

Pure Facts

Newsletter of the Feingold® Association of the United States



May, 2001

Vol. 25, No. 4

"Isn't it Hard?"

This is the question most often asked of parents on the Feingold Program. Here are some of the responses you offered.

The Feingold member's message board on our web site is a treasure trove of good ideas from the experts — moms! One of our volunteers, Esther Roberts, asked other parents to let her know how they respond when asked if the Feingold Program is hard. This sampling of their answers describes how their lives were before Feingold.

"Hard Is..."

- having a wonderful, loving child that no one else knows because they only see the disruptive behavior.
- going to bed at midnight, then up at 6 am because my child didn't seem to need as much sleep as other children.
- seeing your bright, creative child struggle daily to learn because he cannot concentrate
- waiting so long to adopt a child, only to be given a difficult one.
- getting the phone call to pick my child up from school because he is out of control.
- not having enough energy to put into my marriage because I have to deal with my child.
- being left out of family gatherings because of the behavior of my child.
- waiting for over seven years for my little boy to crawl up into my lap and say, "I love you, Mommy."
- not being able to ease her pain when she "just can't stop crying."



- changing sheets in the middle of the night.
- having a child who has no friends, and who is not invited to birthday parties.
- loving your child, but not liking him.
- having to put a helmet on her to keep her from injuring her head when she throws herself down in a fit of rage.
- going through multiple child care providers and schools because no one can deal with your child.
- Albuterol treatments at 3:00 am.

Compared to issues like these, most moms conclude that making changes in the grocery list isn't very hard!

Corporate predators in the schools

Many schools suffer from poor quality indoor air, and a few are threatened by weapons. Now, corporate profits stalk the classrooms and halls of America's schools.



There have always been the class photos, graduation portrait, school rings and yearbooks to remind us that "free" education isn't totally free. Now, other commercial enterprises have gradually crept onto the scene.

Soft drink machines have become a hallway fixture, as well as those selling candy and chips. Companies make it extremely attractive for schools to install such machines,

which can bring thousands of dollars into the treasuries of both public and private schools. Today 60 percent of all middle and high schools have them, and some schools give away free soda to students who buy lunch.

In Montgomery County, MD, the Montgomery Blair High School has a contract with the Pepsi Cola Company that permits them to place 30 vending machines at the school in exchange for \$670,000. According to the *Washington Post* the contract between the school and the soft drink giant requires the machines to be turned on all day, which is in violation of state and federal laws.

Continued on page 2

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.

Happy Mother's Day!

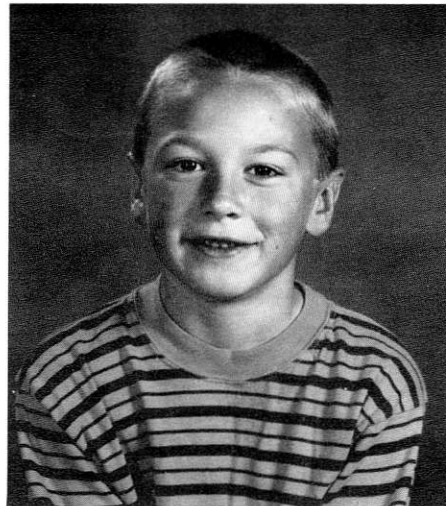
No longer the "difficult child," today Matthew's just one of the family.

When my son, Matthew, was 2 1/2 I read an article about the Feingold diet in a magazine called *Welcome Home*.

The article intrigued me because Matthew was clearly the busiest and most difficult of my 4 children. I stored that name — Feingold — away in my mind.

At 3 1/2 Matthew was no better. In fact, things were even worse. I couldn't imagine sending him to school because I knew he would be taxing for the teacher. I was ready to try the Feingold Program.

I plunged in wholeheartedly, determined to try it 100% for a month. But rather than put the whole family on the diet, I singled out Matthew and his older brother, Jonathan who was in 5th grade. Jonathan had also been a busy, noisy toddler, but the main problem that was following him through his school years was his difficulty in staying on task, listening well, and getting his work completed and turned in promptly.



After 3 days on the program I saw changes in Jonathan. He seemed calmer, quieter, and was doing his homework with greater ease. After 3 weeks I called his teacher to see how he was doing. His teacher said, "Oh, he's dramatically improved, 100% turnaround."

