

Pure Facts

Newsletter of the Feingold® Association of the United States



March, 2001

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Asthma is a growing problem, particularly in Western countries

About 5 million children and 10 million adults in the U.S. are afflicted with asthma, making it the leading chronic disease in this country.

The Feingold Association's web site lists 39 studies on asthma, covering a quarter century; nearly all of them concern foods, food additives and salicylates. [See www.feingold.org/research_asthma.html] Despite this abundance of evidence, the role of diet is generally overlooked, especially in the press.

Recent articles on asthma have included information about the role of air pollution, pyrethrins and mice.

Air Pollution

Researchers at the University of California in Los Angeles have demonstrated a connection between ozone and school absenteeism. The layer of ozone in the upper atmosphere provides protection for the earth, but when



ozone is in our atmosphere it can cause various respiratory problems, including asthma. Ozone is formed when sunlight comes in contact with air pollutants. When the amount of ozone increased the University of California team found a corresponding increase in school absenteeism. [Epidemiology 2001;12:43-54]

Pyrethrins

Pyrethrin is an insecticide that is derived from plants, including chrysanthemums and daisies. It is used in many products, including pet shampoos. An 11 year old girl, with a history of asthma and allergies, experienced a severe asthmatic attack after giving her dog a shampoo, using a product that contains pyrethrins. She died despite vigorous medical intervention. [Western Journal of Medicine 2000;173:86-87]

Mice

Scientists at The Johns Hopkins University rated mice second only to cockroaches as pests that can trigger asthmatic attacks. The subjects in their

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Living in an upside-down world — some editorial comments

How do you cope in a world where many things don't make sense? Lewis Carroll created such a place, and called it "Wonderland." Here in the United States we may not have Mad Hatter tea parties and disappearing cats, but much of what is happening doesn't make sense.

- People eat peculiar chemicals and call them "food." Those who eat real food are said to be on a special diet.
- Doctors are taught to "first do no harm" then are punished for recommending a risk-free diet before drugs.
- Inside the classroom students learn about the food pyramid and in the hallways outside they are greeted by vending machines selling the least nutritious things available.



- Students cannot get permission to conduct a science fair experiment giving additive-laden foods to mice (it was considered inhumane) but are served this food in their school cafeteria.

- The same amphetamines that were banned from adult use as diet drugs in the 1970s are being given to young children.
- Stimulants not recommended for children under age 6 have been prescribed for 1 year-olds.
- Studies show no long term benefits — socially or academically — in using stimulant drugs for children, yet their use continues to accelerate.

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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.

How should parents and doctors deal with an aggressive child?

Little Kennedy was born into a dysfunctional family and placed in a foster home when she was only 3 weeks old.

Billie Jo and Michael McIntosh cared for the little girl, and would later adopt her. With the birth of Terry a year later, Billie and Michael had two daughters.

As she grew, Kennedy began to show disturbing changes. She would withdraw emotionally and when she got angry she became aggressive, and at times, even violent. Last year when Kennedy was 5, Billie began searching out information on the Internet; she researched bi-polar disorders and oppositional defiant disorder (ODD). With a new baby on the way, she needed to find answers quickly. After reading Dr. Rapp's information on milk, Billie removed it from Kennedy's diet. The child stopped her aggressive behaviors, but was still "wild." Shortly after that she began the Feingold Program, which successfully addressed the little girl's hyperactive behavior. In 48 hours Billie was rewarded with an affectionate, beautiful child. When she came into

ground, but convinced that their love and attention would be all the little girl needed. They had to change their belief when they witnessed the clear connection between what their child ate and how she behaved. Their two birth daughters, Terry, age 5, and 7 month old Ryan, do not have these sensitivities. They have not had behavior problems, and they are given the same love and parenting. Now, it seems clear that Kennedy's birth mother may share many of the same food and chemical sensitivities.



For some children, love is not enough.

Kennedy's room to get her up on the second day of the Program Billie was astonished. Five year-old Kennedy held her arms out to her mother, asking to be picked up. This was the first time this had ever happened! It was a smooth day but Billie held her breath, waiting for the next explosion. This went on for days, and still the calm child remained. In fact, it was several months before Billie allowed herself to believe that this sweet little daughter was really here to stay. Kennedy and Terry were able to play together without Terry crying to her mom, "I don't want this sister; I want a new sister. She hurts me."

