

# Pure Facts

Newsletter of the Feingold® Association of the United States



October, 2001

Vol. 25, No. 8

## The new baby

The 21st Century baby has unprecedented opportunities, but is faced with challenges that have never been encountered.

**T**oday's baby is born into a world of synthetic chemicals and environmental risks. Informed parents can do a great deal to reduce these risks and enhance their child's chances for a very successful life. Here are some of the risk factors:

**Certain food additives** - Naturally, the newsletter of the Feingold Association would first suggest the elimination of synthetic dyes, artificial flavors, and the anti-oxidant preservatives BHA, BHT and TBHQ, as well as aspartame.

**Alcohol** - It is well understood that women should not consume alcohol when they are pregnant or plan to conceive, but prospective fathers should opt for the ice water or lemonade as well. Researchers at Washington University in St. Louis found that test animals had a decreased ability to learn when the fathers were "alcoholics."

**Smoking** - When Mom draws in a puff of tobacco smoke her unborn baby is temporarily deprived of oxygen. Swedish researchers found that women who smoke during pregnancy put their child at greater risk of developing attention and learning deficits. They have also shown that the cancer-causing substances in



## Can preservatives in vaccines trigger autism?

The quantity of vaccines being given to infants and children has steadily risen and now typically numbers 22 doses.

**L**ast fall the journal *Pediatrics* published the results of a survey of 1600 parents of young children. 25% of them expressed concern that the growing number of vaccines now being mandated could put excess stress on a child's developing immune system.

Parents hear reports about children who were developing normally until they received a multiple vaccine dose. Within hours, the children experience dramatic changes and they lose the ability to speak or relate to others. In some cases there are physical effects that do not clear up.

But vaccines are supposed to protect our youngsters, not damage them. "What is the real story?" they ask.

Parents received an answer earlier this year. There were many reports in the media reassuring them that there is no danger to their infants and children from the vaccines now given. "Experts say no clear measles shot linked to autism," was one headline. Another wrote, "Vaccine worries get shot down but parents still fret."

tobacco are passed on to the fetus. Scientists at San Diego State University add psychiatric problems, delinquency and adult criminality to the list of smoking-related effects on the developing child.

Research at the University of Maryland showed that if a woman quits smoking while she is pregnant, there is a clear benefit for the baby.

**Second-hand smoke** - Work at the University of Rochester confirmed earlier studies that children who grow up in a home with smokers are at greater risk of having behavior problems than children of non-smokers.



Scientists point to the "thousands of toxins in cigarettes," any one of which could later affect behavior in children. Passive smoking has been linked with a greater risk of respiratory problems such as asthma.

**Solvents** - The *Journal of the American Medical Association* reported that pregnant women who have been exposed to powerful solvents are more likely to give birth to a child with deformities than unexposed women. They also have a greater likelihood of miscarriage or having a premature baby. Women who work in an environment where they are exposed to these toxins on a daily basis are most

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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.

*Special issue on babies & toxins*

## The next generation of Feingold

Christina grew up on the Feingold Program and now her baby daughter will have the same advantages.

Christina was a very sick baby, suffering from croup and many respiratory problems. When she was just a few months old her big sister, Beth, was hospitalized to have ear tubes implanted. Beth brought a staph infection home from the hospital, and Christina was once again on a treadmill of illness and drugs.

Her development was delayed as a result of all the illness, and she later had trouble focusing in school. Third grade was especially hard; the teacher insisted that Christina just "wasn't trying" and damaged the little girl's already fragile self-esteem.

Christina's mom, Isabel, was determined to find help and consulted a pediatric neurologist, who prescribed Ritalin. Christina began taking it near the end of third grade, and after an initial bad reaction, (two weeks of extreme hyperactivity) the side effect wore off and she was better able to focus. At the same time an optometrist encouraged Isabel to check out the Feingold Program, which she did.