After 2 weeks on the program (and after eliminating corn syrup) I saw a wonderful change in Matthew! We now had much better eye contact, he had slowed down, his play became productive, he enjoyed coloring and had great fine motor control, he could patiently take a time-out, and he wasn't so easily upset. As time went on, we also saw how the diet ended his bed-wetting and how fragrances and other odors could bring on his croupy cough.

It took a lot of perseverance to figure out all the things that can be a problem for Matthew. There were many ups and downs and much confusion as we learned that sulfites, nitrites and too much chocolate can also pose a problem, but we pressed on.

Now 8 years old and in 2nd grade, Matthew has many friends, is doing great in school, and requires no more discipline than his siblings. I don't think of him as my difficult child at all! He's just one of the family.

Becky Schlosser

Corporate predators, from page 1

The worst abuses take place when a school pits the two giants, Coke and Pepsi, against each other to gain the biggest payoff. Maryland's legislature addressed the problem recently by introducing a bill that would prohibit schools from signing exclusive contracts with soft drink and snack food suppliers. After principals pleaded their case, the state Senate voted to kill the bill. Not all of the legislators agreed with the decision. Brian Frosh, a state senator from Montgomery County, asked the principals, "Is there anything you would not sell in your school?"

Coca-Cola has responded to what is a growing disgust over the exploitation of students. On March 14, the company announced its support for reforms, including non-exclusive contracts and a reduction in commercial enterprises in schools.

In Georgia, a student was sent home for wearing a Pepsi T-shirt to his Coke-contracted school.

Who's In Charge?

One organization that vigorously supported Maryland's proposed ban is the organization representing cafeteria food, the **American Food Service Association**. They object to the sale of what is referred to as "competitive foods" in the schools. Unfortunately, many schools sell highly profitable candy and other junk food right in their cafeterias.

If the school cafeterias leave much to be desired, perhaps we can look to our **US Department of Agriculture**, the government agency that oversees school lunch programs. Years ago, this agency was embarrassed when the public learned they were trying to have catsup qualify as a serving of vegetable. But that was a long time ago, and

maybe things are better now. *Pure Facts* readers will not take much comfort in learning that the new Secretary of Agriculture, Ann Veneman, has a long history of supporting genetic engineering, and served on the board of Calgene, the corporation to first pioneer genetically engineered food seven years ago.

Maybe we can look to the **Secretary of Education** to speak up for the best interests of the children. Our new Education Secretary is Dr. Roderick Paige, who came to Washington from Houston, where he served as Superintendent of Schools. While in Houston, Dr. Paige negotiated an exclusive marketing contract with Coca-Cola and allowed the controversial Channel One to operate in some of the city's public schools.

Continued on page 3

"In 1980, the U.S. Congress passed a law to protect adults who prey on children. You read that correctly. Public Law 96-252 prohibits the Federal Trade Commission from enacting rules that would protect the nation's children from commercial advertising that exploits their vulnerable and trusting natures. The law is corporate power incarnate. It should be the role of Congress to protect children, not those who would prey upon them."

Ralph Nader
In the Public Interest

Corporate creativity

As a result of lawsuits brought against them, tobacco companies are prohibited from marketing their products to children. But they are finding subtle ways to circumvent these agreements, according to the nonprofit watchdog, Commercial Alert. The tobacco giant, Philip Morris, has provided millions of colorful textbook covers to children, with the intent (critics contend) of promoting its brand name to schoolchildren.

"If you own this child at an early age, you can own this child for years to come. Companies are saying, 'Hey, I want to own the kid younger and younger'"

Mike Searles, former president
Kids-R-Us

Math textbooks/ads

McGraw-Hill's new 6th grade textbook, *Mathematics: Applications and Connections*, is filled with commercial images, reports the non-profit Center for Commercial-Free Public Education. The Center asserts, "This is the first time we've seen advertising in state-subsidized textbooks. Taxpayers are now footing the bill for these companies to go after our children." The book has students calculate how much money they need to save in order to buy a pair of Nike shoes, teaches fractions by counting M&Ms, and has the children compare a Big Mac with a Quarter Pounder with Cheese.

Caffeine

Why do soft drink companies deliberately add caffeine to their product? Critics say it's to "hook" consumers, including children. But the companies generally say that caffeine is added for taste, not for the buzz it produces.

