the creator of NutraSweet), DuPont, Dow Chemical, Aventis Crop Science, BASF, BIO, Zeneca Ag Products and Novartis (which also manufactures Ritalin). Billions of dollars have been invested in genetically engineered (GE) foods, with the hope of owning patents to seeds and earning enormous profits.



If a tomato gene is inserted into a grapefruit, will a salicylate-sensitive person be able to tolerate it? How will those on casein-free and gluten-free diets be assured that a product is suitable for them?

Much of the information in this article is provided by another non-profit organization, Mothers for Natural Law (MNL), that opposes the rapid increase in genetically engineered foods without adequate testing and safeguards. They publish *Safe Food News* and can be reached via 1-800-REAL-FOOD and [www.safe-food.org](http://www.safe-food.org).

MNL believes that genetically engineered foods pose many risks:

They are concerned about damage to the natural genes in the plant and the potential that toxins and allergic compounds will be formed as a result.

It is not known if the nutritional content of a food will be reduced.

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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.

Shirley Eye Center. The results showed that ophthalmologists and researchers have uncovered a relationship between a vision imbalance characterized by an inability to focus on a target and attention deficit hyperactivity disorder AD/HD."

David B. Granet, M.D., director of the UCSD Ratner Children's Eye Center noted that children with a vision disorder known as "convergence insufficiency" are three times as likely to be diagnosed with attention disorder and hyperactivity than children with normal vision. (Convergence refers to the ability of the eyes to work well together.)

### What is good vision?

Most people understand good vision as being able to read almost all of an eye chart, or being told your vision is 20-20 and seeing images clearly without glasses. True, but that's only part of it.



Infants may be born with normal eyesight, with the ability to see, but they will need to gradually master many visual skills. Both eyes will learn to work together and will gain skill in focusing on both near and distant objects. The child will learn how to gauge depth perception, to identify colors, and to rapidly switch focus between near and far objects. He will differentiate between objects coming toward him and those going away, and will eventually be able to have his hands in just the right place at the right time to catch a ball.

As the child grows, his primary source of information will come from vision.

In school he will learn to "track" — to move both eyes from left to right, and with practice, will be able to perform this feat rapidly and smoothly.

### Suppose something goes wrong.

What if one or more of these many vision skills does not develop properly? A child who can see well might not be able to move his eyes smoothly across a page. For such a child reading — the heart of education — will be difficult, and most likely it will be a task he will try to avoid.

Parents and teachers may be able to spot vision problems by watching for these symptoms suggested by the Optometrists Network. The child:

- Seems bright, but struggles with reading
- Fatigues quickly when reading, with frequent signs of frustration
- Is unable to sit still; cannot stay on task for any length of time.
- Reverses words, numbers or letters.
- Has difficulty remembering spelling words.
- Is disorganized and frustrated when studying visual information.
- Frequently loses his place, skips words or whole lines of text.
- Has poor reading comprehension.
- Has difficulty copying from the board or a book, has sloppy handwriting.
- Medication or tutoring [or the Feingold Program] has not been successful in improving school performance.
- Has been labeled LD (learning disabled), ADD, ADHD, or dyslexic.



### At-risk students may have vision deficits

The American Optometric Association estimates that about 16% of all children suffer from inadequate visual skills. In the population of children with behavior/learning problems, the percentage is extremely high, according to a study published in the *Journal of Behavioral Optometry* (Vol. 7, No. 2, 1996).

Roger Johnson and colleagues write in the abstract of the paper:

"The New York State Optometric Association Vision Screening Battery (NYSOA) was administered to 81 at-risk elementary, middle school, and high school students in order to rule out vision difficulties as contributing to academic difficulties and/or as to various determinations of attention deficit disorder (ADD), attention deficit hyperactivity disorder (ADHD), dyslexia, oppositional-defiant behavior, etc. Thirty-three were classified as both academically and behaviorally at-risk. Ninety-seven percent of the students with behavioral problems failed at least one of the NYSOA subtests."

### Watch your child for vision problems

If your child doesn't like to read, or is not reading as well as other children his age, that could be an indication of a visual deficit. But there are physical signs to watch for as well.

The youngster who tilts his head, squints, holds a book too close, or in an awkward way, or covers one eye when reading might be compensating for a visual deficit. Note if the child moves his head when he reads, or if he often loses his place, or skips entire lines. Does she complain of a headache, burning or itching eyes, or do you notice her eyes or lids are red-dened? These are only some of the possible symptoms of vision deficits.