When fourth grade began in the fall of 1980, Christina was established on the new diet, and used a minimum amount of Ritalin during the school day. The combination of diet and medicine continued through the sixth grade. After that, Christina was able to get along without the Ritalin. She also had many allergies to contend with.

Christina complied with her diet until Halloween, when she cheated and suffered what she calls "a horrible reaction." She knew that the decision to cheat was hers, and she was very unhappy with the result. That was when she made the choice to stick to her diet and her feelings have not changed in all these years. Occasionally, when there's an unintentional slip, the old reaction comes back and reminds Christina why she is careful about what she eats. One memorable event took place on her honeymoon and neither she nor her husband have forgotten.



Beth, Isabel and Christina

Even as a child, Christina didn't consider it a problem to stick to her diet. Isabel spoke with each teacher before the start of school, and made sure there were acceptable treats for her daughter. Like most children who grow up on the Feingold Program, Christina was very good at finding foods she could enjoy, and was relaxed about the whole issue. Sometimes, she recalls, the hostess would get stressed out, but she tried to get her to focus on all the things that were acceptable, rather than the things that were not. Christina's matter-of-fact approach was accepted by her friends as she went through school. Most of them initially asked about her diet, but they were curious, not critical.

Isabel recalls that the epidemic of teenage drug use did not touch her family. This is a common experience of "Feingold kids." They all tell us that the one thing they try to avoid is going out of control. They've been there, and don't like it!

The Feingold Program taught this family many things, including a healthy skepticism when it comes to trusting food labels. Fortunately, they live in an area with a keen awareness of the value of healthy food and alternative medicine (Woodstock, NY).

Despite the many challenges Christina has had to face, she has worked hard and is a successful young adult today. She loves to write and draw, and has always been talented in music. As a preschooler, she recalls sitting at the piano for hours, making up her own songs. Today she teaches music to children. She loves this work, and as a result of her own struggles, has a deep empathy for children. She often tells parents about the Feingold Program.

This summer marked a very special event with the birth of Noelle, the first grandchild in the family. Needless to say, Christina was *extremely* careful during the pregnancy, of what she ate, and of chemicals in the environment. She is determined that her daughter will not have to go through what she experienced. So far, little Noelle is doing well, with only minor indications of the chemical sensitivities she has inherited.

The obstetrician was very supportive, and used non-drug options whenever possible. Noelle's pediatrician, on the other hand, sees no problem with using baby vitamin drops that contain synthetic dyes, artificial flavorings, etc. If she cannot gain his cooperation, she will switch doctors.

Back in the years when Isabel was discovering how to help her child, critics called such women "neurotic mothers." Those of us who used the Feingold Program found this more humorous than insulting. If they wanted to see "neurotic" they should have known us *before* we changed our family's diets! But it is still true today, that the woman who questions conventional "wisdom" about learning and behavior problems may have to disregard the advice of some professionals in order to help her child.

In Isabel's case, this very motivated mother, who solved the problems that plagued her daughter, has now given a precious gift to her granddaughter. And so the circle of wellness expands.

## Thimerosal (mercury) in some US vaccines

According to information provided by the US Centers for Disease Control, six vaccines are required during 2, 4, and 6 months of ages. They include DTaP, Hepatitis B, Hib, and IPV. Based on the 25 micrograms of mercury in some Hib vaccines, it is theoretically possible that some infants are receiving over 100 times the amount of mercury that the US Environmental Protection Agency says is the maximum daily exposure.

*posted on [www.mercola.com](http://www.mercola.com)*

## Congressman Burton calls for removal of mercury

Representative Dan Burton is calling for an immediate ban on vaccines containing thimerosal, a mercury-based preservative.

Burton's grandson developed symptoms of autism within days after receiving nine vaccinations in one day, six of them containing mercury. "He spoke normally. He acted like any other normal child," Burton related. "Yet within one week he was running around flapping his arms, walking on his toes, [suffering from] a severe bowel disorder, banging his head against the wall, and he could not speak clearly anymore, and he still has those problems."