This has been a profound experience for Billie. She had believed that nurture was more important than nature. She and Michael took Kennedy into their home, aware of her family back-

There have been other changes in Kennedy as a result of the change in her diet. She used to be extremely sensitive to noise, and could not stand even to be on the same floor in their house when the vacuum was on. She was unaware of danger and had to be watched carefully as she would jump into the deep end of a swimming pool even though she could not swim. As soon as the Feingold Program was implemented Billie and Michael saw these things change. Now, Kennedy hardly notices when the vacuum is on, and understands the concept of danger.

The McIntosh's discovered that Kennedy's milk sensitivity is extreme and even a small amount of milk is enough to trigger a reaction. They had been on the Program for six months, when Billie took her daughter to their pediatrician to ask about having allergy testing done; occasionally Kennedy

would become aggressive, and Billie had not been able to pin down the cause(s). The six-year-old girl behaved beautifully at the doctor's office. He examined her thoroughly and found no signs of physical problems, no ODD, no ADD. But, astonishingly, the doctor refused to do any tests to try to identify the triggers for the occasional outbursts. Instead, he told Billie, "There's a new breed of children with uncontrollable anger and we don't know what's causing it; medication is an option." Billie was dumfounded! The idea that a doctor would prefer to use drugs on a child, rather than look for causes, continues to amaze her. Unfortunately, the family lives in a rural community in New Brunswick, Canada, and there aren't many doctors to choose from.

Her doctor was not interested in finding answers.

It is more difficult to be on the Feingold Program for families living outside the U.S., especially when there are food allergies to address as well. On the plus side, the McIntosh's live close enough to the U.S. border to make occasional trips for hard-to-find groceries. Billie appreciates the help she receives from the Association and from her Internet friends on the Feingold message board. The family lives very close to Billie's parents, who have been completely supportive. In fact, her parents are both teachers in the public schools, and have told all of their colleagues about the remarkable change in their little granddaughter. They have arranged for Billie to present a workshop on the Feingold Program for area parents and teachers.

It would have been easy to justify placing Kennedy on drugs when she was a pre-schooler and first showed signs of aggression. But just because it could have been justified doesn't mean it would have been the best thing to do for this wonderful little girl.

Millions of dollars are spent on fighting illegal drugs, but the National Institutes of Health has earmarked \$6 million to study the use of Ritalin on young children. (Is this ethical? Why is the money coming from taxpayers, not from the company that has profited from the sale of the product?) Why isn't any taxpayer money being used to study risk-free alternatives, as was recommended by the 1998 National Institutes of Health conference on ADHD?

On the Lighter Side

In his year end summary, the irreverent humor columnist Dave Barry, wrote: *"In medicine, the American Academy of Pediatrics reports that it has finally tracked down 7-year-old Matthew Parmogaster, believed to be the only remaining boy in the United States not being treated for attention deficit hyperactivity disorder. A team of camouflage-wearing doctors was able to creep close enough to the youngster to bring him down with Ritalin-tipped blowguns."*

Medicines of all kinds, including stimulant drugs, can be of great value. But most have a down side, and this is not given sufficient consideration. Of all the troubling issues this raises, one deserves special consideration. Some older children and adults have reported that stimulants change their personality; they don't feel like themselves. These people are able to verbalize this because they have had some years of experiencing life without medicine. But what happens when a very young child is placed on such a substance? How can the child know what it feels like to "be himself?" For a toddler who is still in the process of developing his brain, let alone his personality, how can the adults who care for him identify such a change?

How does it feel to be on medicine?

One adult describes his experience

In the December 2000 issue of GQ (Gentleman's Quarterly) magazine, journalist Walter Kirn wrote about his own struggles with ADHD and with stimulant medicine.

