

“Science and the Cause and Treatment of Behavioral Disorders”

Bernard Rimland, Ph.D., Director of the Autism Research Institute, addressed members and guests at the Feingold Association's 25th anniversary conference held in September. He documented how neither the medical community nor the government agencies responsible for issues relating to ADHD and autism have done a satisfactory job; in fact, their efforts have sometimes prevented families from receiving the help they need.

Dr. Rimland praised the work of parents, both in the Feingold Association and in other organizations, who are doing the work that should be done by others. He quoted the sociologist, Margaret Mead,

“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that has.”

Dr. Rimland added, “I want to commend the Feingold Association, for all these years, being that small, and increasingly large group of thoughtful, committed people who have made a difference in helping the kids.”

A psychologist and full time researcher, he became involved in the subject of autism 44 years ago following the birth of his son. After a healthy pregnancy and normal delivery, the little boy entered the world screaming abnormally, and developed the characteristics that are now well known as symptoms of autism. At that time mothers of such children were blamed for the child's detachment and developmental deficits. After extensive research, Dr. Rimland wrote the book that would change the way the world looked at autism. He continues to be in the forefront of the research seeking solutions to what is clearly a biochemical problem, and remains a source of enormous help for other parents.



Like Dr. Feingold, Dr. Rimland has a deep empathy for families dealing with this problem, and has never lost the humility that keeps him open to learning from others, including observant parents. In the mid-1960s he was astonished to learn from mothers that high doses of certain vitamins were helping their children. Vitamin B6, along with other supplements, has been found in numerous studies to be very beneficial for children with autism. (Editor's note: Please contact the Autism Research Institute, ARI, 4182 Adams Ave., San Diego CA 92116 for information.)

“One of my favorite quotes,” Dr. Rimland told an attentive audience, is: ‘The chronicle of man's progress is the history of authority refuted.’ Almost every advance that humanity has made has been in the face of authorities who believe and insisted upon the contrary being true.”

Dr. Rimland noted many connections between autism and ADHD

Many professionals now believe that there is a spectrum, with ADD at one end, autism at the other, and many degrees of developmental problems in between. There has been a drastic increase in both conditions, and a lack of necessary research on the part of most of the medical community and governmental agencies entrusted with addressing these problems.

Another interesting similarity between ADHD and autism is the use of vitamins, especially B6, for both conditions. In 1979 Dr. Mary Coleman and others published a paper in the journal *Biological Psychiatry*. It described their study of a small group of hyperactive (the former term for ADHD) boys. All six of the children had used Ritalin and responded successfully to it. Coleman compared the beneficial effects of four different interventions: Ritalin, low doses of vitamin B6, high doses of vitamin B6, and placebo (a pill that has no active ingredient). Following the double-blind format used in good studies, they showed that the vitamin was actually better than Ritalin; the effects lasted longer, it was safer, and less expensive. A small study like this, which clearly provided some dramatic infor-

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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 its 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.

Robbie's parents are finding answers for autism

Pure food, clean air and clean water — Janet Presson, RN, has seen that these are the most basic essentials to helping children with developmental problems.

After serving on a tour of duty in the Gulf War, Rusty Presson returned to the base, where he and his wife, Janet, started their family. Janet is a registered nurse and had also been an officer in the Air Force. Like other military personnel, both had received many inoculations and they would later wonder if these shots contributed to their child's sensitivities.

Robbie was a normal, healthy baby, developing well, despite his allergic reactions to most baby formulas, multiple ear infections and many doses of antibiotics. But this progress abruptly stopped following his MMR and HIB shots at 15 months of age.

The Presson's story is familiar to anyone reading about the onset of autism in hundreds of thousands of children. Language development stopped and Robbie began to lose other abilities. He could sit for hours, looking at his books or watching television, and stopped making eye contact with Janet.

He was always loving, but would often become extremely hyperactive, running back and forth in the house, and would take off running if Janet let go of his hand outside. Robbie also had unusual physical problems. He would push and push at his cheeks so hard he caused bruises. The muscles of his legs were stiff and "as hard as a rock." Like many children with autistic symptoms, he walked on his toes, and sometimes flapped his hands.

The Pressons took their son to many specialists, seeking answers. One prominent physician at Duke University offered them liquid Prozac, but Janet knew her child needed much more than a drug. She is grateful for the suggestion she heard at a conference on autism. One of the participants explained how brain function is directly affected by allergies.