Burton also raised concerns about other toxins, including aluminum and formaldehyde, currently contained in some vaccines.

*from Autism Research Review International  
(see [www.autismresearchinstitute.com](http://www.autismresearchinstitute.com))*

## Autism: a novel form of mercury poisoning

Autism is a syndrome characterized by impairments in social relatedness and communication, repetitive behaviors, abnormal movements, and sensory dysfunction. Recent epidemiological studies suggest that autism may affect 1 in 150 U.S. children. Exposure to mercury can cause immune, sensory, neurological, motor, and behavioral dysfunctions similar to traits defining or associated with autism, and the similarities extend to neuroanatomy, neurotransmitters, and biochemistry. Thimerosal, a preservative added to many vaccines, has become a major source of mercury in children who, within their first two years, may have received a quantity of mercury that exceeds safety guidelines. A review of medical literature and U.S. Government data suggest that many cases of idiopathic autism are induced by early mercury exposure from thimerosal; this type of autism represents an unrecognized mercurial syndrome; and genetic and non-genetic factors establish a predisposition whereby thimerosal's adverse effects occur only in some cases.

*summary of a paper by S. Bernard, et. al., ARC Research, Cranford NJ*

## Eight questions parents should ask before they vaccinate:

1. Is my child sick right now?
2. Has my child had a bad reaction to a vaccination before?
3. Does my child have a personal or family history of vaccine reactions, neurological disorders, severe allergies, or immune system disorders?
4. Do I know if my child is at high risk of reacting?
5. Do I have full information on the vaccine's side effects?
6. Do I know how to identify a vaccine reaction?
7. Do I know how to report a vaccine reaction?
8. Do I know the vaccine manufacturer's name and lot number?

National Vaccine Information Center  
221 Lawyers Road, Vienna VA 22180  
1 800 909 SHOT [www.909shot.com](http://www.909shot.com)

## Mercury-free vaccines now available

According to the Food and Drug Administration, every mandated childhood vaccine now is available in single dose, mercury-free form. However, stocks of thimerosal-containing vaccines are still available. The easiest way to make sure your doctor is giving your child a mercury-free vaccination is to check to see if the vaccine comes from a single dose vial. Thimerosal is added to multiple dose vials as a preservative, but single dose vials are preservative-free.

*from The Vaccine Hotline  
National Vaccine Information Ctr.*

## NVIC's Conference 2002

The National Vaccine Information Center is making plans for its third International Public Conference on Vaccination, to be held in Arlington, VA on April 18-21, 2002.

You can learn more about their second conference, held last year. Audio tapes are available from Repeat Performance at (219) 465-1234 and from [www.audiotapes.com](http://www.audiotapes.com).

There is also a comprehensive 18 page summary of the conference. Reprints are available from *Mothering Magazine*, [www.motheringmag.com](http://www.motheringmag.com)

## First mercury poisoning vaccine case filed

In March of this year the law firm of Waters & Kraus, LLP, based in Dallas, Texas, has filed the first known civil case alleging that the mercury-based preservative thimerosal, used recently in more than 30 childhood vaccines, has caused mercury poisoning in many children. The symptoms of mercury poisoning are, in many cases, identical to the symptoms of autism, although the suit does not allege that all persons suffering from the symptoms of autism do so as a result of mercury poisoning. However, many children suffering from mercury poisoning have been previously diagnosed with autism due to the similarity of the symptoms.

*from the web site of Healthy Child Online, [www.healthychild.com/news](http://www.healthychild.com/news)*



## Can vaccines trigger autism?, from page 1

The news reports were based on the findings from a committee of the U.S. Institute of Medicine (IOM). But rather than report the committee's actual conclusion, the news reports gave the impression that the issue had been resolved.

The IOM concluded that "the evidence favors rejection of the causal relationship at the population level between MMR (measles-mumps-rubella) vaccine and autistic spectrum disorders" but it also stated that "the proposed biological models linking MMR vaccination to autism spectrum disorders, although far from established, are nevertheless not disproved." Further, the committee could not "exclude the possibility that MMR vaccine could contribute to ASD (autism spectrum disorder) in a small number of children."