ABC News went to Canada where caffeine is allowed to be added only to cola drinks. They conducted an experiment with students in a middle school to see if the children could identify any difference between soft drinks with and without the stimulant. The youngsters were unable to tell any difference in taste between those with and without added caffeine.

How much caffeine is in a 12 ounce can of soda? Here are some figures:

| | | | | | |
|----------------|--------|--------------|--------|-------------------|--------|
| Diet Sun Drop | 69 mg. | Mello Yellow | 51 mg. | Sunkist Orange | 41 mg. |
| Sun Drop, reg. | 63 mg. | Surge | 51 mg. | Pepsi-Cola | 38 mg. |
| Mountain Dew | 55 mg. | Diet Coke | 45 mg. | Diet Pepsi | 36 mg. |
| Pepsi One | 55 mg. | Dr. Pepper | 41 mg. | Coca-Cola Classic | 34 mg. |



TV ads in the classroom

About 8 million children in the U.S. watch Channel One, which shows 10 minutes of news and 2 minutes of ads each school day. According to the former Channel One president, Joe Babbit, the program provides a means for "forcing kids to watch two minutes of commercials." He goes on to say, "The advertiser gets a group of kids who cannot go to the bathroom ...change the station...listen to their mother yell...be playing Nintendo ...have their headsets on."

The non-profit organization, Commercial Alert notes that products advertised to children include junk food and violent movies.

"Americans drink more soda pop than ever before. These popular beverages account for more than a quarter of all drinks consumed in the United States. More than 15 billion gallons were sold in 2000. That works out to at least one 12-ounce can per day for every man, woman and child."

The Washington Post

The cola giants once claimed that added caffeine was an essential ingredient, then introduced their caffeine-free versions. Most people using the Feingold Program can tolerate moderate amounts of Coke and Pepsi (regular, not diet).

These soft drinks are not included in *Foodlists* because their flavoring ingredients are closely guarded secrets, so the companies will not fill out our inquiry forms. However, they are included in our *Fast Food Guide*, which uses a less rigorous criteria.

"Advertising at its best is making people feel that without their product, you're a loser. Kids are very sensitive to that..."

Nancy Shalek, Shalek Advertising

And all those computers

According to Gary Ruskin, director of Commercial Alert, a company called ZapMe! Corp. puts computers in schools as educational tools, but the computers monitor the activities of the children on the web. Another company, N2H2 Inc., monitors where the children go on the Internet, and how long they spend there. For \$15,000 a year clients can buy monthly reports that provide this detailed information. The Associated Press reports that ZapMe! can provide personal information on the children, including names, addresses, and phone numbers.

Continued on page 8

Gems from Moms

The experts (moms) on our message board have lots of good information to share about using the Feingold Program. Here are some creative ways to deal with what might come your way. Please note the emphasis is on results, and a little "truth stretching" is considered perfectly acceptable.

We moms typically deal with very bright kids. They have all the advantages of good parenting, a good diet, and lots of intellectual stimulation. And they don't hesitate to use it to their advantage whenever possible. We parents, on the other hand, have to be able to come up with strategies that will be a match to their cunning little minds. Some of the time this parenting challenge will force you to think on your feet; other times, it can be helpful to have some strategies on hand for when you need them. A parenting survivor who identified herself as "Anne N." offers a wealth of good advice.

1. New Food Rejections

When trying a new "substitute" for an old favorite, don't get rid of it if it's rejected the first time. Bring it out a few weeks later, without telling them they tried it before. My son is sulfite sensitive, so no more Premium Saltines (even though they're acceptable for Stage One, because they are coded SF).

He was so mad he couldn't have them, he rejected every other cracker. A few weeks later I said, "Here, I have some crackers for you to try." They were the same brand he rejected before, and now he eats them all the time.

Once in awhile I get caught and just play dumb. "Really? You tried this before and didn't like it?"

2. For gifts from well-meaning folks (some of whom have heads of concrete)

Keep a stash of approved treats on hand, strictly reserved for instant trade-ins of contraband items. If your D.O. ("dear offspring") has had problems with cheating, offer 2 for 1 as a motivator.

3. When your kid feels different

When other kids have candy and yours has different stuff, admonish him/her in secret, with great seriousness, not to lord it over the other kids or make them feel bad that they get the fake stuff while yours is gourmet candy, made with real, not fake ingredients.