When she took away milk, Janet was amazed at the improvements she saw in Robbie; now it was clear to her that diet and behavior were linked.



Her years of training in medicine did not include the information she needed to help her son. The many professionals she consulted never mentioned the things she would later learn on her own. Janet learned of the Feingold Program and read *Why Can't My Child Behave?* When she removed the synthetic additives and natural salicylates, the behavioral change in Robbie was profound.

Today, even after having been on the Feingold Program for several years, he still has dramatic reactions if there is a dietary slip. The behavior changes in 20 to 30 minutes and lasts for about three days. As distressing as these rare episodes are, they have served a good purpose. The teachers, neighbors and relatives go to great pains to be sure they do not trigger such a reaction!

As Janet found the books by doctors Rapp, Braley, Crook and later, Dr. Shaw, she gained more and more knowledge about ways to help Robbie. The Pressons have used many natural nutritional and behavioral interventions and some of them have been very helpful, but they know that the results vary greatly among children.

Janet's advice to parents who are not getting support from their doctor is simple, "Fire your current doctor and find one who will support you." Contact the Autism Research Institute for names of qualified practitioners; the suggestions of other parents are also very helpful.

Robbie still has many allergies, so he is on a gluten-free, casein-free diet. Janet has found he does well with a lot of protein, and a limited amount of carbohydrates. She orders many things from mail order catalogs that cater to special diets. To compensate for the dietary limitations, Janet works with nutritionist Kelly Dorfman, to provide needed supplements. At 8 years old, Robbie is "the picture of health." He is a little taller than his peers, and rarely even gets a cold.

He is very intelligent, but continues to have difficulty with spoken language. However, Robbie finds many ways to get his message across to others. He has assistance in school and therapy at home to address this.

Janet believes the mercury, aluminum, and other toxins in his vaccinations may be the major cause of Robbie's delays, and they are working with doctors to chelate these metals out of his system.

Although Robbie's food choices are limited, Janet finds it isn't that hard to work around them, and the family travels and eats out often.

Janet's schedule is very full. She is the president of A Small Miracle, Inc., a service that provides trained personnel to families of children with autism and other developmental problems. The state of North Carolina will cover the cost for Medicaid recipients to get this specialized help, generally with a therapist coming to their home.

Janet works personally with every new family as she begins the process of arranging for therapy, and she tells every one of them that they need to consider the role of diet.

Rimland, from page 1

mation, is typically replicated many times by other researchers, using more subjects. In the 21 years since the paper was published there have been countless studies on the use of Ritalin, but, Dr. Rimland asked, how many have followed up on Coleman's work? Zero.

Some professionals believe that many of the children who are being diagnosed with autism are actually victims of mercury poisoning.

Drastic increases in ADHD and autism

The increase in ADHD is reflected in the sale of medicine used to treat it. Between 1990 and 1998, Dr. Rimland noted, sales of Ritalin increased 500%. Sales of amphetamines went up 300% just between 1995 and 1997. When the state of California tracked the incidence of various disabilities they found several major ones remained about the same: these are epilepsy, cerebral palsy, and mental retardation. The number of cases of autism, however, skyrocketed. One of the contributing factors in the increase in autism in the United States, Dr. Rimland believes, is the use of the triple vaccine for MMR (mumps, measles and rubella). Previously, these shots were given separately, but shortly after the combined shots were introduced (in the late 1970s and early 1980s) the rise began.

The same thing happened to children in England. The MMR combination was introduced in Britain about ten years later than in the U.S., and the autism epidemic there began about ten years after it had in the U.S.

Another contributing factor could be the dramatic increase in the number of shots given to children. A child born in the 1960s and 1970s received a few inoculations, but today an American child typically has had a whopping 36 vaccines before he enters school. And some children receive as many as ten vaccines in a single day.

Have vaccines been tested for safety?

Dr. Rimland believes there has not been sufficient research on the safety of vaccines. The Food and Drug Administration (FDA) has a Vaccine Adverse Event Reporting System for doctors to report such information. But there is no penalty if a doctor does not file a report. The doctor who does file a report not only is required to take time to do the paperwork, but is likely to be required to fill out even more paperwork in the future. "It has been determined in various ways," Dr. Rimland said, "that only about 1% to 10% of adverse reactions are ever reported. When the government tells you that these things are safe, they are not basing their assessment of safety on good data."