### The Behavioral Optometrist

The professional who can help your child to overcome vision deficits will first run a battery of tests to identify weak spots. He then uses a series of exercises designed to compensate for the problem areas. There might be a regimen of eye exercises for the child to do at home in between visits. The goal is to remediate the weak areas, and enable the child to see, read, and perform well.

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## Genetic engineering, from page 1

Genetic engineers incorporate antibiotic-resistant genes into nearly every GE organism as markers to indicate that the organism has been successfully engineered. Some doctors worry that this could reduce the effectiveness of antibiotics for medical use and lead to antibiotic-resistant strains of infectious diseases.

Some GE seeds are designed to be used with specific pesticides so they do not encourage the reduction of these powerful chemicals. GE plants and the accompanying pesticides can pose a threat to wildlife and the whole ecosystem.

For thousands of years humans have been protected against insects, bacteria, viruses, etc. because there were many varieties of each plant available to them. If an insect destroyed one type of wheat, farmers could cultivate a different variety. But when we limit our choice to one or two varieties, entire crops can be wiped out by an unexpected predator.

Dr. E. J. Matthews, of the Food and Drug Administration's Toxicology Group has said, "...genetically modified plants could...contain unexpectedly high concentrations of plant toxicants." Such toxicants include naturally occurring salicylates — chemicals believed to serve as the plant's own pesticides. Does this mean that the salicylate content of some of the low-salicylate foods could be increased, and no longer be tolerated by people on Stage One?

"I think the question of the potential for some substances to cause allergic reactions is particularly difficult to predict."

*Dr. James Maryanski,  
FDA Biotechnology Coordinator*

"Genetic engineering is what the great cell biologist and former head of the Sloan-Kettering Institute, Lewis Thomas, called 'half-way technology,' which means that our ignorance is still vastly greater than our understanding. We still don't understand the full significance of what we're doing, nor can we predict all the effects of our manipulations: our genetic science is primitive compared with our technological tinkering, and this is where the problems start."

*David Ehrenfeld, M.D., Ph.D.,  
Professor of Biology, Rutgers*

## Riding on the inside track

Last year a scientist in charge of an important study on genetic engineering at the National Academy of Sciences left the academy for a job with the industry. Dr. Michael Phillips did not notify the academy until a few days before he left that he was going to work for Biotechnology Industry Organization, a trade association representing hundreds of biotech companies. This was a violation of the academy's rules of ethics, which require staff members to disclose any ties with the industries that are affected by their work.



Some prominent governmental officials have close ties with the GE industries, especially with Monsanto.

Michael Taylor was a Monsanto lawyer before he was appointed FDA deputy commissioner for policy. Taylor helped draft the FDA's 1992 policy on GE food and rBGH (the Monsanto additive given to dairy cows). After that he became Monsanto's vice president for public policy.

Michael A. Friedman, M.D., former acting FDA commissioner, became senior vice-president of clinical affairs for Monsanto's pharmaceutical division, G.D. Searle.

Mickey Kantor, former Commerce Secretary, has been on Monsanto's board of directors since 1997.

Margaret Miller, who worked for Monsanto, helping to develop rBGH, went on to become the deputy director of Human Food Safety and Consultative Services at the FDA and helped streamline FDA approval for rBGH.

USDA Secretary Dan Glickman used to work for a law firm that represented Monsanto.

Linda J. Fisher, former assistant administrator of the Environmental Protection Agency's Office of Prevention, Pesticides, and Toxic Substances, became vice-president of federal governmental affairs for Monsanto.

"One of their most misleading claims is, 'Well, there's no evidence that anyone has ever died, gotten sick, or even gotten a rash from GE foods'; and this is their idea of scientific proof. How can anyone make a claim like this when the food is not segregated or labeled? People die, get sick, and get rashes all the time. How can we know if some of these things were caused by GE foods or not? We can't. That's not science or scientific evidence. Experimental science demands that you have a control group and an experimental group. If these foods are not labeled, you have no control group, you have no experiment, and you have no science."

*Philip Regal, Ph.D.,  
Professor, Department of  
Ecology, Evolution and  
Behavior, U. of Minnesota*

## Looking Back

In the 1940's the now discredited pesticide, DDT, was advertised as "a benefactor of all humanity." This advertisement appeared in the June 30, 1947 edition of *Time Magazine*.



