

## A strange little secret about fluoride supplements

“The Food and Drug Administration has never approved any fluoride product as being safe and effective.”

*Assemblyman John V. Kelly, New Jersey General Assembly*

Are you giving your child an illegal drug? Millions of American parents are doing just that, according to John Kelly, New Jersey's representative from the state's 36th district. New Jersey water has very little naturally occurring fluoride so fluoride supplements are widely used in the state. (Although the Feingold Program does not remove fluoride, many parents choose to avoid it.)

Before a drug can be approved for use, it must first be submitted to the Food and Drug Administration (FDA), along with data to demonstrate its safety and effectiveness. In the case of fluoride supplements, Kelly asserts,



this was never done. While fluoride has been approved for use in toothpaste and other over-the-counter products, this is not the case for fluoride supplements, which are prescribed, Kelly maintains.

In a petition to the FDA Commissioner, the New Jersey representative described his communication with the agency:

“In a letter to my office dated August 21, 2000, the FDA maintains that ‘fluoride tablet and drug products are not subject to new drug requirements since they are identical to fluoride drug products marketed prior to 1938 [when the regulations went into effect].’ Clearly, this is not the case. The FDA records show only that sodium fluoride in bulk form was available prior to 1938. The FDA has no record of use

*Continued on page 3*

## “Trust Us, We’re Experts”

Do you wonder why so many people are unaware of the problems that can be triggered by synthetic food additives?

This new book will answer many of your questions. *Trust Us, We’re Experts, How Industry Manipulates Science and Gambles with Your Future* is an eye-opening account of what goes on behind the news.

According to Rampton and Stauber, authors of *Toxic Sludge is Good for You* and *Mad Cow USA*, the unscrupulous robber barons of the last century have been replaced by equally unscrupulous mega businesses. But the new generation of tycoons has a well-paid resource at their service — the public relations (PR) operative with large ambitions and a very small conscience.

(Corporate attorneys and lobbyists are also part of the team.) These are the men and women who work to manipulate what we hear and read. Their mission is to do all they can to determine what we think, what we know, and how we behave. This book gives you an inside look, and provides impressive documentation.

When a chemical company's negligence results in the death of several thousand people in Bhopal, India, these are the folks who ride in to offer damage control. The better they are at their work, the sooner the public will forgive...and forget.

You probably have never heard of “silicosis,” a condition caused by workers inhaling fine particles of minerals that coat their lungs, and gradually choke off their breath. The problem first came to light in the 1930s but continues to this day. Spin doctors have successfully protected many industries from being held accountable.

“...work kills more people each year than die from AIDS, drugs or drunken driving and all other motor vehicle accidents”

William Serrin, former *NY Times* labor correspondent

*Continued on page 4*

## April Madness

Each year *Pure Facts* selects the month that celebrates April Fool's Day to take a look at the latest craziness taking place in the marketplace. Each year we think, "it couldn't get any sillier than this," only to learn that we were wrong.

### Colorful Cereals

When it was introduced a generation ago, the General Mills cereal, Lucky Charms, brought candy into the breakfast cereal bowl. Other companies have competed to see who can add more dyes and brighter colors. One package of Fruity Pebbles even cautioned consumers to wear sunglasses to protect themselves from the bright glow of the product.

The occasional little pastel marshmallow, first added to Lucky Charms in 1963, has undergone change as well. New shapes and brighter colors have led to increased sales. Asked if they plan to add glow-in-the-dark colors, the General Mills food engineers said they don't have the technology to do that...yet.

### More Dye

Several years ago, white bread with multicolored swirls of synthetic dye was introduced by some supermarket bakeries.

Green and blue applesauce now grace the shelves of your neighborhood supermarket. Blue oatmeal is there for any consumer willing to pay more than \$4 a pound for oatmeal. Oreos can make your milk turn blue, and catsup is an unearthly green.

Oh how yogurt has changed! Now, Dannon lets you dye yogurt with their "pixie dust," and Nestle's has a cereal that turns white milk to chocolate. Good Humor's Lick-a-Color pops are composed of a series of different colored, flavored layers.

Why would companies go to such lengths to add harmful petroleum-based dyes to the food consumed by small children? Ask the company representatives and they don't talk about industry profits, but about how our children expect to be dazzled by color and entertained by their food. To hear them talk, you would think the companies are being run by 9-year-olds. (Maybe they are!)