The committee recommended that there be "further clinical and epidemiological studies of sufficient rigor to identify risk factors and biological markers of ASD."

*USA Today's* headline was contradictory: "Vaccine is off the hook as the cause of autism. But panel won't dismiss possibility."

At the press conference following the IOM's report, the chairperson of the committee, Dr. Marie McCormick stated that the MMR vaccine "is as safe as a vaccine can get." This opinion of one member of the committee (an opinion not shared by other members) was interpreted by many members of the media as the definitive statement.

The IOM report has brought applause from some quarters and sharp criticism from others. Professor Walter Spitzer, an epidemiologist and member of the IOM, wrote a letter saying, "I am embarrassed by the process of this latest Report and would urge [the IOM] to retract the Report until the message has been clarified."



## What about the studies?

Most parents assume that the new vaccines and vaccine combinations were carefully studied before being introduced to the public and that there is an effective system in place to monitor adverse reactions. They also would assume that the scientists who are charged with evaluating the safety of vaccines do not have any financial ties to the industries providing them. They would naturally believe that the data comes from independent sources, not from the vaccine manufacturers. Critics charge that none of these assumptions are true.

Dr. Bernard Rimland, director of the Autism Research Institute writes, "It is the medical establishment's burden to have proven that the vaccines are safe, not the critics' burden to prove them unsafe."

"Safety testing should have been done 20 years ago, when the MMR triple vaccine replaced the measles, mumps, and rubella vaccines which were given separately, over a period of time, and when the number of vaccines was 8 rather than 22."

Dr. Rimland goes on to quote the United Kingdom's expert panel that had been charged with evaluating the safety of the MMR "Being extremely generous, evidence on the safety [of the MMR] was very thin...the granting of a product license was definitely premature...In almost every case observation periods were too short to include the time of onset of late neurological or other adverse events. Interaction between vaccines had not been considered adequately with multiple vaccinations and potentially ill-equipped immune systems."

*Autism Research Review International*, Vol 15, No. 2, 2001

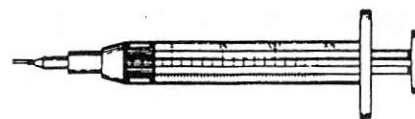
## Physicians group critical of vaccine policy

Members of the Association of American Physicians and Surgeons (AAPS) call for an end to mandatory childhood vaccine. "Our children face the possibility of death or serious long-term adverse effects from mandated vaccines that aren't necessary or that have very limited benefits," said Jane M. Orient, MD, ASPS Executive Director.

"This is not a vote against vaccines," said Dr. Orient. "This resolution only attempts to halt blanket vaccine mandates by government agencies and school districts that give no consideration for the rights of the parents or the individual medical condition of the child."

Forty-two states have mandated vaccine policies, and many children are required to have 22 shots before first grade. On top of that, as a condition for school attendance, many school districts require vaccination for diseases such as hepatitis B — primarily an adult disease, usually spread by multiple sex partners, drug abuse or an occupation with exposure to blood.

And yet, children under the age of 14 are three times more likely to suffer adverse effects — including death — following the hepatitis B vaccine than to catch the disease itself.



Students in Utica, NY were sent home from school, and told they could not return until they receive hepatitis B vaccinations. Further, parents were threatened by Child Protective Services with possible seizure of their children based on "education neglect."

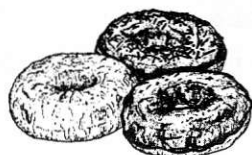
"It is obscene to threaten to seize a child just because his parents refuse medical treatment that is obviously unnecessary and perhaps even dangerous," said Dr. Orient. AAPS believes that parents, with the advice of their doctors, should make decisions about their children's medical care — not government bureaucrats.