His life had been one of detours, beginning a project, shifting to another and another, with his thoughts and efforts scattered. He was rarely able to follow a single task to completion. By age 31, Walter was exhausted from fighting his invisible adversary (which he named Frankenstein) and was ready for help. It was a relief to know his problem had a medical name: ADHD. He had read about stimulants, both pro and con, and was apprehensive when he swallowed his first Ritalin tablet. What happened was "a surge of artificial illumination so sharp and radiant it made me grin." He continues, "In no time, I was typing like a madman, spraying sentences like a broken hose. My customary method of composition -- slow, deliberate, reflective and filled with self-critical pauses and revisions -- gave way to a swooping, driven, verbal momentum that filled the screen as quickly as I could read." He began churning out work at an amazing pace; what's more it was good work, not (as he had feared) "druggy nonsense." Kirn was astonished to find that first day that he had been working for six hours straight. He quickly took a second Ritalin, and in the one hour interlude before the second dose took effect, his mood and thoughts plunged into darkness.

Each time he refilled the prescription, he writes, "I felt guilty because the drug was so damned powerful -- easily as euphoria inducing as any illegal substance I'd ever tried. In fact, its effects were better.

Cleaner. Tighter. Plus, compared to street drugs, the stuff was cheap."

In the days that followed, the work flowed from his keystrokes. All the scattered, meandering forays were gone. Kirn was driven. The problem was that he had trouble turning off the voltage when it came time to relax or sleep. The doctor then supplied a sleeping pill, but even if he slept badly, the next dosage of Ritalin had him up and running again. He not only focused, he found it hard to do otherwise. Kirn writes, "On Ritalin, the task at hand was the only task in all the world, and the world was very, very small -- the size of a book or a computer screen." His life had indeed changed. "Frankenstein had been banished to the grave. The problem was that Dracula had replaced him."

He lost interest in eating, but drank enormous amounts of water to compensate for the drying effect of the drug. Then he noticed that his personality had changed. He writes, "And something else dried up; my human sympathies. The flip side of my ability to focus was my waning ability to feel."

Kirn began to see that, despite the Ritalin, his prolific output stopped. He worked compulsively for hours, but accomplished very little, and increasing the drug gave him only a short-term reprieve. Finally, he had had enough. The old problems started to look good in comparison to what he was now experiencing, and the prescription went into the garbage.

"Frankenstein and I are working things out," he concludes, "but what about the estimated 2 million American kids who don't have the option of canceling their prescription...?"

The problem is not that stimulant drugs are used to treat children with learning and behavior problems, but that a different standard is being applied to one segment of health care. Does it make sense to give the same powerful drug to millions of children, without attempting to identify the cause(s) of their problems?

Dr. Rimland's survey

Many alternatives have been used to treat children with learning and behavior problems. There have been countless research dollars devoted to the study of drugs, but little consideration of other options.

The research that should be conducted by government scientists and universities in this country is not being done. Then non-drug alternatives such as the Feingold Program are criticized for lack of research.

One non-profit that has done an impressive job of conducting research is the Autism Research Institute (ARI). This may be of interest to *Pure Facts* readers since many professionals believe that ADD and ADHD are on the mild end of what is being called Autism Spectrum Disorders.

Since 1967 the ARI has collected data from more than 18,500 parents of autistic children. They asked parents to rate three categories of interventions they had used for their children. These are: drugs, nutrients/supplements, and diet. Forty-three drugs were included,

from Adderall to Zoloft. (Many of the drugs given to autistic children are not generally used for ADD/ADHD, but those frequently-prescribed stimulants are included in this list.) Eight supplements and eight diets were rated. Some of the drugs yielded positive effects, but for most of them a sizable number of children had a negative response. However, the number of negative responses to supplements was very small, and to diet was extremely small. The diet with the biggest success rate was the Candida diet (52%), followed by the Feingold Diet (50%). While 45% of the children improved with the removal of dairy, it was surprising the results were not higher. Similarly, 41% improved with the removal of wheat, but the remaining 59% did not. (Diets totally gluten-free were not addressed in this survey.)

Drugs, supplements, and diet are the three most commonly used treatments for childhood behavior problems, but only one of these, drugs, enjoys the favor of most of the governmental agencies and the medical community. The value of the drugs is promoted by them, but little is ever said about the number of children who have had either no benefit or who have a negative response. Surely, the work of the ARI in collecting statistics could be replicated by one of the well-funded government agencies or university departments.