Another good line is, "everyone has problems; this is yours, and we're really lucky to have such an easy problem to deal with," then give examples that are worse like people who get insulin or allergy shots. I try to get my kids to understand that they are not different because everyone has difficulties in life, but ours, really, is a Feingold piece of cake.

4. When you get caught eating a non-Feingold food.

Tell them you're on Stage 3! This one is closer to a lie, so I only use it in a pinch.

5. If they miss the food dye.

I tell them "it tastes the same without the petroleum-chemical dye. Your stomach has no eyes, and even if it did, it's dark in there." This led to lots of silly ventriloquism acts with blind tummies. "Help, I can't see in here, what is this stuff I'm digesting?"

What's in a Name?

Some moms have come up with names that make it easier to identify what's o.k. and what isn't, as well as to convey the message that certain foods/additives do things we don't like. One family calls the acceptable items "Friendly Foods." Another refers to the unacceptable ones as "Feisty Foods." Or consider an alternative description: "Phony Foods."

When the challenge is not your child

One mom e-mailed this:

"When I decided to try the Feingold Program my husband thought I was going off on a 'tangent' again. Well, we had been on the diet for about two weeks when I let our children eat lunch in the school cafeteria.

"They came home WILD!! That change made a believer out of my husband! Now he tells me that if we run out of a Feingold approved item, if necessary, wake him up at 3 am so he can run to the store."

"Anything your mother tells you to eat is still good for you, no matter what anyone says."

Erma Bombeck

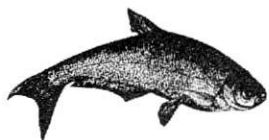
Here's a rather extreme measure we don't routinely recommend:

One mom reports, "It only took one day for my husband to become a firm believer." He was upset that their son couldn't eat the same things other kids had, so Mom stopped at a convenience store and bought all the junk foods her son wanted. "He ate those and within 45 minutes began his day-long trip into outer space!" He ate more junk later in the day. She continues, "When I picked my husband up at work about 5:00 p.m. he took one look at our son and said, 'My Lord, what on Earth did you give this child!?!' For the next 20 minutes Austin talked non-stop, seeming without taking another breath, always starting sentences three times or more and never completing them. My husband just looked at me, wide eyed, and shook his head. I told him I gave Austin those things he so desperately wanted our son to have. My husband told me not to do it again!! So, now he's decided to work with me instead of saying 'Ha, I don't believe all that mess.'"

One mom e-mailed:

"We started the diet 4 days ago. It is so much easier than the 'food sensitivity' diet we were on and we had a great weekend -- no tantrums, no teasing and fighting...can it work this quickly? I am holding my breath."

Note: Yes, it can work quickly, but the length of time before a response is seen can vary greatly.



Methyl mercury in fish

The Food and Drug Administration (FDA) cautions women of child-bearing age to avoid eating these fish:

swordfish

shark

king mackerel

tilefish

These fish may contain high levels of methyl mercury and could pose developmental risks to an unborn child.

Whole Foods Market describes how this toxic chemical gets into our food supply: "Mercury occurs naturally in the environment and it can also be released into the air through industrial pollution. Mercury can fall from the air and accumulate in streams and oceans where, aided by bacteria, it undergoes a chemical transformation into methyl mercury, which can be toxic. Fish absorb methyl mercury from water as they feed on aquatic organisms. Larger fish (like those listed above) feed on other fish throughout their longer lives and thereby accumulate the highest levels of methyl mercury."

FDA acknowledges, however, that "seafood can be an important part of a balanced diet for pregnant women. It is a good source of high-quality protein and nutrients and is low in fat. Having a variety of shellfish, canned fish, smaller ocean fish and farm-raised fish in our diet allows you to safely enjoy eating them as part of a healthful, balanced diet."

Auntie Anne's

When you're at the mall and hungry,
how about a pretzel snack?

In 1987 Anne Beiler purchased a booth at a farmer's market in Downingtown, Pennsylvania. She wanted to raise money to help her husband realize his dream of opening a counseling center for couples and families in the community.