The preservatives used in vaccines

In addition to the viruses and bacteria that are contained in vaccines, there are also preservatives: formaldehyde, aluminum and mercury, found in the preservative thimerosal. Mercury (used in the DPT and other shots, but not the MMR vaccines) has received a great deal of media attention. Dr. Rimland referred to the web site of Lyn Redwood. As a nurse, married to a doctor, Lyn did not question the safety of the shots her baby received. But after her son began showing signs of autism she uncovered some chilling information. On her web site she writes:

In June 1999, the Food and Drug Administration discovered that "Infants who receive thimerosal containing vaccine at several visits may be exposed to more mercury than recommended by Federal guidelines for total mercury exposure." Thimerosal, a

preservative used in some vaccines to prevent contamination, is 49.6% mercury by weight. Infants who are being vaccinated using multi-dose vials with thimerosal can receive 62.5 micrograms of mercury per visit. For an average sized child this represents an exposure approximately 100 times the 0.1 micrograms per kilogram of daily exposure considered safe by the Environmental Protection Agency. The manufacturer's safety data sheet for thimerosal states, "Highly toxic... Danger of cumulative effects... Avoid prolonged or repeated exposure... and the chemical, physical and toxicological properties have not been thoroughly investigated."

tiredwood.home.mindspring.com

Preservatives in vaccines and the incidence of autism

The rate of the incidence of autism has increased so quickly, statistical figures are soon outdated. Dr. Rimland noted that the most recent data based on studies done in England and New Jersey show a rate of 45 - 60 children per 10,000. This represents an increase of more than 1000% over the rate recently quoted in Congressional hearings on the subject.

What could be causing this? Dr. Rimland believes "It could be the viral contents of the vaccines in combination with the mercury. Mercury is horribly destructive to the developing organisms, destructive of brain tissue, of the immune system. So here you give the child something that impairs the immune system's ability to cope with the viruses, and you also put a bunch of viruses right directly into the blood stream. Ordinarily when you're exposed to a virus, it hits your mucous membranes first, your nose or your throat, which sends signals to the immune system to prepare for this substance and the IgE system kicks in. By the time the virus gets to the blood stream the immune system is somewhat prepared to cope with the invaders. But if you put the stuff right into the blood stream you bypass many of the body's carefully evolved protective mechanisms."

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There are many resources for families of children with autism

Each of them will lead you to additional sources of information and help.

Special Diets for Special Kids

by Lisa Lewis, PhD

This is THE book to help you deal with the ins and outs of feeding a child with gluten and casein sensitivities.

In addition to comprehensive information on food, Lisa covers the basics of the dietary connection to autism. The book provides a concise coverage of the significant information on the subject.

Unraveling the Mystery of Autism and Pervasive Developmental Disorders

by Karyn Seroussi

This book is a "must" for parents who suspects their child is not developing normally, and for professionals who work with such children. Concerned parents and prospective parents would also be advised to have an understanding of ways to prevent those things that can plunge a normal baby into the abyss of autism.

Karyn's struggle to find help for her son will be appreciated by readers on many levels. It not only makes for interesting reading, but the author's guidance will quickly bring you up to speed on the most recent information to be found on this complex subject.

She has also included practical tips on using diet for autism.

Autism Network for Dietary Intervention

This is the organization Lisa and Karyn established to provide ongoing help for other parents. To learn about their newsletter, *ANDI News* see: www.autismndi.com.

gfcfdiet.com

If you are following a gluten-free and/or casein-free diet, or if you are considering it, this web site is just what you will need to locate up-to-date information and support.

*People with "Asperger's Syndrome" typically have: social interaction impairments, narrow interests, insistence on repetitive routines, speech & language peculiarities, non-verbal communication problems and motor clumsiness.

Autism Research Institute

Founded in 1967 by Dr. Rimland, the ARI conducts research on all aspects of autism and disseminates this information primarily through the quarterly newsletter, *The Autism Research Review International*. This is an outstanding resource. See their web site at www.autism.com/ari/ or send a fax to 619-563-6840.

Autism Asperger's Digest

Here is another source of valued information on autism and Asperger's syndrome*.

This magazine brings new information and practical strategies for dealing with these challenges. It is published by **Future Horizons**, which also holds conferences on autism and Asperger's, including workshops on the difficult issues of social skills.

www.autismdigest.com.

