

# Pure Facts

Newsletter of the Feingold® Association of the United States



November, 2001

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## Integrity

“Science is losing its credibility. Conflicts of interest, biased studies, and secrecy are undermining science’s reputation and its truth-seeking objective.”

“Scientist-consultants who are paid by industries but who serve as faculty professors frequently testify before Congress and federal regulatory agencies without pausing to reveal their industry connections. Science departments in public universities enter into multi-million-dollar contracts with private corporations, yet few details are revealed about the nature of such agreements. Medical and other science journals all too frequently publish articles without adequately disclosing even major conflicts of interest.”

*Ronald Collins, Director  
Integrity in Science Project  
Center for Science in the  
Public Interest*

The nonprofit consumer group, Center for Science in the Public Interest has created the Integrity in Science Project to safeguard science and the public welfare from the corruptive effects of the industry’s influence. Conflicts of interest or “competing interests” can affect everything from government policies to scientific research to news stories. Thus, identifying and disclosing conflicts of interest — in matters concerning health and the environment — is a major component of the project.

You can learn more about this work at [www.cspinet.org/integrity/](http://www.cspinet.org/integrity/).

## Childhood sleep disorders are a growing problem in the U.S.

And they are a growing problem for the weary parents of these wound-up kids, but some families have found solutions.

Children who do not get enough sound sleep can bring tremendous stress into a household, and this problem is on the rise, according to Dr. Barbara Howard of Johns Hopkins University. At a meeting of the American Academy of Pediatrics, Howard urged doctors to pay more attention to reports of disturbed sleep by parents of newborns and youngsters.



Lack of sleep is believed to be associated with hyperactivity, aggressive behavior and attention problems in children and with depression in the parents, says the Hopkins researcher, who is president of the Society for Development and Behavioral Pediatrics.

She also found that mothers who are depressed have a higher than average chance of having a child with sleep disorders.

### A possible link

Years ago the chief of allergy at the Kaiser Permanente Medical Center in San Francisco began to collect reports from the children and adults he treated with an elimination diet that removed certain foods and food additives. Some of the symptoms reported to have improved included depression and sleep disorders. The physician, Ben F. Feingold, M.D., learned that some foods and food additives can affect any system of the body if an individual is sensitive to them.

For the past quarter century, the Feingold Association has heard from many families who report various adverse effects that follow the ingestion of things like synthetic dyes, artificial flavorings, BHA, BHT, TBHQ, and other additives. Several families using the Feingold Program volunteered their experiences with different sleep problems, and they are described on page 2.

### Ear Infections

For many years the treatment of childhood middle ear infections (media otitis) has used the surgical implantation of ear tubes plus regimens of antibiotic treatment.

And for many years a minority of doctors has objected to the widespread use of antibiotics, and now some researchers are questioning the value of tubes.

See the related articles on page 3

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.

## Have your children's sleep patterns changed as a result of using the Feingold Program?

One of our volunteers, Lynn Murphy, posed this question on the Association's member board, found on our web site. These are some of the responses she received.

**I** have four daughters, ages 8, 6, 4, and 2. Before our family went on the Feingold Program it took until at least 10:00 p.m. to get the three oldest to sleep. Then, my 8 year old was usually up by 6:00 am!

It was a constant struggle with, "Get back in bed!" "Be quiet!" You get the picture.

When we began Feingold we went 100% cold turkey, although we did not eliminate any of the items in parentheses (corn syrup, nitrites, MSG, sodium benzoate, calcium propionate, sulfites).

We had been on the program for seven days, and that night the girls and I went upstairs to get ready for bed. They brushed their teeth, had a last drink of water and I believe I read two stories to them. By then it was 9:00 and I turned the lights out.

I went back downstairs to prepare myself for the nightly battle to come. After fifteen minutes and no noise from upstairs I thought, "Oh no, what are they into?" I crept up the stairs and saw that *they were asleep!*

The following night, day eight on the Program, the same thing happened. And so it has been every night since then. But perhaps the best part is that my 8 year old was not waking up at 6:00 in the morning. I actually had to go wake her up at 7:00 and every morning since.

This is the most dramatic effect we have had on the Program and a change in my daughter's sleep routine is the main way I can identify a reaction.

**M**y 9 year old son is our "Feingolder." He is the one who has always been reluctant to go to sleep — he might miss something! But now, he is content to stay in bed, and read his comics without bothering his little brother at all. And the biggest thrill for him (and me!) is that now he does not wet the bed anymore. He used to wear the pull-ups, but no more! This came about when we became even stricter about salicylates and cut out the benzoates (from the Special Needs section of the member's binder).