*Continued on page 4*



## A positive side to genetic engineering?

One project that seems to offer benefits without potential harm is the addition of vitamin A to rice; this could prevent deficiency-induced blindness in at-risk children. But Dr. Peter Rosset explains, "Traditionally farmed rice paddies contained a diversity of rice varieties, all of which provided nutritional diversity. Moreover, in paddies there were hundreds of leafy vegetables and other weedy plants consumed by local people that provided vitamins and minerals."



The vitamin A deficiency, Rosset maintains, "is a consequence of the last wave of farming technology...When traditional rice farms, with their multiple leafy vegetables and fruits, were replaced by just rice — planted with herbicides, chemical fertilizers, and insecticides — local people lost the variety in their diets which once gave them all the vitamins they needed."

Rosset also addresses the concept of world hunger: "It's a myth that we need GE food to end hunger. There is more than enough food to feed everyone on the planet well... So, if that's the case, people ask, what's the problem? The answer is poverty — too many people are too poor to have access to the abundance around them."



"Time and time again we hear from spokespeople who are supportive of genetic engineering of our food supply that those of us who question the application of this technology to agriculture are ignorant of the facts, fearful of technology, and easily swayed by emotions. I'm here to tell you that this is far from the case. Consumers are asking the questions that should have been asked all along about the genetic engineering of our food, questions that go beyond their desire for good flavor and convenience."

Margaret Wittenberg  
Whole Foods Market, Inc.

"It's common knowledge that in traditional cross-breeding or hybridization, nature will only allow the mixing of genes from the same or closely related species. Genetic engineering allows scientists to completely ignore the natural reproductive boundaries established over billions of years. Instead, through invasive viruses or instruments like gene guns, DNA from completely unrelated organisms -- like fish and strawberries, bacteria and soybeans, or humans and pigs, for example — can be intermingled.

"And what's worse, the technology itself is imprecise, uncontrolled, and random — it's like performing heart surgery with a shovel."

Gary Kaplan, M.D., Associate  
Professor, New York University  
School of Medicine

## Action in Washington

Some of our representatives in Washington have sponsored/supported legislation to give consumers the right to know if their food is genetically engineered. Those lawmakers who have come out in support of caution include:

Senator Barbara Boxer of California, Congressman Dennis Kucinich of Ohio, Congressman Jack Metcalf of Washington, Congressman David Bonior of Michigan, and Senator Daniel Moynihan of New York.

To locate your Senators/Representatives and express your views, call the US Capitol switchboard at (202) 224-3121.

You can write to the two major government agencies involved with GE foods:

Jane E. Henney, M.D.  
Commissioner  
Food and Drug Administration  
5600 Fishers Lane, Room 1471  
Mailstop: H F-I  
Rockville MD 20857

Dan Glickman  
Secretary of Agriculture  
US Department of Agriculture  
200 A Whitten Bldg  
1400 Independence Ave SW  
Washington DC 20250



## Some hopeful signs

Early this year Frito Lay announced that it would ban the use of GE corn and potatoes in its products. Frito-Lay is owned by the manufacturers of Pepsi Cola and accounts for about 2/3 of PepsiCo's sales.

McDonald's and Burger King are switching over to non-GE potatoes for their fries, rejecting potatoes that have a pesticide engineered into every cell.

Early on, Gerber and Heinz announced that they would use non-GE foods in their lines of baby foods, and more recently, Enfamil is doing the same for its baby formula.

The Institute for Agriculture and Trade Policy reports that U.S. Department of Agriculture estimates forecast declines in the plantings of GE corn (25%) and soybeans (9%).

Granada Food Services is the company that supplies food to the cafeteria at Monsanto's London headquarters. As a result of consumer concerns, they will no longer serve foods with genetically altered corn and soy. [This note comes from *The Campaign Reporter*, a publication calling for the mandatory labeling of GE foods. See their web site at [www.thecampaign.org](http://www.thecampaign.org)]

## Thanksgiving!

It should be a warm wonderful time shared with those closest to you, but this holiday, where food plays a central part, can be stressful for someone who makes food choices that are different from the others.

If your family is not knowledgeable about the changes you have made in your diet, there are several things you can do to prepare them for the upcoming reunion.