To obtain a copy of the ARI survey, send a long, business-size (#10) self-addressed, stamped envelope to: ARI, 4182 Adams Avenue, San Diego, CA 92116. Ask for a copy of the bar charts comparing the various treatment options.

Asthma, from page 1

research were children living in the inner city, in families whose income fell below the poverty line. While 7% of American children are said to suffer from asthma, twice as many are children living in the inner city. A spokesperson for the Orkin Exterminating company explained that mice are attracted to inner city areas where they can find a high concentration of humans, food and shelter. Critics worry that the use of pesticides to exterminate mice and insects will pose another threat to the health of people living in these communities.



The Hopkins study was funded by the National Institutes of Health, the Environmental Protection Agency and the Center for Indoor Air Research. Interestingly, the Center for Indoor Air Research is a branch of the Tobacco Institute.

Can all of these things trigger asthma?

There are many things that can bring on an asthma attack in a sensitive individual. In addition to the above, cold air and exercise can be a factor. Cigarette smoke, pet dander, mold, mildew, pollen, perfumes, and other air-borne irritants can be to blame. So can milk or other foods.

But there is a significant problem with the studies that seek out causes for asthma. They don't address some important facts.

- While asthma is epidemic in the Western world, this is not the case in underdeveloped countries.
- Some of these asthma triggers are ancient, but asthma has only increased dramatically over the past few decades.

So, while there is no doubt that cold air, pet dander, food allergies, etc. can bring about an attack, they could not account for the sudden rise, especially when so many medical advances have been made in the treatment of asthma.

That leaves us to examine those triggers that are relatively new — factors that are found primarily in countries like the United States, and things that were not in our lives until fairly recently, or that were not used in large quantity until recent years. Also, we should pay particular attention to the substances that are most likely to be encountered by children.



Food additives and scented toys should be included in any examination of the asthma epidemic, yet these important factors are seldom mentioned in media articles. You can play a part in getting this information out to families dealing with asthma. The Feingold Association has a brochure that focuses on the role of diet in asthma. One copy is being mailed out with this newsletter. Contact FAUS at (703) 768-3287 for additional copies.

Celebrate the holiday with Jelly Beans

They're Stage Two candies, but oh what a treat to have jelly beans without synthetic additives!

Last year we celebrated with the first natural jelly bean, provided by Planet Harmony. Now two new brands join the list.

The jelly beans sold under the Trader Joe's label have been researched and are acceptable for use on Stage Two.

Trader Joe's is a chain of stores that started in California; they can now be found in Western states and on the East Coast, between Northern Virginia and New England. New stores are opening in the Chicago area and the rapid growth of these shops is expected to continue. (See the October 2000 *Pure Facts* or log on to www.traderjoes.com for more information on Trader Joe's.)



If you plan to order Easter candies from the Squirrel's Nest, be sure to allow plenty of time. You can call (302) 378-1033 or see www.squirrels-nest.com.

A familiar brand name can now be found on a line of natural candies, including jelly beans. Snapple has introduced four varieties of candy, made with natural colorings and flavorings, based on various Snapple drinks. So far, only the Snapple Beans have been researched. They contain: sugar, corn syrup, cornstarch, dextrose, fruit juice concentrates (peach, lemon, banana, strawberry, raspberry, mango, grape), citric acid, color (fruit and vegetable juices, turmeric, annatto, caramel), natural flavor, bees wax, carnauba wax, confectioner's glaze.

Look for them at Target, Wal-Mart and Eckert Drug stores. Or call Cody-Kramer Imports at 1 (800) 783-1251.

Clean up your home without harming your health

Cleaning supplies with perfumes and other synthetic ingredients can be a problem for those dealing with asthma, allergies and chemical sensitivities.

Many of the powerful cleaning products available to consumers, professionals and industry contain ingredients that are not only caustic, but are suspected carcinogens.

Bioforce Enviro-Tech, Inc. is a Minneapolis firm that offers a line of cleaning products free of petroleum solvents, fragrances, dyes, chlorine, and other chemicals that can trigger respiratory and skin irritation.