Anne sold various snacks, and eventually created her own recipe for hot, hand rolled soft pretzels. They were such a success, she soon began her own company, calling it "Auntie Anne's" after the affectionate name used by her many nieces and nephews. Today, there are more than 650 shops worldwide serving freshly made pretzels (never more than 30 minutes old), as well as other snacks and drinks.

Based upon the information provided to *Pure Facts*, plus successful use by many Feingold members, we believe the salted and unsalted pretzels will be well tolerated. To date, we do not have detailed information on the other pretzel varieties, and other items sold by the company.

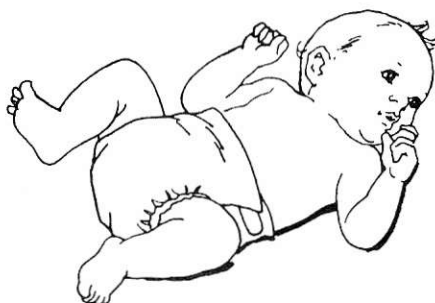
The pretzels are brushed with clarified butter before being coated with coarse salt or other toppings. (They can be left off, if you request it.) The lemonade is made in the store from natural ingredients, according to a company spokesperson.

These shops are found in 43 states and 8 countries, with the majority of them located in Pennsylvania and nearby states.

To find the locations of Auntie Anne's franchises, visit their web site at www.auntieannes.com, or click on www.auntieannes.know-where.com.



Pretzels date back to 610 A.D. when an Italian monk decided to reward his students by serving them baked scraps of leftover bread. He rolled and twisted the dough to resemble his students, who folded their arms across their chests when praying. After baking, he called the finished product *pretiolas*, Latin for "little rewards."



Disposable diaper caution

The various fragrances and other chemicals used in disposable diapers could be contributing respiratory problems such as asthma in young children. One researcher, Dr. Rosalind Anderson, noted that several of the chemicals used in the diapers have been documented to cause respiratory toxicity.

Mice who were exposed to these chemicals had respiratory difficulties, so if mice and humans respond in a similar way, this could shed light on the dramatic increase in childhood asthma.

Fragrances of all types are generally a problem for chemically sensitive people. They are derived from many natural and synthetic sources (including petroleum) and are not monitored or restricted by any government agency.

The report was published in the September/October 1999 issue of Archives of Environmental Health.

May 2001

It's our Anniversary!

Twenty-five years ago parents from cities around the United States traveled to Washington, DC to establish a national organization. These were families that had tried to deal with a troubled child, but were not finding any answers...until they read a book titled *Why Your Child is Hyperactive*. It was written by Ben F. Feingold, a prominent California physician, and Chief of Allergy at the Kaiser-Permanente Medical Center in San Francisco.

Using the information Dr. Feingold provided in the book, they tried his "K-P Diet" and saw remarkable changes in their children. They started support groups in their communities, reaching out to help other families. When they contacted Dr. Feingold, he put them in touch with each other and it became apparent that they needed to form a non-profit organization to coordinate the efforts of so many groups.

In May of 1976 grateful parents from all over the country met with each other and with the guests of honor, Dr. and Mrs. Feingold. This was the beginning of the organization parents named the "Feingold Association of the United States."

During the next six years, until his death in 1982, Dr. Feingold gave virtually all of his time and energy to helping parents and volunteers and to meeting with as many people in science, government, education, and the media as possible. He knew that it takes a long time for medicine to accept new ideas, and he was keenly aware of the industries that saw his work as a threat to their bottom line.

Most people who had dramatically helped several hundred thousand people would have been pleased to sit back and reflect on their lives, but Dr. Feingold was not like most people. If we talked to him of what we had accomplished he would tell us we hadn't even "scratched the surface," that millions of children and their parents were still suffering needlessly. When he received a letter from the parents of an infant, he would telephone them right away, rather than have them wait the 3 days or so to receive his letter. He would tell them over the phone to remove the artificially colored and flavored baby vitamins because he knew that this alone could mean the difference between a restful night's sleep and more endless hours of crying — on the part of the parents as well as the baby!

It's been an amazing 25 years!

Thank You Thank You Thank You Thank You

...to Pat Lehman for her efforts to secure a grant for FAUS from her employer. If your company matches donations we appreciate your requesting this — it might double your gift! Please stop by your employer's benefits office.