- Go back through your Feingold materials to find basic information on the program. Your three ring binder contains an article titled, "Dear Grandma and Grandpa..." as well as a symptom checklist and paper about the supportive studies. Choose the things that can best explain our program to the relatives, and send them photocopies.
- You can still order a School Year Calendar, and we can mail it to a relative as an introduction to Feingold.
- Review the sections in *Why Can't My Child Behave?* that can help you prepare for the holiday. There's a large section on Thanksgiving, as well as suggestions throughout the book on gaining cooperation.



- Try to keep your focus positive. When you received your new member materials you saw that the emphasis is on all the thousands of wonderful foods you can enjoy. Convey this same note when you speak with relatives. If you will be traveling to the home of a friend or relative, you might want to make out a list of some of the favorite brands your family uses so they can be on hand.

- Offer to help shop when you arrive, or bring some of the food with you.

We all know that "seeing is believing," as one mom wrote to her friend about her experience during the holiday visit with relatives. "Some of my relatives are now true believers, having seen my son go from reasonable, intelligent, and energetic, to insane, operating only from the reptile brain centers, after ingesting artificial colors. And you're right, it can happen in 20 minutes. My mother-in-law didn't believe in 'diet' as a cause of Seth's hyper-mania *until* she fed him Sweet Tarts, and told him that it would be their 'little secret.' She had a snarling monster on her hands within half an hour. She doesn't care what anyone says at this point, she has seen with her own eyes, and it wasn't what she wanted so see, or believed she would see...so it's all the more interesting to her. She has no desire to repeat the experiment!"

## Environmentalists cry foul after sniffing scented lawns

Do you ever get the feeling that the use of synthetic additives couldn't possibly get more absurd, and then you find out it has? One Canadian company has discovered a unique use for synthetic fragrances.

More pesticides are applied to lawns each year than are put on all the farmlands of North America — and these pesticides contain chemicals that can cause cancer, birth defects, and other health problems.

Now professional landscapers in Ontario, Canada, are using a compound known as Masker-Aid Odour Concentrate, scented with bubble gum and cherry aromas, to cover the smell of pesticide applications. And despite its pleasant smell, environmentalists think the product stinks.

Nikki Pulla of the Toronto Environmental Alliance (TEA) is concerned that the product is a particular hazard for children. In many circumstances lawn-care operators in Ontario



are required to post signs after spraying pesticides. But, Pulla points out, not all children can read, and they may be attracted to the pesticide-saturated area by the smell of what they think is candy.

TEA representatives asked Canada's Pesticide Management Regulatory Agency about the rules on using an additive such as Masker-Aid. They were told such products were not regulated. "It's like adding lemon scent to bleach," was the agency's reply.

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## Finding the source of a child's problem

Parents and teachers can play a crucial part in identifying possible reasons for a child's behavior/learning difficulties. Here are some symptoms, along with possible reasons:

- She hates to be hugged. *Sensory deficits? Tactile sensitivity?*
- He gets very irritable in mid-afternoon. *Hypoglycemia?*
- She is hard to live with in the autumn. *Ragweed allergy?*
- He complains about the tag in his shirt. *Sensory deficits? Tactile sensitivity?*
- She doesn't want to read out loud. *Vision problems?*
- He is wild after being at a birthday party. *Reaction to food additives?*
- She has always disliked eggs. *Food allergy?*
- He has trouble with athletic activities. *Vision deficits?*
- She acts up when she goes to the hairdresser's with her mom. *Sensitivity to fragrances?*
- He fails to copy down homework assignments off the board. *Vision deficit?*
- She refuses to go to church or athletic events. *Auditory problems? (extremely sensitive to loud noises)*
- His behavior gets worse in the winter. *Reaction to smoke from a wood stove or to a kerosene heater?*
- She gets wild when she has an ear infection. *Dyes and flavorings in medicine?*
- His behavior problems got worse after we moved from our rural home. *Switch to fluoridated city water? Mold in house? New furnishings?*
- She had a good year in kindergarten, but is not doing well in first grade. *She is now eating lunch in the school's cafeteria?*
- He acts up in the grocery store. *Scents (especially in the aisle with laundry detergents), sensory overload?*
- She acts deaf but her hearing checks out as normal. *Gluten/casein intolerance?*

These possible sources of problems are based on the experiences of our members. This information is not intended to replace medical care where needed.