### Candy Craziness

Here are some of the new products being introduced to an unsuspecting public.

Christina Aguilera CD shaped bubble gum

Too Tart Sour Blast Spray - sour candy in a spray can

Sour Stinky Feet, a foot shaped piece of chewing gum

Xploder Bar, "a milk chocolate bar that explodes in your mouth with what's described as a tongue-crackling experience that lasts even after the bar is eaten."



### Head Lice

For many years this problem has been treated with shampoos containing the highly toxic pesticide lindane. But the practice is changing — not because the chemical poses dangers (especially for children), but because lice have developed resistance to it.

Effective natural options are available, including Not Nice To Lice ([www.safe2use.com](http://www.safe2use.com)). But many doctors are unaware of them, and now suggest that the only option is "nit picking" — that parents remove each tiny egg by hand. One enterprising pediatrician is working on a new shampoo that would dye the lice eggs. Then, parents would shine an ultraviolet light on the child, and proceed with the laborious process of removing the eggs by hand.

Would you buy the product in the drug store or the lamp shop? Why not switch to an effective, non toxic shampoo that removes the nits?

### "eMoo"

Coming soon to a store near you: bubble gum flavored carbonated milk.

### Contact Lenses

The American Optometric Association has cautioned its members to be aware that some teens are using food dye to color their contact lenses. This poses a danger of allergic reaction and infection (not to mention how it can affect their behavior and ability to function in school.)

### Stinky New Things

Chemically sensitive people are besieged by synthetic odors from stores, magazines, and colleagues. They have learned to avoid the perfume counters and rush through the soap aisles in supermarkets. Incoming mail is treated gingerly lest there be a free perfume sample lurking in the stack.

Automobiles have seemed less likely to contain fragrance, with the worst offenders being the little green pine tree suspended from a rear view mirror or the offer of sprayed-on fragrance from the car wash.

Now, the Textron Automotive Company of Troy, Michigan, is working on ways to add more smell to our lives. One plan involves adding fragrances to some of the soft plastic parts in the car's interior. A second approach would be to connect a diffuser with the car's heater, air conditioner or even with the radio. Flip the switch to warm up, cool off, or check the rush hour traffic and you will be assaulted with a brew of powerful synthetic chemicals made from petroleum, methyl ethyl ketone, cyclohexanol, musk ketone, linalool, and various other neurotoxins.

### Electronic Pollution

Is life getting too toxic? You can retreat to the safety of your home and stay in touch with the world via your computer. Or maybe not. DigiScents is the name of a company working to bring smells to our computers. They call it "iSmell" a device to add odor to the items you see online.

## Fluoride, from page 1

as tablets, drops or any therapeutic dosage form. The only pre-1938 use of sodium fluoride my office has been able to identify was as a rodenticide and insecticide." He goes on to note, "To the best of my knowledge, neither the American Academy of Pediatrics, the American Dental Association, nor the American Academy of Pediatric Dentistry have ever advised their members that fluoride supplements are not FDA approved even though I requested they do so in 1993. There could be serious legal and ethical ramifications for these uninformed professionals."

"The manufacturers of fluoride supplements have had fifty years to conduct the clinical trials and toxicology studies to demonstrate the safety and effectiveness of systemic (ingested) fluoride and submit them for FDA approval. They have not done so. Fifty years is a long time — even for the FDA."

*Correspondence from John Kelly to FDA Commissioner Jane E. Henny, M.D.*

## Fluoride has many effects on the body

Last July the *Journal of the American Dental Association* reported that fluoride that is ingested before a child's teeth break through the gums does not make the teeth more resistant to decay. Rather, the only way fluoride offers benefits is when it is applied directly to the teeth. They also stated that fluoride does not help children more than adults; the effects are the same for both.

Assemblyman Kelly goes on to say: "In 1999 a meta-analysis published in *Community Dentistry and Oral Epidemiology* confirmed 'the use of fluoride supplements during the first six years of life is associated with a significant increase in the risk of dental fluorosis.' In another 1999 study, published in the *Journal of Public Health Dentistry*, Dr. Brian Burt, who is recognized as one of the world's foremost authorities on fluoride sup-

plements states 'the additional cariostatic benefits that accrue from using supplements are marginal at best, while there is a strong risk of fluorosis when your children use supplements.'"