...to all the ladies in the Washington, DC area who arranged for a Feingold workshop to be sponsored by their schools' PTA. Area members, please contact the Virginia office at (703) 768-3287 if you would like to learn more about having a speaker come to your school in the future.

Mark your calendar for October!

The annual conference of the Feingold Association will be held in Stamford, CT on October 4 and 5. We will meet at the lovely Sheraton Hotel. If you have never experienced the beauty of autumn leaves in New England, you have a treat in store.

North Dallas/Plano, TX

A Feingold support group is forming. Please contact Betty to share Feingold food & family fun. E-mail frightex@swbell.net or call (972) 335-7066.

Tea for Stage One?

We invite you to contact us about your experience using Shipebo Treasure Tea, harvested from the Amazon Rainforest. (See the February 2001 issue of *Pure Facts*.) We are interested in knowing if salicylate sensitive members are able to tolerate this tea (which looks and tastes like regular tea).

Some free samples are still available from For Pete's Sake; call (800) 864-7383.

Having visitors this summer?

Mothers at Home, the nation's oldest non-profit support organization for at-home mothers, suggests you and your children go to the library before the visitors arrive, and select some books to share with your guests. If there are younger children coming ask your children to pick books that were their favorites when they were little. For grandparents, select books about topics relevant to their lives, their hobbies, or where they have lived.

For more information about Mothers at Home call (800) 783-4666 or visit www.mah.org.

FAUS Product Information Center Report

from Donna Curtis

Acceptable cough syrups

In the April PIC Report one of the products listed was B&T Children's Cough & Bronchial Syrup (Stage Two). Another B&T cough syrup is found in this report. These are homeopathic products from BOERICKE & TAFEL, located in Santa Rosa, CA. (Phone 707-571-8202). Homeopathic products are generally not found in major drug stores, but can be purchased in some health food stores and via the Internet.

What is Homeopathy?

This is a very old form of treatment believed to work by stimulating the body's own defenses to resolve the problem. In conventional medicine, for example, an allergic reaction to pollen would use medicine to temporarily block the symptoms of sneezing, watery eyes, runny nose, etc.

The homeopathic doctor might treat the same symptoms by giving the patient a remedy made from a very highly diluted amount of the substance (pollen) that was bringing on the symptoms. People who are chemically sensitive can generally tolerate homeopathic products.

More information on this form of treatment can be found in the book, *Demystifying Homeopathy*, by Jacob I. Mirman, M.D., from New Hope Publishers. It is also available on his web site: www.demystify.com

What is EDTA?

Members sometimes express concern that certain products on Feingold Foodlists contain the additive EDTA. It does not appear to affect behavior and is not one of the chemicals eliminated on the Feingold Program, but just what is EDTA?

It's a good thing this additive goes by its initials, otherwise we would have to learn how to pronounce ethylenediaminetetraacetic acid!

EDTA is used as a "chelating" agent, which means a "grabber." The Greek word "chele" refers to the claw of a crab or lobster. Metals such as iron, copper and nickel that find their way into foods can lead to oxidation (spoiling), discoloration and flavor changes. EDTA grabs onto these impurities and binds them, preventing the degradation of the product.

Therapeutically, EDTA is used to remove toxic metals like lead from the blood. This use of the additive is widely accepted, but some doctors also advocate EDTA for patients suffering from heart disease and other health problems. This form of chelation therapy is typically supported by alternative doctors but not by conventional practitioners.

PIC Report

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

Stage One

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

CARDINI'S Natural Parmesan Ranch Salad Dressing (SF)

DAIRY MAID DAIRY Cultured Buttermilk, Half & Half Cream, Milks including Homogenized Vitamin D Whole, 1% Reduced Fat, 1% Low Fat, Non Fat - sold in MD, VA, DC

DOLPHIN NATURAL CHOCOLATES* Peanut Butter, Solid Dark - (both contain CS from malted corn)
These candies can be mail ordered by calling (800) 236-5744 or see www.dolphinnatural.com

ORGANIC SOY DELICIOUS* non-dairy frozen novelties: Big Buddy Wafer Sandwich, Chocolate Chip Cookie Sandwich, Creamy Fudge Bar, Creamy Vanilla Bar, Fudge Brownie, Mint Chocolate Chip Cookie Sandwich

YVES* Veggie Bologna Deli Slices, Veggie Ground Round Original

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

Stage Two

DOLPHIN NATURAL CHOCOLATES* Almond Toffee, Roasted Almond, Cashew Coconut Raisin, Espresso Nut (coffee), Mint Crisp (peaches) (all of these contain CS from malted corn)

SWEET NOTHING* non-dairy frozen desserts -
Note: all contain apples, peaches & citrus pectin which may come from oranges.