Jessica Kingsley Publishers

This British firm is a leader in the field. The 1998 *Asperger's Syndrome* by Tony Attwood quickly became the definitive introduction to A.S. They offer a growing list of books on Asperger's syndrome and autism, including *Pretending to be Normal*.

In the US the books are distributed by **Taylor & Francis, Inc.**, of Philadelphia. www.taylorandfrancis.com.

Pretending to be Normal Living with Asperger's Syndrome

by Liane Holliday Willey

What does it really feel like to have Asperger's Syndrome, and why do these folks behave as they do? Lianne Willey gives us a personal tour of the life and thoughts of someone with AS, and offers encouragement that the deficits can be turned into strengths.

While most of the book describes her experiences, a section in the back provides many practical recommendations and resources.

Autism Recovery Network

Although it is just 2 years old, this nonprofit has already held two major conferences. It is located in Central Florida and offers services to area families, as well as practical information on-line.

See: www.geocities.com/arnfl

Center for the Study of Autism

The web site provides a comprehensive list of organizations and resources on autism and Asperger's syndrome.

See www.autism.com

The Autism Source

Maap Services, Inc., is a nonprofit organization that provides information and advice to families dealing with autism, AS and pervasive developmental disorder (PDD).

www.maapservices.org

FEAT

This nonprofit, Families for Early Autism Treatment, provides information on treatment options, newsletter, lending library and support meetings in some areas.

www.feat.org

O.A.S.I.S.

This is an on-line source of information on Asperger's syndrome. They are conducting a survey of treatments families have used to help their children. The Feingold diet is one of the options listed. To participate in the survey, log on to www.udel.edu/bkirby/asperger/surveys.html

ASC-US

The Asperger's Syndrome Coalition of the U.S. is another excellent source of information. It was formerly known as ASPEN of America, Inc. They also address pervasive developmental disorders (PDD), and related problems.

www.asperger.org

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Are vaccines setting some children up for ADHD?

"The huge increase in Ritalin sales suggests a skyrocketing increase in ADHD," Dr. Rimland continued, "Could it be that the reason some kids are sensitive to the food additives is that their liver detoxification and other detoxification process is impaired by mercury and therefore they are more vulnerable to the impairment that we see in the hyperactive kids? We don't know, but this needs to be examined. It may be a coincidence, but I doubt that very much. Something is happening; there's a link involving the immune system that ties all these things together."

The role of vaccines in preventing disease

While Dr. Rimland did not suggest vaccines are without benefits, he questioned some generally accepted beliefs. "Historically, there is a natural sequence of events where epidemics come and go without vaccines. The black death killed about a third of Europe. An enormous number of people died, and if you look at the curve showing these numbers, it goes up tremendously from almost nowhere and then it drops off to zero — with no vaccines.

"The vaccines are given credit for knocking off the incidence of things like polio, measles and pertussis. The CDC (Centers for Disease Control) gives credit to the vaccines for having prevented those diseases. But if you look at the figures on measles, there was an epidemic, and it went down, all the way down to near zero in terms of deaths, and the vaccines were introduced at the very bottom of the curve. 85 to 90% of the improvement had been experienced before the vaccines were introduced. The same is true of polio. All of this needs to be looked at very closely."

You can order an audiotape of Dr. Rimland's workshop from the FAUS office in New York, (800) 321-3287. The cost is \$5 plus \$1 shipping.

Finding a milk substitute the kids will enjoy

Children with autism are notoriously hard to feed. Here's an option that even the fussiest eaters have accepted.



Vance Abersold found that he could not tolerate dairy products, but disliked the taste of the milk substitutes he tried. This led to the development of several milk substitutes. One of these, DariFree can be added to your *Foodlist*. It is made from potatoes, but tastes like a vanilla milk shake. It is high in calcium, fat-free and gluten-free, lactose and cholesterol-free, and does not contain any soy, rice, corn, oils or MSG. You can use it in recipes that call for milk.

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Sully's Living Without

This magazine is more than just beautiful, with lush photos and attractive graphics. It puts a positive spin on life without things like gluten, and is filled with practical information.

see: www.livingwithout.com

Supplements

Supplements have been found to be helpful for some. Specifically designed products for children with autism are:

Super Nu-Thera - 1 (800) KIRKMAN; www.kirkmanlabs.com

Brainchild Nutritionals, developed by Michael Lang, a dad of children with autism (831) 465-0104.

www.brainchildnutritionals.com

When you order books you can help the Feingold Association raise much-needed funds. Go to our web site at: www.feingold.org or ADHDDiet.com. Then enter the "Bookstore" where you will find a listing of books we have reviewed. See the link with Amazon.com to order.