In the late 1980s Bioforce began to develop effective, nontoxic products for industry, professional cleaners and for families to use in their homes. In addition to their concern for the health of individuals, they focus on products that are environmentally friendly, using soy and other vegetable-based raw materials that are renewable and non-hazardous for the air and water. They also do not use animal by-products or conduct testing on animals.

The company's philosophy is that "by developing products for those who suffer from environmental illness, we all inherently benefit by reducing our exposure to the conventional toxic and semi-toxic products currently in use."



The following Enviro-Rite products have been researched by FAUS and are acceptable for use on Stage One.

Multi-Purpose Cleaner

This is a fume-free spray/deodorizer for most general cleaning.

Kitchen Sink

Dish-Washing Liquid

It is a soy-based product that can produce grease-cleaning suds. The soy formula is gentle on hands.

Hard Floor Cleaner

This soy-based product will not give off fumes as you use it on any washable hard surface.

Laundry Detergent

The highly concentrated detergent removes acid and alkaline-based soil, and can be used on all fabrics.

Laundry Pre-Treat

Remove most water and oil-based stains such as grease, oil, blood, food and pet stains, paint, and ink.

Tub and Tile Cleaner

This ready-to-use spray is designed to remove rust, mineral deposits, soap scum, mildew and water stains.

Carpet Cleaner

For use on carpeting and upholstery, the manufacturer states it can safely be used in closed environments without damaging indoor air quality.

Spot Lift

This product can also be used to clean carpeting and upholstery or to pre-treat prior to a full cleaning.

Clearly Clean Glass & Plexi Cleaner

It contains no ammonia or petroleum derivatives, and no fragrances or dyes.

Hair-Body Wash

Based on soy, it is gentle on the skin, as well as free of dyes and perfumes.

Bioforce Enviro-Tech, Inc.
(888) 350-8551
www.bioforceinc.com

March 2001

How you can help us help others

The Feingold Association cannot sustain itself on membership dues alone. As members you are all aware that our Annual Giving Campaign and the FAUS Calendar both help the Feingold Association financially, so that we can help you, the members, and also they enable us to reach out to others who need our help.

In addition to these fund-raisers, there is an **Endowment Fund** which was established in 1993. It is becoming an increasingly valuable tool to enhance the budget. The dream is for the strength of the Endowment Fund to make the Feingold Association financially independent, and to enable us to provide services that are affordable to everyone. For more information on the Endowment Fund please contact Sandy Ehrenkranz at 200 Fifth Street, Stamford, CT 06905, phone (203) 327-7591.

We also gratefully accept bequests to the Feingold Association of the United States Endowment Fund in your will.

There are two other ways you can help financially

Our **Research Fund** was established to fund a double blind study specifically on the Feingold Program as it is used today. To date, we have raised \$24,000 toward that effort and need to raise another \$25,000.

A few years ago our outgoing president, Pat Palmer, lost her son in a tragic death. Through the years Pat has helped many families understand the chemical imbalances of their loved ones. With the Feingold Program as a base, and her own experience with her son, she has helped hundreds of people live normal lives. The **Bob Palmer Memorial Fund** was originally funded by contributions made when Pat's son passed away. The money has grown since to \$6,000. For many families dealing with ADD, there are unanswered questions about mood disorders. This fund will support research in this very important area.

Tax deductible contributions can be made to the Feingold Association specifying your choice. Please make checks payable to the Feingold Association and mail to FAUS 127 East Main Street, Suite 106, Riverhead, NY 11901.

Please send your photos

Each year FAUS publishes a School Year Calendar, with information and tips on using the Program, plus advertisements for hard-to-find products.

The Calendar also features photos of our children and teens. We are looking for informal photos, especially those of youngsters engaged in seasonal activities. (No portraits or school photos, please.) If you like, include a description of the activity, or some information about your child and the effect the Program has had. The photos and descriptions will be used in the Calendar, as space permits.

Please write your child's name and address on the back of the photo and they will be returned to you when the calendar is printed in late summer.

Photos can be color or black & white as long as the image is sharp. Mail to: FAUS Calendar, PO Box 6550, Alexandria, VA 22306.