## Fry-tfully Easy Doughnuts

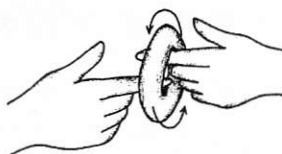
Frozen bread dough can mysteriously become a favorite Halloween treat.

Here's what you will need:

24 Rhodes Texas Rolls,  
thawed but still cold  
vegetable oil for frying  
chocolate or powdered sugar glaze



1. Put both index fingers through the center of each roll and stretch to form a large hole.
2. Brush a baking sheet with oil or spray with a natural non-stick cooking spray.
3. Place doughnuts on the sheet. Cover with oiled or sprayed plastic wrap and allow them to double in size (about two hours).
4. Pour oil 2 inches deep into a small saucepan or an electric frying pan and heat to medium high setting or 375°.
5. Fry the doughnuts on each side till golden brown (about 15 seconds for each side).
6. Remove and place on paper towel.
7. With a fork, drop doughnut into glaze and coat on both sides. Place on waxed paper.
8. For chocolate doughnuts drop into icing and coat on one side only.



**GLAZE** Stir together:

1/2 cup water & 4 cups powdered sugar.

**CHOCOLATE ICING** Bring to a boil:

1/2 cup butter, 6 Tablespoons milk & 4 Tablespoons cocoa  
Remove from heat and stir in:

1 teaspoon pure vanilla extract & 3 cups powdered sugar



### EFAs in Formula

For many years Martek, a Maryland company, has been trying to convince formula manufacturers to add valuable EFAs (essential fatty acids) to their infant formulas. They are found in breast milk and are important to brain and eye development. The EFAs, made from algae, are being used in other countries and may finally be adopted soon by U.S. firms.

## Organic Bebe

Lisa Rae provides new parents with the pure, safe products they want for their baby.

As the mom of young children, experienced on the Feingold Program, she is a wonderful source of information and assistance.

It can be hard to locate organic baby food, especially when you live far from a big city, as Lisa does. So baby food was the first item on the Organic Bebe web site. This was soon followed by a big selection of cloth diapers, including soft, stretchy ones with their own waterproof covers.



Looking for an effective cream to treat or prevent diaper rash? How about natural bubble bath, shampoo or sun care creams? She offers ear drops she has used with her own kids to knock out an infection without the need for antibiotics. Then there are teething remedies and homeopathic cough medicine that tastes good.

You can order organic formula or a line of supplies to support breastfeeding. Check out the video on baby massage, plus oil to go along with it. Lisa offers all of her favorite baby-tested products.

Toll-free (866) 734-2634 / [www.organicbebe.com](http://www.organicbebe.com)

## "Smart Food, Smart Families"

This nutritionist shows you how to nudge your family toward healthier foods. There are lots of basic recipes, plus new ideas to provide inspiration.

At a time when people stand in front of their microwaves complaining they're too slow, *Smart Food, Smart Families*, by noted nutritionist Dr. Laura Thompson, offers practical advice on how to plan quick nutritious meals with healthy, natural foods.

She has tips for those who follow allergy diets, suggests many non-sugar sweeteners, and offers strategies for helping kids & vegetables become better acquainted.

The newest edition includes a chapter on hard-to-find information about infant nutrition. She evaluates commercial formulas and shows how to improve their nutrient value. The book includes recipes for homemade infant and toddler

formulas, as well as basic feeding guidelines from infancy through childhood.

Building on studies that show it takes 90 days to successfully change a habit, *Smart Food, Smart Families* offers hundreds of client-tested recipes including a plan called "90 Days to Success With Natural Foods for the Whole Family." For those who want to take the Feingold Program to the next step, this will provide a goal to aim for, and a helping hand along the way.

You can order the book from [www.dr.laurathompson.com](http://www.dr.laurathompson.com) or by calling (800) 608-5602.