One of the conveniences of DariFree is that it is sold in powdered form, and you can mix what you need. It is available from 1 (800) 497-4834 or via the net at www.vancesfoods.com. You can also buy a plastic pitcher with a plunger, making it easy to mix the powder and water.

Vance has established the nonprofit Living Sensibly Foundation. It will use proceeds from the sale of DariFree to promote better health through dietary intervention.

Their web site: www.livingsensibly.org, has a reprint of the Parents Magazine article *We Cured Our Son's Autism*, written by Karyn Seroussi. The reprint includes a listing of many other website resources for information on autism

National Vaccine Information Center

Information on the vaccine-autism connection is available from this nonprofit organization.

www.909shot.com.

Developmental Delay Resources

You will find valuable information and caring assistance from this nonprofit organization. They sponsor workshops around the country and publish an outstanding newsletter. (301) 652-2263; www.devdelay.org

Autism Resource Network

This nonprofit organization offers a great selection of books, games, toys, videos, children's books, and a newsletter. Their store is located in Minnesota, but most of the sales are via mail order. Call (952) 988-0088 for a free catalog.

Safe Minds

The focus of this newly-formed nonprofit is getting mercury removed from vaccines.

www.safeminds.org

Past Issues of *Pure Facts*

During the past year major articles which have appeared in *Pure Facts* include:

December 1999/January 2000

The ADD/autistic spectrum -

FAUS Conference report

Do children hate being on the diet?

Gluten-free products

February 2000

Violence in the '90s

Medicine, parenting and ADHD

Canada, Australia, New Zealand

Valentine sweets

March 2000

Daylight's many effects

Chemically sensitive teacher

Sign language can help in ADD

BHT

April 2000

Toddlers on drugs

Neotame, worse than aspartame

Rage in the very young child

Environmental toxins & behavior

May 2000

Enuresis and ADHD

Helping my friend's child

Support for Mom!

Subway restaurant update

June 2000

Fluoride, ADHD and violence

Fluoride advocates reconsider

I don't want my son to be different

A letter to dads

July/August 2000

Supplements and schoolwork

Congressmen support diet for

children with ADHD

The errant Feingolder

September 2000

How to have a great school year

Different ways children learn

When the Feingolder grows up

Old fashioned candy

October 2000

The fearful child

Trader Joe's

Dry erase markers

Halloween ideas

November 2000

Vision deficits look like ADHD

Genetic engineering

Blue dye that kills

Thanksgiving with the relatives

Copies are available. Please include your name and full address, plus \$2 for each newsletter. Mail to: FAUS-PF, P.O. Box 6550, Alexandria, VA 22306.

Sensory Comfort Center

Many children with autism and sensory differences find our world too busy, too loud and too scratchy. They dislike the texture of some fabrics and are bothered by the seams in their socks.

This mail order resource is devoted to providing hard-to-find items that children (and adults) with sensory integration difficulties would want to have. Their phone number is (888) 436-2622 and web site is:

www.sensorycomfort.com.

Weighted Vests

Some children with sensory problems are comforted by wearing a vest that contains weighted material and gives the child a sensation of being hugged. One Virginia mom was unhappy about the appearance of the vests on the market and designed a line of kid-friendly colorful prints.

Both ready-to-wear vests (\$45 to \$65) and patterns (\$29) are available in various sizes. The pattern provides all children's sizes. Ready-to-wear vests come with modeling clay, which provides the weight, and is more comfortable than traditional weights because it molds to the shape of the child's body.

For information call (804) 379-0944 or see www.weightedvest.com.



Care Trak

This technology was designed to help locate children (or disabled adults) who are at risk of wandering off. The individual wears a wrist band containing a tiny radio transmitter that sends a signal up to a mile, indoors or out. For details on all of the Care Trak products call them at (800) 842-4537 or see www.caretrak.com.

The Floppy Sleep Game

Patti Teel was seeking a way to help her little girl get to sleep, and created a relaxation CD that helps children drift off to dreamland. Patti combined the relaxation of yoga and a soothing mother's lullaby to create The Floppy Sleep Game.