Autism/Asperger Conference, 2001

The Great Lakes Program, University of Buffalo will host a conference, to be held June 14 - 15. FAUS will have a display table at the conference, and we are looking for members who would like to represent us and provide information to attendees.

If you live in the Buffalo, New York area, and/or are planning to attend, please call Gail Wachsmuth for information on volunteering. You can reach her at (732) 946-7644 or e-mail Gail@feingold.org.

For details on the conference, contact Monica Moshenko at (716) 645-2088, or e-mail moshenko@eng.buffalo.edu.

Kosher foods

Some of our members have expressed an interest in having a larger selection of kosher foods that meet Feingold requirements. If you have found kosher products you are using successfully, Sandy Ehrenkranz would like to hear from you. Call her at (203) 327-0591 or send an e-mail to Sandy@feingold.org.

Looking for a camp

Red Bluffs, CA - Dianne Berglund is looking for a camp in Northern California for her child. If you have had success finding a suitable place she would love to hear from you, Call (530) 527-0905.

FAUS Product Information Center Report

from Donna Curtis

Product Alert

SUNBELT Chocolate Chip Chewy Granola Bars now state vanillin on the label. Vanillin is an artificial flavor which is eliminated on the Feingold Program. The remaining flavors of Sunbelt Chewy Granola Bars have new packaging and we are trying to get updated information on them. Meanwhile, please use them with caution.

If you would like to contact the manufacturer and ask them to reconsider their recipe change, you can write to:

McKee Foods Corporation

P.O. Box 750

Collegedale, TN 37315.

They do not provide a phone number, but you can send e-mail to lds0124@cdc.net.

Product Change

Please be aware that SILK DAIRYLESS products are no longer being made. The company has renamed and reformulated many of the original products. Most of them will be going into your Foodlist and we will be announcing them in this and future PIC reports. The company has been extremely helpful.

However, the following SILK soymilks are NOT acceptable because they contain vitamin A palmitate with one of the unwanted preservatives (BHA, BHT or TBHQ): Chai, Mocha, Chocolate, Plain and Vanilla.

Computer Generated Foodlists

The Feingold Association has reached a milestone, thanks to the generous gift of time and effort from Phil Mashuda, a Pennsylvania member. All 2001 Foodlists have been generated directly from our 9,000-plus record Access database!

This project has been a dream of ours for many years, and we are still fine tuning it, so if you see any typographical errors or inconsistencies in your 2001 Foodlist, please let us know so we can make the corrections. You can e-mail us at pic@feingold.org to report errors.

We appreciate your help and patience as we iron out the wrinkles.

Another change is being implemented this year. Those mail order companies that have a single retail outlet will be listed in the mail order section of the 3-ring binder, but will not be included in Foodlists.

SNAPPLE Jelly Beans will soon be available at Shop Rite supermarkets (located in the Northeast).

PIC Report

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

Stage One

BAYVIEW FARMS Lowfat and Nonfat Milks

(available in CA and NV)

BOB'S RED MILL* Buttermilk Pancake & Waffle Mix, Right Stuff Organic Hot Cereal

CARDINI'S Natural Parmesan Ranch Salad Dressing (SF)

ENER-G* Chocolate Chip Potato Cookies (gluten-free)

ENVIRO-RITE* Carpet Cleaner, Clearly Clean,

Glass & Plexi Cleaner, Hard Floor Cleaner,

Hair-Body Wash, Kitchen Sink Dishwashing Liquid,

Laundry Detergent, Laundry Pre-Treat Stain

Remover, Multi-Purpose Cleaner, Spot Lift Stain

Remover for carpet & upholstery, Heavy Duty Tub & Tile Cleaner.