October, 2001

## *Who's minding the baby? - some editorial comments*

**E**arlier this year a great deal of media attention was focused on the potential dangers of mercury in thermometers. Consumers and health care providers were encouraged to get rid of the traditional glass thermometers because of the dangers they pose when they are broken. A small pool of the silver metal is a serious hazard, the public was told, and extreme precautions were advised for disposing of it.

Mercury also received attention by the Food and Drug Administration, as they cautioned women to avoid eating fish that contains high levels. Women of child-bearing age were told the contaminant could pose risks to an unborn child.

The messages were loud and clear: mercury is a dangerous substance. Avoid it, especially when infants could be exposed.

At about the same time print and electronic media assured parents that vaccines are safe, and pose no serious risk to children, including the prospect of autism. But some vaccines are preserved with mercury, and symptoms of mercury poisoning are believed to be similar to those we call autism. There are many questions that should be asked:

- If it's dangerous to inhale vapors coming from a broken thermometer, and swordfish is off limits, why would it be acceptable to inject mercury directly into the bloodstream of a newborn baby?
- Where are the studies showing that all the vaccines now in use are safe, whether or not they are preserved with a mercury-containing compound?

### **Ashburn, VA**

Support group meetings for new Feingold members will be held in Ashburn (not far from Dulles Airport). For information contact Kim at (703) 723-6978.

### **Southern California**

The Association will have a table at the upcoming Chadd conference to be held in Anaheim Oct 18-20, 2001. If you receive this newsletter in time and would like to participate in giving out literature and talking with other parents, please call (703) 768-3287 or e-mail Gail at [gail@feingold.org](mailto:gail@feingold.org).

- What part do vaccine manufacturers play in the promotion of their products?
- Why have vaccine advertisements -- painting a dire picture for those children who do not receive them -- recently appeared on television?
- If common childhood illnesses are primarily a serious problem for children in developing countries, why is there so much pressure to vaccinate every newborn in the United States?

*Pure Facts* does not have an answer, and is not aware of any governmental or medical resource that we consider to be unbiased enough to provide the answers many parents seek.

Our infants and children are this country's future. They deserve to have the best possible protection while those who care for them remember their oath to "first do no harm." Parents deserve to have clear, accurate information on the pros and cons of vaccinations, and common sense tells us that the logical place for a dangerous metal like mercury is *not* in the bloodstream of a newborn baby.

### **Can you help?**

One of our very sensitive members suffers from a severe skin reaction to most shampoos. She has dealt with this all her life, and now her children also react. Even natural products have not been successful. For some reason the only hair care products she tolerated were Ivory Shampoo and Ivory Conditioner. But Procter and Gamble discontinued this line several years ago and her "stash" of shampoo is gone. If you are aware of any place where Ivory Shampoo (especially the Ivory Free, with no perfumes) is available please call Ginny at (201) 769-9148 or call FAUS at (703) 768-3287. She will be glad to pay the expenses.

Meanwhile you can help by calling P&G and asking them to make up a large batch of the Ivory Free for families on the Feingold Program, including Ginny and her children. (Ginny would be glad to store it at her home and make it available to other members.) Or, ask the company to consider bringing back the shampoo and conditioner for everyone to use. The toll-free number for Procter & Gamble is (800) 964-9254



## FAUS Product Information Center Report

from Donna Curtis

### Product Alerts

SARA LEE Carrot Cake Snacks (Bites) and Classic Cheesecake Snacks now contain vanillin and should be removed from your Foodlist.

DUNCAN HINES Bakery Style Blueberry Muffin Mix now contains artificial flavor and should be removed from your Foodlist.

The pan spray used in baking NATURE'S OWN Butterbread and Honey Wheat Bread now contains TBHQ. The following NATURE'S OWN products may also have had ingredient changes. Please avoid use of these products until otherwise announced in *Pure Facts*.

Breads: 100% Wheat, Bran'n Honey, Real Grain;  
Buns: Honey'n Butter, Honey'n Wheat

Unfortunately, most pan sprays appear to be preserved with TBHQ. Some members who are especially sensitive to this preservative find they can avoid the problem by cutting off the crusts on three sides of the bread.