The first portion guides the child through a progressive relaxation. The second has a background of music while the child imagines walking through a meadow and then gliding down a stream on the back of a turtle. When he reaches the ocean the child hears the sound of waves that create a rhythm for relaxed breathing.

For information call (888) 992-4200 or visit www.dreamflt.com

Pure Facts

Editor: Jane Hersey

Contributing to this issue:

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Lynn Murphy

Donna Curtis

Barbara Keele

Debbie Jackson

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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Have you visited our web site: www.feingold.org? You will find a wealth of useful information, links, books we have reviewed, and other resources.

There is also a free electronic newsletter, full of helpful information and seasonal tips — all thanks to the efforts of Shula, our multi-talented webmaster. This is also the place where we can let you know about workshops and get out last-minute messages. Sign up for the newsletter at ON@feingold.org.

The member section has many valuable resources, including product alerts. All members should have received a little pink card containing the user ID and password to enter that section; keep it handy by your computer.

One of the most exciting parts of the member's section is the message board. There you will find a group of wonderful, enthusiastic folks who maintain an ongoing support group, offering good information and lots of TLC. If you are new to the Feingold Program and want to speak with other parents who have young children, or who have recently dealt with the issues you are now facing, check in and see what they have to say.

Had a frustrating time dealing with a teacher who doesn't understand or a spouse who keeps forgetting what's o.k. to give to your child? Do the in-laws keep ignoring your requests to stop bringing blue cupcakes?

You aren't alone. Esther, Linda, Victoria, Christy, Kathy, Jayne, Rhonda, Mary, Susan, Nancy, Laurie, J.R., and Lorraine have been there and can offer solid advice along with sympathy when that's what's needed.

FAUS is grateful to all the people who share the information they find on the internet, especially Markey.

Getting Together

These members would like to meet other families in their area who are using the Feingold Program:

Bakersfield, CA - Wendy Jackson. Her son is 2 1/2 years old. (661) 589-6265

Louisville, KY - Sharon Hall is the mom to a 5 year old boy (502) 452-2272.

Norfolk, NE - Martha Huddleston. She can be reached at (402) 371-6725.

Austin, TX - Kamela Janke. Her daughter is 4 years old. (512) 288-8743.

The White House Commission on Complementary and Alternative Medicine

Feingold volunteers in San Francisco and Washington, DC have testified before the Commission about the fact that the Feingold Program is regarded as an alternative, even though, historically, an elimination diet has a long history of use as a traditional medical treatment.

The Association described the problem of federal agencies overlooking or misrepresenting the diet/learning/behavior connection, despite several decades of scientific documentation. FAUS called for the correction of this misinformation, and asked for new research.

The area code for the membership office in New York has been changed from 516 to 631.

Autism/Asperger Conference, 2001

If you are in the Buffalo, New York area, and want to learn more about autism and Asperger's syndrome be sure to circle your calendar for June 14 -15.

The Great Lakes Program, University of Buffalo will be the host. For details, contact Monica Moshenko at (716) 645-2088, or e-mail moshenko@eng.buffalo.edu.

Cerebral Mysteries - Phoenix, AZ

Saturday, January 13, 2001 - Joseph Rosenthal, M.D., Ph.D., will be presenting a seminar on Impulsive Behavior, Cognition, & Learning Disabilities. The six hour course will be held at the Phoenix Civic Plaza on East Adams St. Dr. Rosenthal is a lively, entertaining presenter, with many years of experience in helping children. The comprehensive seminar will include the Feingold Program. Call (925) 609-2820 for details.

Dr. Laura Thompson

"Our Children Are What Our Children Eat - How to Improve Behavior, Health and School Performance" workshops will be held in Annandale, VA February 3 and Linthicum, MD February 4; call (410) 931-1017.

Pen Pal - Stephanie Kane is a 16 year-old Feingolder who would like to be in touch with a pen-pal (via snail mail). Please contact FAUS at our Virginia office (703) 768-3287 if you are interested.

FAUS Product Information Center Report

from Donna Curtis

Product Alert!

According to the company, PLANTER'S Peanut Brittle is prepared using oil preserved with TBHQ. Please remove this product from your Foodlist & Shopping Guide.