In other words, fluoride supplements have little to do with the reduction of cavities in young children, but pose a real risk of causing dental fluorosis — white mottling and damage to the child's teeth.

"Parents are spending millions of dollars annually on products that have not been proven effective. They then have to spend millions more to repair the fluorosis caused by these products."

*Assemblyman Kelly*



Excess fluoride can also result in brown stains and striation (grooves). The concern about fluorosis is more than just the cosmetic appearance of a child's teeth. It can also make teeth more prone to fracture, according to Dr. J. William Hirzy. Dr. Hirzy is an organic chemist and senior scientist with the Environmental Protection Agency (EPA). He made a strong case against fluoride in his testimony to a Senate committee last year.

The publication, *News On Earth* described the criticism Dr. Hirzy leveled against the widespread use of fluoride.

"Children's bones and other tissues, as well as their developing teeth, are accumulating too much fluoride," according to Hirzy, "We can see the effect on teeth."

He called the fluoridation of water as "a massive experiment that has been run on the American public, without informed consent, for over 50 years." Dr. Hirzy referred to peer-reviewed

research that links the excessive ingestion of fluoride to "hyperactivity-attention deficit disorder, autism, bone fractures in young athletes and military personnel, and earlier onset of puberty in young women."

Hirzy noted that Europe has about the same rate of dental cavities as the United States, but most European countries do not add fluoride to their water. He called for a moratorium on water fluoridation.

Past issues of *Pure Facts* have described studies that link fluoride to central nervous system damage, behavioral effects, and brain impairment (*Pure Facts* November, 1996).

Dartmouth researchers connected fluoridated water with increased levels of lead in the blood and a corresponding increase in violent behavior as well as hyperactivity and learning disabilities (*Pure Facts*, June 2000).

"Fluoride is slightly less toxic than arsenic and more toxic than lead; yet while the EPA has set a Maximum Contaminant Level for lead in drinking water of 15 parts per billion (ppb) and for arsenic of 5 ppb, the maximum level for fluoride is 4,000 ppb."

*Dr. William Hirzy*

The chemical used to fluoridate community water systems is not the same as the sodium fluoride that occurs naturally in some water. Rather, the commonly used additive is "sodium silicofluoride." The Dartmouth team contend that this form of fluoride increases the absorption of lead into the cells. Typically, silicofluorides are derived from the waste products of fertilizer factories.

"The vast majority of all fluoride additives come from Tampa Bay, Florida smokestack scrubbers. The additives are a toxic by-product of the super-phosphate fertilizer industry."

*Hardy Limeback, Ph.D., head of the Department of Preventive Dentistry, University of Toronto, president of the Canadian Association for Dental Research.*



### Science - use it to your advantage

"Science," a concept with nearly universal respect, is just one more opportunity in the public relations toolbox.

"In the popular image," the authors write, "scientists are dispassionate, objective searchers after truth. In order to understand the manipulations that are practiced today in the name of science, it is necessary also to understand the public relations industry."

**Third Party technique** — or, putting your words in someone else's mouth.

In many cases the letters and articles are written by the PR agency and the scientist or doctor is paid handsomely for signing his name. All you need are a few individuals with advanced degrees (although they can be invented as needed) to bring out when a camera or congressional hearing appears.

### Emotions

The PR industry relies heavily on human sciences, especially psychology, to understand ways to manipulate our opinion. One of the first successful PR operatives was Edward Bernays, a nephew of Sigmund Freud.

The PR world view is "a belief that people are fundamentally irrational and that therefore a class of behind-the-scenes manipulators is necessary to shape opinion for the public's own good."

### Playing with words

"junk science" = research that justifies regulations to protect the environment and public health

"sound science" = any research, no matter how flawed, that can be used to challenge or defeat environmental and public health protections

When Monsanto was having trouble getting people to accept NutraSweet, the authors report, they turned to a psychologist who helped them create "sweetspeak." The PR professional who worked on this project explained, "Words such as 'substitute,' 'artificial,' 'chemical,' 'laboratory,' 'scientist' were removed forever from our lexicon and replaced with words such

as 'discovered,' 'choice,' 'variety,' 'unique,' 'different,' 'new taste.'"

### Deception

"...in this era of exploding media technologies, there is no truth except the truth you create for yourself."