Chocolate, Chocolate Mandarin (oranges), Espresso Fudge (coffee), Mango Raspberry, Pina Colada, Raspberry Swirl (cherries), Tiger Stripes, Vanilla, Very Berry Blueberry

WELSH'S Grape Jam (CS)

WELSH'S Pineapple Banana Juice Cocktail frozen concentrate (CS, apples, oranges)

YORKSHIRE FARMS Sausage: Jalapeno Herb Turkey Dinner Link, Linguica (paprika)

YVES* Black Bean & Mushroom Burgers (peppers, tomatoes), Garden Vegetable Patties (red peppers, tomatoes), Veggie Chick'n Burgers (paprika, peppers), Veggie Ground Round Italian (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.

The best Mother's Day gift of all!

One mom wrote about her beautiful "new" little girl.

Hi, I just wanted to share a good day. We had a longer period than average before we saw results. My daughter is four and it was about 8 weeks before we started seeing even slight results. I worry that some folks starting out will get discouraged too soon and give in to all the outside pressures before giving the diet time to do its stuff.

Today we had a family day. Dad often works seven days a week so these don't happen often. We went swimming at a local pool for an hour and a half this morning. Went to lunch at our favorite local pizza place, then Dad decided to take the girls to Tiny Tim's. (It's something like Chuckie Cheese.) The place was pretty busy. I still get a feeling of dread when I go into a place like this. Over the past two years (before Feingold) we have had many bad experiences at McDonald's Playplace. It seemed like we would only be there for 15 minutes when some mother was mad because my daughter was spitting on someone, pushing, throwing the balls at someone, or her favorite since she was tiny — hugging and never letting go.

She would be too excited, wanting attention, but used all the wrong ways to get it. One time, when I was eight months pregnant, I had to crawl through the tunnel to drag her out of the ball pit because she wouldn't come out. (I'm glad no one had a camera!) Usually I'd leave carrying her and her shoes because I could not get them on her.

We were there today for an hour and a half. She spent most of the time in the play zone. She went through all the tunnels and slides and the balls and

played with lots of other children. The only time I had to speak to her was to tell her to pull up her socks because she was going to lose them. She did not want to leave when it was time but she had promised Dad that she wouldn't argue so she put her own sneakers on with no trouble.

Last year I would not have believed this to be possible.

I know we will have our ups and downs, but we are going to make it!

Cindy



Pure Facts

Editor: Jane Hersey

Contributing to this issue:

Lynn Murphy

Kathy Bratby

Donna Curtis

Barbara Keele

Debbie Jackson

Esther Roberts

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.

www.feingold.org

© 2001 by the Feingold Association of the United States, Inc.

Corporate predators, from page 3

Just say "no"

Despite the enormous sums of money that corporate alliances can bring to a school, parents in some areas have thwarted these plans. Activists in Philadelphia derailed a 10 year, \$43 million deal between the city's schools and Coca-Cola. In New York City, parents won a class action suit against the Board of Education. As a result the schools will be able to sell only nutritious snacks during lunch hour. [Surely, other schools could earn money by filling vending machines with fruit, juices, nuts, etc.]

One of the provisions in the defeated Maryland bill was the prohibition of advertising in public schools and on school buses. School buses?! Maybe our kids should sell advertising space on their backpacks!

Watchdog groups

In addition to local parent activists and journalists, several groups are keeping tabs on the new American 3 R's (reading, 'riting and revenue). Here are some of them:

The Center for Commercial-Free Public Education, www.commercial-free.org, (510) 268-1100.

Commercial Alert, 1611 Connecticut Ave., NW, Suite #3A, Washington DC 20009 (202) 296-2787, www.commercialalert.org. This organization publishes *Children First: A Parent's Guide to Corporate Predators* (\$12)

Infact, 46 Plympton St., Boston MA 02118 (617) 695-2525 www.infact.org They produce a video titled: *Making a Killing, Phillip Morris, Kraft and Global Tobacco Addictions*.