Members in the Northeast please note: PLANET HARMONY candies are incorrectly listed in Stage One of the Northeast Foodlist. These sweets should be moved to Stage Two. (The salicylates given are correct.) We apologize for this error and hope to avoid mistakes like this in the future by going to a computer generated Foodlist. We are in the process of refining the program for it, and hope to begin using it soon. This should greatly reduce the chance of human error in the seven different regional Foodlists we produce.

Miss Roben's, Inc.

This mail order company specializes in gluten-free products, and also carries some items that are dairy-free, egg-free, corn-free and soy-free. For a catalog call (800) 891-0083 or see www.missroben.com. The following products have been researched by FAUS and may be used on the Feingold Program:

Stage One:

Bagel Mix - Plain, Biscuit Mix - Plain
Bread Mixes: Andi Wunderbread, Dinner, European Dark, French, Homestyle, Mock Rye, Potato, White Sandwich
Cake Mixes: Chocolate, Chocolate Angel Food, One-step Angel Food, Pound, White, Yellow
Cookie Mixes: Crunchy Chocolate Chip, Crunchy Chocolate Sugar, Crunchy Sugar, Crunchy Versatile, Roll & Cut Sugar
Mixes: Breeding/Batter Coating; Chewy Brownie; Egg-Free English Muffin; Gingerbread; Improved Pancake/Waffle; Pie Crust; Pizza Crust; Soft Pretzel; Traditional Cornbread; Versatile Muffin

The following **Corn-Free Mixes** are acceptable for use on Stage One: Plain Biscuit; Dinner and White Sandwich breads; Chocolate and Yellow cakes; Cookie Mixes: Crunchy Chocolate Chip, Crunchy Sugar, Crunchy Versatile, Roll & Cut Sugar; Chewy Brownie; Mild Breeding/Batter Coating; Soft Pretzel; Muffin Mix; Versatile

Stage Two: All contain cloves

Corn-Free Cookie Mix: Spice Raisin
Cookie Mix: Crunchy Spice Raisin, Roll & Cut Gingerbread

PIC Report

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

Stage One

CROWN PRINCE NATURAL* Flat Anchovies, Kipper Snacks, Pink Salmon, Skinless & Boneless Sardines in Water or Olive Oil, Small Shrimp, Smoked Oysters

ECCO BELLA* Long Lasting Lip Crayon: Biscotti, China Clay, Cranberry, Crimson, Geranium, Gingerberry, Great Pink, Ice Tea, Malt, Midsummer Mauve, Petunia, Pot au Plum, Raspberry Port, Sheer Praline, Sheer Sorbet.

They may be ordered by calling (877) 696-2220.

FRENCH MEADOW Yeast-Free 100% Rye Bread with Sunflower Seeds

HANSEN'S Pineapple Coconut Smoothie (CS, SF)

INTERNATIONAL GOURMET Dried Egg Whites, Fructose (CS), Corn Muffin Mix (CS), Mild Vanilla Wafers Mix (CS), Pie Crust (CS). *Order through their web site: www.TheInternationalGourmet.com*

KIDS BALANCED* Totally Nutritional Drink:

Choco-Chocolate, Very Vanilla

MI-DEL* Wheat Free Gluten-Free Cookies: Arrowroot Animal Cookies, Ginger Snaps, Mini Chocolate Chip Cookies, Mini Pecan Cookies

NO PUDDGE* Original Fudge Brownie Mix, Mint Fudge Brownie Mix

SCHWAN'S home delivery food service: Quick Taters (CS)

VANCE'S* DariFree powdered milk substitute - *This is available from Vance's Foods (800) 497-4834 or on the internet at www.vancesfoods.com. The company has two other milk substitutes but the DariFree is the only product acceptable at this time.*

YORKSHIRE FARMS All Natural Beef Hamburger, Cooked Uncured Beef Bologna - deli or pre-sliced, Cooked Uncured Beef Salami - deli or pre-sliced

Stage Two

LET'S DO...ORGANIC* Super Sour Gummy Bears (CS, apple, apricots, elderberries)

MINUTE MAID Fruit Punch All Natural Cooler (CS, apple, grapes)

POMONA'S* Universal Pectin (oranges)

YORKSHIRE FARMS Panchetta (juniper berries), Cajun Sliced Pork Bacon (juniper berries), Dry Rubbed Uncured Regular Bacon (juniper berries), Dry Rubbed Uncured Thick Bacon (juniper berries)

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