## The competition takes on Ritalin

In view of the phenomenal financial success of the stimulant Ritalin (manufactured by Novartis, formerly known as CIBA Geigy), other pharmaceutical giants are hard at work bringing their versions to market.

Manufacturers introduced their new products at the annual meeting of the American Academy of Child and Adolescent Psychiatry in October.

Unlike Ritalin, the new drugs are not considered to be stimulants, so they probably will not fall into the category of a Schedule II drug (those legal drugs with the highest potential for abuse).

Eli Lilly is conducting tests on its product, tomoxetine. While it is said to be slightly less effective than Ritalin, Lilly hopes to appeal to the approximately 30% of children who don't respond to Ritalin. It could be approved as early as 2002.

The other two companies seeking to own a share of the ADD market are Glaxo Wellcome and Abbott Laboratories, who are also working on the development of non-stimulants. It is not certain when these products may be available.

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



ADHD look-alikes, from page 2

## Finding help for vision problems.

Developmental Delay Resources (DDR) maintains a list of professionals who can help with vision deficits (behavioral optometrists). They can also suggest practitioners for other conditions covered in this article. Call (301) 652-2263 or see these web sites:

[www.add-adhd.org](http://www.add-adhd.org)

[www.children-special-needs.org](http://www.children-special-needs.org)

Other resources are The Optometric Extension Program Foundation at (714) 250-8070 and Dr. Berne's site: [www.visionenhancement.com](http://www.visionenhancement.com)

## 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](http://www.feingold.org)

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November, 2000

## *The Feingold Association celebrates 25 years of service*

The Feingold Association of the Northeast began in 1975 as the Feingold Association of New York. A former president, Pat Palmer, is one of the Association's dedicated volunteers who has played a vital part in the local and national organizations. This year her current colleagues, family, and old friends gathered to share memories, to tell of the success their children have experienced, and to express their gratitude to Pat.

Pat and her husband, Bill, are the honored guests at Pat's retirement banquet, held on Long Island, New York, in September. Pat and Bill are seated. Standing, from left to right are fellow Northeasterners: Gail Carey, Shirley Lewin, Sherri Palmer, Marilee Jones, and Judy Schneider.

Judy writes of Pat, "To those of us in the Association who know her, she is a valuable friend and skilled mentor. It has become her personal quest to make the world a better place for all of us. She brought local and national groups together. She taught us that we were not simply a group of Moms and Dads, but a valuable asset to the organization.

"Pat doesn't look for praise or for recognition; she is always focused on getting the job done."



### **Thanks to Fresh Fields**

Leslie Fowler would like to thank Diane Friedberg and Fresh Fields for allowing us to have a Feingold 5% day at the Mt. Washington store. She would also like to thank all of the members, their families and friends who showed their support for the Feingold Association by shopping at Fresh Fields on August 22. Leslie says, "It was good to see old friends and to meet some of our new members."

All of the proceeds from our 5% day will benefit the Feingold Association in our outreach to families in Maryland.

### **Some more thanks**

...to Wendi Hawn, Greg Meadows, and the folks at the 21st Century Medicine Man, a radio show that focuses on health options. The Feingold Association has appeared on two of their shows.

### **The Whole Child: The S.A.N.E. System of Pediatric Assessment & Treatment**

December 10, 11, 12 - New York City

This new 3 day course combines sensory-motor-hormonal and immune function to address various developmental disorders. It is especially designed for clinicians working with children with PDD, Autism, LD, CAPD, OCD, and other delays. Call (860) 859-2391 for information.

**Southern California** - The UCLA ADHD Genetic Study is looking for participants in a research study searching to uncover a genetic basis for ADHD. Families with 2 or more children age 5 or older who have ADHD or ADD are needed for the research. Free psychological, cognitive, educational evaluations, financial compensation. (310) 825-8660.

## FAUS Product Information Center Report

from Donna Curtis

### Product Alert!

LA VOSGIENNE Naturally Flavored Lemon Drops, manufactured in France, now has new packaging. On some of the new packaging, artificial color is listed. Until the source of the additive is determined, please note these candies may not be acceptable.

SNYDER'S OF HANOVER Sour Cream & Onion Chips now has artificial flavor.

Thank you to these friends who supported our annual conference!