### Move to Stage Two

365 Frozen 'Crinkle' Cut Potatoes now contain apple juice and should be moved to the Stage Two section of your Foodlist. The good news? The fries no longer contain corn sweetener.

(365 is a house brand of the Whole Foods Market. In some parts of the country the store is called Fresh Fields, Food for Thought, Bread & Circus, or Wellspring Grocery.)

### Correction from September PIC Report

PLAINVILLE FARMS\* Honey Turkey Breast - deli, and Oven Roasted Turkey Breast were listed as Stage Two. They are actually Stage One.

### We now have a Corn Dog!

BALLARD'S FARM Batter Wrapped Wiener on a Stick (CS, N, paprika) is acceptable on Stage Two.

They can be found in major supermarkets in Kentucky, West Virginia and southern Ohio. The company is located in West Virginia and can be reached at (800) 346-PORK.

### Einstein Brothers Bagels

On the West Coast you may find this product under the name NOAH'S. For more details see [www.einsteinbagels.com](http://www.einsteinbagels.com).

(Thanks to Esther for sharing this.)

## PIC Report

The following products have been researched or re-researched and may be added to your Foodlist or Mail Order Guide.

### Stage One

365 (Whole Foods) Chocolate Bars: Milk, Dark

365 (Whole Foods) Non Dairy Enriched Rice Beverage:

Rice Original, Rice Vanilla

ANNIE'S NATURALS\* "Pasta Magic" Sauce: Mushroom

DURKEE California Style Blended Garlic Powder

HINES Roasted Jumbo Virginia Peanuts

KANGAROO Honey Pocket Bread: Wheat, White;

Pita Pocket Bread: Tasty Onion, Snack'em, White

(all contain calcium propionate - CP)

LADY LEE (Eagle's) Butter: Salted, Unsalted;

Milk: Fat Free, Lowfat 1%, Reduced Fat 2%

LAND O' LAKES Squeezable Sour Cream; Salted Butter

NABISCO Teddy Grahams Blue's Clues Honey Graham

Snacks (CS,SF)

NEW ORGANICS\* All Purpose Baking Mix; Brownie Mix

ORGANIC VALLEY Lowfat and Nonfat Milks

RICHARD SCARRY Cocoa Crisps Cereal

Cookie Mix: Chocolate, Sugar

RUDI'S BAKERY\* Rustics Country Cookout Certified

Organic: Wheat Hamburger Buns, Wheat Hot Dog

Rolls, White Hamburger Buns, White Hot Dog Rolls

TURKEY HILL Ice Cream: Caramel Cashew Crunch (CS),

Chocolate Chip Cookie Dough (CS)

### Stage Two

365 (Whole Foods) Cheese Curls (paprika)

365 (Whole Foods) frozen Pizza: Gourmet Four Cheese,

Gourmet Roasted Vegetable & Goat Cheese (peppers),

Gourmet Spinach & Feta (all contain tomatoes)

ANNIE'S NATURALS\* "Pasta Magic" Sauce: Roasted

Veggie (cider vinegar, red & green peppers, tomatoes)

CALIFORNIA BABY\* SPF 30+ Sunscreen No Fragrance (tea)

FOOD CLUB Cranberry Juice Cocktail (CS)

GOVINDA'S Almond Pralines; Almond Cashew Sublime Bliss Bar

NEW ORGANICS Teriyaki Marinade (wine vinegar);

Teriyaki Sauce (wine vinegar); Tomato Sauce;

Mild Roasted Garlic Salsa (peppers, tomatoes);

Mustard: Deli Style (cloves), Dijon (cloves, wine),

Stoneground (cloves), Yellow (cloves);

Raisin Bran Cereal

RICHARD SCARRY ABC's - pasta in sauce (tomatoes);

Fruity O's cold cereal (CS, cherries, oranges);

Honey Mustard (cider vinegar, cloves, paprika)

SUNMAID Oatmeal Raisin Cookie Mix (CS)

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 new baby, from page 1

at risk. Factories, print shops, laboratories, or any workplace where powerful fumes are in the air should be viewed with concern, especially if employees experience headaches, breathing difficulties, or other physical effects. (Both fathers and mothers who work in these environments can pass the effects on to their children.) The solvents that are of greatest concern include: phenols, xylene, acetone, and trichloroethylene. Acetone is the strong smelling chemical found in nail polish remover. (If you use it be sure you are in a well ventilated room. Better yet, shop for one of the many acetone-free polish removers.)