(Call Bioforce Enviro-Tech, Inc (612) 302-3999)

FRIENDLY FARMS Cultured Buttermilk,

Half & Half Cream

FRIENDLY FARMS Milks: Homogenized Vitamin D

Whole, 1% Reduced Fat, 1% Low Fat, Non Fat

(sold in PA, NY, NJ, DE, MD, VA)

HAPPY HERBERT'S Spelt Pretzels (available in NJ, NY, CT; to order in quantity call 800-SO-HAPPY or visit the web site: www.happyherberts.com)

Stage Two

ECCO BELLA* Unscented Body Lotion (almonds)

may be ordered from (877) 696-2220

IT'S SOY DELICIOUS* non-dairy frozen dessert:

Almond Pecan, Awesome Chocolate, Carob

Peppermint, Chocolate Almond, Chocolate Peanut

Butter, Espresso (coffee), Espresso Almond Fudge

(coffee), Raspberry (cherries), Vanilla, Vanilla Fudge

(All these flavors contain peaches.)

NO PUDGE!* Fudge Brownie Mix: Raspberry,

Cappuccino (coffee)

SNAPPLE Beans (jelly beans) (CS, strawberries,

grapes, peaches, cherries, raspberries)

TRADER JOE'S Jelly Beans (CS, grapes, raspberries,

tangerines)

YORKSHIRE FARMS Jalapeno Turkey Breast

(chili & red peppers, tomatoes), Lemon Herb Turkey

Breast (paprika), Pork Andoville (paprika),

Uncured Sliced Bacon (juniper berries),

Uncured Spiral Sliced Ham (cloves),

Uncured Turkey Bacon (paprika)

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.

Combine a Connecticut vacation in October with the Feingold Association's 26th Annual Conference

If you want to see New England in all its glory, plan your trip for early October, when the landscape is ablaze in color before settling down to sleep.

We will be meeting during the Columbus Day holiday, at the Sheraton Hotel in the heart of Stamford. This is just 50 minutes, via car or train, from New York City. There are great restaurants in the area and it's a short drive to Fresh Fields (Whole Foods) and Trader Joe's, so you can find foods for special diets (allergy, gluten-free, etc.)

The hardest part of a trip to southeastern Connecticut is deciding which attractions to visit. Here is a sampling:

Museums that appeal to children

PT Barnum's circus museum

Beardsley Zoological Gardens with rainforest exhibit

Boothe Park & Museum - an old-fashioned homestead

Bruce Museum of Arts & Science includes exhibits on native environments.

Bush-Holley Site is a restored 18th century home.

Discovery Museum has hands-on art and science exhibits and a daily planetarium show.

The Garbage Museum uses throw-aways to create unique sculpture.

IMAX Theater for an up-close and personal cinema experience.

Lockwood-Mathews Mansion Museum offers a glimpse at the 19th century life of the wealthy.

Maritime Aquarium at Norwalk has special exhibits and programs.

National Helicopter Museum includes a fully restored Sikorsky S-76.

Stamford Museum & Nature Center is a 118 acre working farm.

Stepping Stones Museum for Children is an interactive learning center.

Historic sites

So much history took place in this region, and it is well preserved in parks, museums and restored homes.

AGENDA

Thursday, October 4, 2001
Ice Cream Social - Our Treat!
Come learn how easy, fun and yummy the Feingold Program is.
Open to everyone (adults)
7 pm, Stamford Sheraton

Friday, October 5, 2001
Learn the bio-medical triggers, symptoms and treatments of Attention Deficit.
Learn how to recognize and cultivate the brilliance children with ADD/ADHD share.

Saturday, October 6, 2001
Annual Feingold Banquet



Shopping

Antique buffs - bring comfortable shoes for all the shops from Stamford to Wilton. Unique stores and shopping malls are here too.

Annual Events

Programs throughout the season include festivals and craft fairs.

Outdoor Sports

Do you prefer nature and garden centers, horseback riding, biking, or hiking? It's all here. How about golf or ice skating and roller skating?

Visual and Performing Arts

There is an amazing choice of fine arts, theater, concerts, ballets, and the philharmonic.

You can obtain a free copy of the booklet, *Connecticut's Coastal Fairfield County Getaway Guide*, which details the area attractions. Call (800) 866-7925 or log on to www.coastalCT.com.

Do you love Seafood?

This region is located on the Long Island Sound, and boasts an abundance of waterfront restaurants.

Out on the Town

This area has an assortment of night-spots, casinos, racing, and several microbreweries.

And a Good Night's Sleep

Whether you prefer a hotel or bed & breakfast, they offer a restful break from your busy days.

Pure Facts

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