Aubrey Organics	Kozy Shack Puddings
Allied Old English	On Stage Ltd.
Barbara's Bakery	Our Place School
Bioforce Enviro-Tech	Pfeiffer Treatment
Boar's Head Provisions	Center
Bon Ami	Red Star Yeast
Cloud Nine Candies	Sandt's Honey
De An's Pork Products	Shady Brook Farms
Delicious Brands	Shiloh Farms Bakery
Earth's Own Naturals	Squirrel's Nest
Enrichment Through the Arts	Stony Brook University School of Nursing
For Pete's Sake	Stonyfield Farms
Freedra Vitamins	Stretch Island Fruit
Garden Spot Distributors	Sunspire Candies
Golden Apples Candy Co.	Taylor Printing
Goldenberg Candy	The Soap Ladies
Gluten Free Pantry	Tom's of Maine
Great Plains Laboratory	Tree of Life
Imagine Foods	U.S. Mills
Natural Ovens of Manitowoc, WI	Walden Farms
	Weetabix Cereals

**ECCO BELLA Cosmetics** - Based on follow-up since the May PIC Report, we are pleased to inform you that the following may be added to your Mail Order Guide:

#### Stage One

ECCO BELLA\* Natural Mascara: Black, Brown  
ECCO BELLA\* Lipstick: Napa Grape Frost, Latte, Primrose, Tuscany Rose, Peach Frost, Cafe au Lait, Claret Rose, Pink Rose, Mauve Rose, Peach Rose, Rosewood  
ECCO BELLA\* Natural Liquid Foundation: Bisque, Ivory Porcelain, Light Beige, Natural, Linen, Tan & Mocha

All Ecco Bella products may be ordered by calling (877) 696-2220 or via the web at [www.eccobella.com](http://www.eccobella.com).

## PIC Report

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

### Stage One

AMERICA'S BEST Butter Flavored Microwave Popcorn  
GLUTANO Chocolate O's Sandwich Cookies (gluten-free) - available from the Gluten-Free Pantry (800) 291-8386 or [www.glutenfree.com](http://www.glutenfree.com)

MINUTE MAID Frozen Concentrated:

Premium Grapefruit Juice with Added Calcium,  
Premium Lemonade (CS), Premium Limeade (CS),  
Soft Frozen Lemonade (CS)

REGENCY (9 oz) Party Peanuts

ROAD'S END ORGANICS\* Penne & Chreese (wheat- & dairy-free macaroni & "cheese" mix)

ROAD'S END ORGANICS\* dairy-free: Mac & Chreese, Shells & Chreese

ROMAN MEAL Premium Hot Cereal: Original  
(was previously called Oatmeal)

SPORICIDIN Antimicrobial Hand Wipes, Antimicrobial  
Lotion Soap, Disinfectant Solution, Disinfectant Spray,  
Disinfectant Towelettes, First Aid Spray

*Products are available through [www.Sporicidin.com](http://www.Sporicidin.com)  
or by calling (800) 424-3733.*

STONYFIELD FARM\* Premium Ice Cream:  
Chocolate (CS), Vanilla (CS)

### Stage Two

CROFTERS\* Mango Premium Fruit Spread  
(apple pectin)

INTERCEPT Household Insect Deterrant (cayenne  
pepper) The product is sold in Hawaii or can be  
ordered from Pacific Holistics (808) 963-6173  
[www.pacificholistics.com](http://www.pacificholistics.com)

KIKKOMAN Teriyaki Sauce Mix (CS, paprika, chili &  
red peppers)

ROMAN MEAL Premium Hot Cereal: Granola  
(was Multi-Grain, now has almonds), Hearty Raisins  
Dates Almonds (was Raisin Date Nut, almonds)

### Stage Two

ECCO BELLA\* Blush (sweet almond oil): Coral Rose,  
Orchid Rose, Burgundy Rose, Peach Rose,  
Terra Rose, Wild Rose, and Earthy Rose

ECCO BELLA\* Natural Eyeshadow (sweet almond oil):  
Deep Taupe, Camel, Khaki, Vanilla, Earth, Clay,  
Smokey Mauve, Shell Pink, Lilac, Storm, Fawn, Violet,  
Indigo Blue, Heather, Cactus

The Feingold® Association does not endorse, approve or assume responsibility for any product, brand, method or treatment. The presence (or absence) of a product on a Feingold Foodlist, or the discussion of a method or treatment does not constitute approval (or disapproval). The Foodlists are based primarily upon information supplied by manufacturers and are not based upon independent testing.