*Richard Edelman*

### Industry Fronts

Shortly after the threat of global warming came to light a major PR firm created the "Global Climate Coalition" chaired by an executive from the American Petroleum Institute. Many such pseudo groups are created as needed.

### Controlling the media

Rampton and Stauber describe how pressure can be brought to bear on the media and how the PR industry uses the Internet for their purposes.



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### Risk assessment

"People are encouraged to suspend their own judgment and abandon responsibility to the experts (who have already surrendered their responsibility to their paymasters)."

The concept of "risk vs. benefit" usually means you take the risk and someone else reaps the benefit. Look for warnings that cleaning up the environment will result in the loss of millions of jobs and will drastically raise the cost of living.

"Marketing is a battle of perception, not products. Truth has no bearing on the issue."

*Jack Trout*

### When your case is weak, attack.

The PR defense of leaded gasoline kept it in our cars (and environment) for 60 years. During this time 30 million tons of lead were released into the air and today much of it is in our soil.

Dr. Herbert Needleman reported that children who were exposed to even small amounts of lead suffered from reduced intelligence. He saw that lead exposure was connected to hyperactivity, attention deficits, violent behavior and delinquency. The lead industry retaliated with personal accusations against Needleman.

Another respected researcher, Dr. Arpad Pusztai, was surprised to find that the genetically modified potatoes he was working on were damaging to rats. After this information got out, Pusztai was subjected to a campaign of misinformation about his study. His contract with the research facility prevented him from defending himself, while his former employer publicly suggested he was senile.

"Rather than subject the merits of GM foods to open public debate," the authors observe, "industry has tried to get the products quickly on the shelves and then deal with the public opinion after the innovation has already become an accomplished fact."

"...food producers...claim that the biologically engineered products are different and unique when they seek to patent them and...that they are just the same as other foods when asked to label them."

*Julian Edwards*

### Enlist the support of professional associations.

There is a long list of professional associations that receive financial support from various industries and — interestingly — deny that food additives can trigger behavior and learning problems.

### When it's clear you're wrong, create doubt, delay.

For decades this worked successfully for the tobacco industry, and it is now being used in the debates over global warming.

## No Foolin' — there's an All Natural Pepperoni!

Most pepperoni is loaded with highly undesirable chemicals, but one brand is free of synthetic colors, artificial flavors, preservatives, MSG and nitrites.

Most people believe that in order to eat foods free of harmful additives they must give up some of their favorites, or at the very least, they will need to settle for natural versions that don't taste too good. At one time, families on the Feingold Program had to either: get used to some rather odd-tasting things or do without. But in the 25 years since FAUS was established, our food supply has changed dramatically. Not only do we have a growing number of products free of the unwanted additives, but the foods now being offered taste virtually identical to (or better than) the ones we gave up.

Hot dogs, bacon, sausage, bologna, ham, Canadian bacon, are all available without nitrites and MSG, as well as synthetic colors, flavors, BHA, BHT and TBHQ. What's more, you can even find turkey and beef jerky along with natural pepperoni! Try serving these to family or friends and they might be unable to tell the difference between the natural and "unnatural" versions.



Yorkshire Farms has a large assortment of meat products from growers who comply with the company's requirements. All of the meats are low in fat, and free of synthetic additives, antibiotics, growth stimulants and irradiated spices. They are fully cooked and vacuum packed so they can be kept in your refrigerator for four to six weeks. The turkey and beef jerkys are shelf-stable so they can be safely kept without refrigeration for up to 6 months. They are 99% fat free and low in salt.

There is also a line of all-natural frozen meats: beef hamburgers, turkey hamburgers, beef sandwich steak and chicken sandwich steak.

You can check the availability of Yorkshire Farms meats on their web site: [www.yorkshirefarms.com/store.html](http://www.yorkshirefarms.com/store.html). They are sold in retail stores in the following states: CA, CO, CT, FL, GA, IL, IN, KS, MD, MA, MI, MN, NJ, NY, NC, OH, PA, RI, TN, VA, and Washington DC. If you do not have access to the products you can order them from the company, or consider asking your favorite store to place an order. If you are a member of a food co-op, this is another option. The company president, Lou Colameco, told *Pure Facts* that he can also ship small quantities out of their southern New Jersey headquarters, to people throughout the United States.

For more information call Yorkshire Farms at (877) 467-2331.