**Phthalates** - Nail polish has been identified as another hazard for expectant mothers. The nonprofit Environmental Working Group cautions against the use of a chemical called dibutyl phthalate, or DPT. There was a higher number of birth defects when animals were exposed to phthalates. In their study the male reproductive system was especially damaged. Researchers in Puerto Rico believe that

some phthalates are responsible for the unusually high number of girls under two years of age who are displaying signs of breast development, often called "precocious thelarche" or "premature puberty". Steroids in poultry and dioxins in water have also been suggested as triggers, but new research in Puerto Rico points to the phthalates that mimic female hormones.

**What are phthalates?** They are "plasticizers", chemicals that are added to plastics to keep them pliable. They help nail polish form an even film as it dries. In other cosmetics, phthalates help keep ingredients blended, and to penetrate the skin. Shampoos, conditioners, lotions, antiperspirants, sunscreen and perfume may contain phthalates. It is even in some gums and candies. But for women, nail polish is the most likely source for exposure.

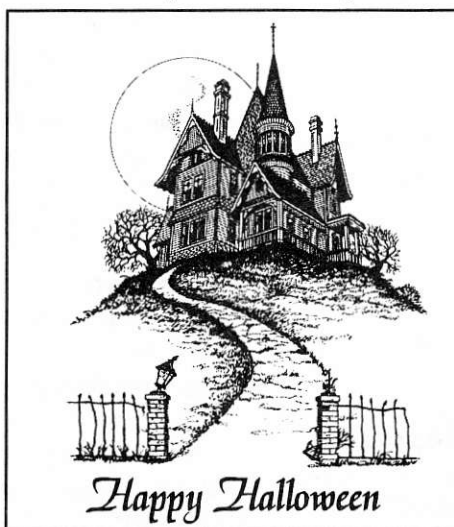


## United Way/CFC

This is the giving season for the United Way Community Health Charities and Combined Federal Campaign. FAUS can receive donations when an individual fills out a designated donor form, provided by many (but not all) agencies.

To have some or all of your United Way/CFC contribution routed to the Feingold Association, please ask your representative for a designated donor form.

If you have questions, leave your name and phone number on our tape (800-321-3287). We will call you back and work with you to have the Association added to your agency's list of recipients. Once FAUS has been approved as a recipient, future donations can be made with no extra paperwork.



Most of the soft vinyl products used in the United States contain phthalates, and this is of concern when it is used for infant products. When a baby chews on a soft plastic, the chemical is absorbed into the body and stored in the fatty tissue. Fortunately, pacifiers and feeding bottle nipples are made primarily from latex or silicone, which is not considered to be a problem. But teethingers are likely to contain it, without the ingredient being indicated on the packaging. Advocates suggest parents avoid baby bottles made from a clear and rigid plastic called polycarbonate. Instead, choose glass bottles or plastic ones made from polyethylene, which does not leach phthalates. They are less shiny and often colored.

**Aerosols** - The frequent use of aerosols in the home can result in headaches and depression in women and in ear infections and diarrhea. This was the finding on a survey of 14,000 women taken by the University of Bristol in England. Other research suggests that the volatile organic compounds in aerosols and air fresheners weaken the body's defenses by making the skin more permeable.

**Disposable diapers** - Chemicals added to diapers have been blamed for respiratory problems, including asthma, in children.

**Diaper creams** - Check the label to avoid the preservatives BHA and BHT.

## 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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