### Imitation vanilla flavor -- mmm, yummy!?

Vanillin [imitation vanilla flavor] can be manufactured from the waste product of pulp mills. In fact, some companies have run a combination paper mill/vanillin plant. The source of the imitation flavoring is something called "lignin," which is a substance found in woody plants.

Many pulp mills have been shut down because they have such a bad history of polluting the air, water and nearby land. The air near a pulp mill has the odor of rotten eggs.

"Vanillin production from the lignin-containing waste liquor obtained from acid sulfite pulping of wood began in North America in the mid 1930's" according to the *Journal of Chemical Education*. Conveniently, while some of the waste was being made into food, "The process also simultaneously decreased the organic loading of the aqueous waste streams of the pulping process."

Today, "...all North American facilities using this process have closed, primarily for environmental reasons. New North American vanillin plants use petrochemical raw materials."

### Hot Potato Salad

Here's a delicious Stage One dish you can make with natural bacon and hot dogs. Add a salad, and dinner's ready.

- 4 medium potatoes
- 4 hot dogs
- 4 slices bacon
- 1 small onion
- 1/2 cup water
- 1/2 teaspoon sugar
- 1/4 teaspoon salt
- scant 1/4 cup vinegar



(Heinz white vinegar for Stage One or apple cider vinegar for Stage Two)

1. Prepare the potatoes. You can either boil whole potatoes until they are tender, then remove the peel and slice them, or you can peel the raw potatoes, cut into thick slices and boil until they are tender. Drain and set aside.
2. Cook the hot dogs and cut them into slices. Set aside.
3. Cut the bacon strips into small pieces and cut up the onion. Saute them together in a large skillet. Don't drain off the bacon drippings.
4. Combine the water, vinegar, sugar and salt; heat until bubbly. Set aside.
5. When the bacon and onions are cooked, add the potatoes and hot dogs to the skillet. Stir to blend flavors.
6. Pour the vinegar blend over all and toss to coat everything. Cook, stirring, until the liquid boils off. Toss gently and serve.

April 2001

## **www.ADHDdiet.com**

This newsletter is being mailed out with a "static cling" decal giving a web address that connects with our original Internet address: [www.feingold.org](http://www.feingold.org). This is a wonderful, effortless way for you to let others know about our information and to make a difference in the life of a child.

Thanks to the generosity of one of our members, we have been able to make this outreach tool available.

The decal is designed to be placed on the inside of the rear window of your car. (The side of the plastic strip that faces the cardboard backing is the side that will cling to glass.) Peel it off the white backing and apply it on a day when the **temperature is at least 50°** as it will not stick successfully if it is colder than that. Once the decal has been placed on the window, it will stay there in both hot and cold temperatures. There is no adhesive on the decal, and it can easily be removed at any time.

If you would like to have a second decal for another car, call the FAUS office at (631) 369-9340. If, for any reason, you do not want to use the decal, please consider mailing it back to us so we can give it to another family. It can be folded and sent in a business size (#10) envelope. Mail to: FAUS, 127 East Main Street, Suite 106, Riverhead NY 11901.

## **Sale on Books from FAUS**

These popular books are available from the New York office while supplies last:

Call (631) 369-9340 to order books before June 1st and you pay no shipping/handling charges.

**Help! It's Homework Time** by Lee Canter, 48 pages. Improve your child's homework habits. Learn how you can help your child understand the importance of homework, create a "homework survival kit." Encourage your child's self-reliance and positive efforts.

**Helping Kids Get Organized** by Spizman & Garber. This book is designed to teach students how to organize their time, materials, work space and assignments. The child is guided through a series of activities that help them set priorities, identify goals, and approach tasks in an organized, thoughtful manner.

**How to Study and Take Tests** Although the book is designed for children in grades 5 through 8, it can help anyone who has to learn new material. A wide range of skills are covered, including note taking.

## **Long Island, NY**

### **Paid employment opportunities with FAUS**

We are looking for people with a smile on their face and a desire to make a difference, who would like to work in our membership office in Riverhead. Students and moms, you can choose your own hours.

We need help in many areas: computer processing, shipping and (for experienced members) answering questions on our telephone helpline. Most of the jobs do not require the person to be a Feingold member or to have prior experience; we will train you.

In addition to an hourly wage, the other "salary" you will receive is unlimited satisfaction in helping families turn their lives around. Find out why many of us think "Feingold is the World's Best Job!" For more information or to schedule an interview, call Shirley at (631) 369-9340.

## **Pontiac, MI**

"Treating the Biology of Autism" May 5th and 6th. World leaders in autism research will explain why and how biological issues may have an impact on the physical and cognitive health of children with autism, PDD, Asperger's syndrome, Tourette's Syndrome, ADHD etc.

Attendees will learn what treatments are available and how to determine whether diet, supplements and metal detoxification may be beneficial. (248) 706-0460.

## **San Francisco Bay Area**

A new support group will be forming and meetings will be held in the Vallejo area. For information contact Esther Roberts at (707) 645-8477.

## **Getting Acquainted**

Newburgh, IN - Barbara Hazelrigg would like to meet other Feingold moms. Her 4 year old son is doing well, but is very salicylate-sensitive. You can call her at (812) 858-0376.

Ft. Lauderdale, FL - Janelyn Price has a 3rd grade son who has been on the Feingold Program for 2 years. She can be reached at (954) 384-0870.

## **Houseplants**

In the February *Pure Facts* we wrote about plants that help clean the air. Many plants are poisonous and while children should be taught never to eat them, the least harmful are: Spider Plant and Bamboo, followed by Corn Plant, Janet Craig, and Gerbera Daisy.



## FAUS Product Information Center Report

from Donna Curtis

### There aren't many breads on your Foodlist

We know that many of you struggle with the shortage of acceptable baked breads in your area. In our efforts to find breads for your use, we have found some stumbling blocks.

First, one brand of bread may be made at several different bakeries using **different ingredients**. One plant may use an acceptable oil, whereas six others may not. Yet all of the breads have the same ingredients listed on their label.

Second, a company can legally declare "No Artificial Ingredients" on the wrapper if the amount of the **preservative in the oil** is considered to be at trace levels. And the baker can say "No Artificial Preservatives" on the wrapper since he is only required to list those chemicals he added at his plant; he does not have to list the ones that were added by the oil manufacturer.

You are all aware that shortening used in baked goods can contain unwanted preservatives. **Pan sprays** are another problem area. It appears that the majority of pan sprays used by bread bakers contain TBHQ. And, to make the research process more complex, the company representatives do not see to consider pan spray as part of the product and often neglect to indicate it when they complete our forms.

We will continue to search for acceptable breads for your Foodlist. Members may assist in the process by **contacting local bakeries** and asking the questions detailed in the *Foodlist* under the "Breads" category. If you locate a bread that seems to meet our guidelines and speak with a representative at the company who is willing to complete inquiry forms for the Association, please contact FAUS at [pic@feingold.org](mailto:pic@feingold.org). The Product Information Committee will need to know the person's name, address and phone number, along with the product name and a listing of the ingredients from the label.

### Meanwhile, what can you do about bread?

In the first weeks of the Feingold Program it's wise to use the "purest" ingredients you can find. Once you see positive results, you can cautiously test out either the natural salicylates, or breads if you wish. Meanwhile, here are some suggestions:

- bake you own, from scratch or with a bread machine.
- use an acceptable brand of frozen bread dough.
- buy bread from a natural food store.
- try cutting off the crusts on the bottom and sides to get rid of any TBHQ from the pan spray.

Once your family has some experience on the Program, and you can recognize a reaction, then you can begin to introduce other breads, and watch for reactions.

## PIC Report

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

### Stage One

BARRY FARM Beet Preserves, Pear Butter, Pickled Beets, Pickled Corn, Summer Harvest Sweet Pickles made with squash

To order call (419) 228-4640 or visit the website at [www.barryfarm.com](http://www.barryfarm.com)

BOERICKE & TAFEL - B&T Nighttime Cough & Bronchial Syrup (SB)

HEALTH TRIP CO.\* Honey Sweet Soynut Butter, Unsalted Soynut Butter, Original Soynut Butter

ORGANIC SOY DELICIOUS\* non-dairy frozen desserts: Chocolate Peanut Butter, Chocolate Velvet, Creamy Vanilla, Mint Marble Fudge

SPECTRUM NATURALS\* Skillet Spray Super Canola

YORKSHIRE FARMS Natural Beef Steak Sandwich, Chicken Steak Sandwich, Uncured Boneless Ham Steak, Uncured Canadian Bacon, Virginia Baked Ham

YORKSHIRE FARMS Hot Dogs: All Natural All Beef including deli style, Uncured Chicken, Uncured Turkey

YORKSHIRE FARMS Sausage: Mild Italian Roasted Turkey, Roasted Garlic & Parsley Turkey, Roasted Turkey Breakfast

### Stage Two

BARRY FARM Relish: Corn (peppers), Grandma Chapman's Pepper or Spicy Pepper (cider vinegar, peppers), Hot Pepper, Sweet Pickle (cucumbers, peppers)

BARRY FARM Jam: Apricot, Black Raspberry, Blackberry, Blueberry, Cantaloupe, Cherry, Gooseberry, Peach, Pear, Plum, Red Raspberry, Strawberry, Sweet & Sour Pepper  
(all contain CS - dextrose used in pectin - and pectin derived from oranges)

BOERICKE & TAFEL - B&T Children's Cough & Bronchial Syrup (cherries)

ORGANIC SOY DELICIOUS\* non-dairy frozen desserts: Neapolitan (strawberries), Strawberry

ORGANIC SOY DELICIOUS\* non-dairy frozen novelties: Creamy Vanilla Bar with Almonds

YORKSHIRE FARMS All Natural Beef Pepperoni - deli, pre-packaged, or pre-sliced (paprika, red peppers), Pork Pepperoni - deli, pre-packaged or pre-sliced (paprika, red peppers)

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.

## Public relations firms use legitimate-sounding "industry front groups" to manipulate news and legislation

One of the favorite tools of the Public Relations pro is to establish "industry front groups," organizations that sound like genuine grassroots consumer groups, but whose purpose is to further the interests of the client. In some cases, the name of the organization is the opposite of their intent. For example, the group that goes by the name, "**Californians for Statewide Smoking Restrictions**" is sponsored by hotels, restaurants and Philip Morris, Inc., and represented by a Sacramento law firm, not by citizens of the state.

The **Safe Building Alliance** receives funding from asbestos manufacturers.

**Citizens for the Environment**, funded by oil, timber, chemical and auto industries, lobbies for deregulation.

**Health Education Foundation** encourages adults to serve as role models to teach children about the responsible use of alcohol (but not to avoid alcohol). Its name does not indicate that it receives funding from the alcoholic beverage industry.

**National Wetlands Coalition**, funded by petroleum companies, fights to get rid of laws protecting endangered species.

**People for the West** is composed of corporations and landowners who want public land to be opened to mining and development.

**Citizens Against Government Waste**, a group of the country's wealthiest corporations, seeks to influence federal policies.

**Coalition for Vehicular Choice**, funded by automobile manufacturers, opposes air pollution regulations.

**Sea Lion Defense Fund** is composed of industries that fish for Alaskan pollock, a major food for sea lions.

**FoodWatch** is supported by chemical companies and agribusinesses. Their logo states their mission as: "Safe abundant food for all, a public education and awareness program."

A similar group is the **Council for Agricultural Science and Technology**, which states that its purpose is to "provide current, unbiased scientific information concerning food and agriculture," and it "takes no advocacy stance on issues." This group promotes the use of irradiation, agricultural chemicals and biotechnology.

**Living Lakes** is composed of coal and power companies that create acid rain.

**The International Food Information Council**, representing major industries, works hand-in-hand with the Food and Drug Administration to tell Americans that food dyes do not trigger behavior problems.

**Consumer Alert** strives to save money for U.S. industries by discouraging the requirements for safety testing, air bags, acid rain regulations, etc. It is funded by major corporations.

**The American Council on Science and Health**, a long-time opponent of our Program, is funded by food, chemical, and petroleum industries.



### Send us your kids!

It's not too late to send photos of your children and teens, to be included in the 2001-2002 Feingold School Year Calendar. Please send informal shots, no portraits or school photos please.

Each year FAUS publishes a calendar that provides tips on using the Program and information on hard-to-find products. It is sent out to members in the U.S. at the end of summer.

You are welcome to include information about how your child is doing on the Program. Mail them to: FAUS Calendar, P.O. Box 6550, Alexandria VA 22306. Please write your child's name and address on the back. They will be returned to you once the calendar is printed.

### Pure Facts

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*Pure Facts* is published ten times a year and is a portion of the material provided to members of the Feingold Association of the United States.

Membership includes the Feingold Handbook, Recipes & 2 Week Menu Plan, regional 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 & \$8 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.

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