**O**ur youngest daughter was 3 when we started the diet. She would cry out and kick like a mule in the night...every night. After about four or five days on the diet (and we were not even on it 100% then) she stopped crying out and kicking. It is now a sure sign of a reaction in her.

As an adult Feingolder (on Stage 2) I would say it took me about two weeks (I was still drinking decaf coffee and smoking cigarettes) before I noticed that for the first time in my life, I could go to bed tired and fall asleep within five minutes...instead of the fifteen or more minutes it has taken me before, no matter how exhausted I was.

*Editor's note:* The elimination of cigarettes is not a part of the Feingold Program, although we would encourage anyone to stay away from them. Not only are they damaging to health, they also typically contain many synthetic flavorings and other additives.

**J**oshua just turned 3 years old and has slept through the night five times in his LIFE! All five times have been since we started the Feingold diet — four in a row this week, hooray! Before this he would wake up screaming and there was nothing I could do to help him. His change has been more gradual than my other children. After a few weeks on the diet he stopped the crying but he would still come into our bed for comfort.

My 9 year old has had night terrors since he was a baby and this year he started sleepwalking. He would have nightmares or sleepwalk 3 to 4 times a week before Feingold. At other times he would lay in his bed (asleep!) and cry for hours at a time. Then he would wake up tired and not remember what happened. Now we see these problems only when he is reacting to something. It's a sure sign to me that he has gotten into dyes. Even markers on the skin will cause an episode.

The reaction usually starts with him crying in his bed. He will then come out, arms folded and go into the bathroom and stand there and cry. If you talk to him he will answer, but never makes sense. We guide him back to his room and put him back to bed. Usually he comes back or will lay there and cry. Then in the morning he never remembers this.

My little girl, 10 months old, is still nursing so I have to be careful about what I am eating. If I eat the wrong thing she will wake up crying every hour during the night. If she has something she can't tolerate she won't go to bed! She fights sleep *really* bad when she is reacting.

## Sleep disorders and diet — Studies support the link

In the double-blind study by Rowe and Rowe (*The Journal of Pediatrics*, 1994) 34 children were identified as being sensitive to tartrazine (Yellow dye No. 5). Of these 34 children, 22 of them had a significant reaction, including severe sleep disturbances.

Studies by Kaplan et al, published in the 1980s found that sleep disorders were common in children with hyperactivity and attention deficits. When these children were on a diet similar to the Feingold Program there was an improvement in their sleep. (*Journal of Developmental and Behavioral Pediatrics*, Dec 1987; *Pediatrics* Dec 1987, *Pediatrics* Jan 1989)



## Clonidine

Children who are taking stimulants may experience side effects that include difficulty sleeping. Some children then receive another drug to address these symptoms.

Clonidine (Catapres) is primarily intended as a treatment for high blood pressure. It is also given to substance abusers to reduce symptoms of withdrawal from their addictions. There are many potential side effects from clonidine, including dizziness, headache, constipation, loss of appetite, fatigue and nasal congestion. But one of the most likely reactions is to cause drowsiness, and this is why it is prescribed for children who have trouble sleeping.

Although an estimated 100,000 children in the United States are being treated with a combination of Ritalin and Clonidine, the Tourette Syndrome Association (TSA) notes that "there is surprisingly little research evidence to support the use of this combination."

While many of these children do not appear to have adverse effects, there is a growing body of negative reports in the medical literature:

"Treatment with clonidine in children with attention-deficit disorder is associated with a high rate of adverse effects."

Clonidine For Sleep Disturbances Associated With Attention-Deficit Hyperactivity Disorder, Prince JB, et al, *J Am Acad Child Adolesc Psychiatry* May, 1996.

"Clinical use of clonidine is associated with many side effects."

A Meta-Analysis of Clonidine for Symptoms of Attention-Deficit Hyperactivity Disorder, by Daniel F. Connor, *J Am Acad Child Adolesc Psychiatry* Dec, 1999.

"Clonidine overdose is being increasingly recognized as a clinical entity due to increased prescription of the drug in children diagnosed with ADD."

Clonidine Overdose in Children: Implications of Increased Prescribing, Kappagoda et al, *J Paediatr Child Health* Dec, 1998,

Clonidine Poisoning — An Emerging Problem, Erickson, et al, *J Paediatr Child Health* June, 1998

The Nurse's PDR cautions, "Safe use in children not established; when used for attention deficit disorder, even one extra dose can be harmful"

## The prevention and treatment of ear infections in children

Ear infections have gone from being a rare occurrence to epidemic proportions today.

Why has there been such a dramatic increase and are the current treatments effective?

In a Polish medical journal, researchers reported the following:

The frequency of hospitalization of infants and children for otitis media [middle ear infection] at the Clinic of Childrens Diseases of the Medical University of Lodz decreased from 22.6% in 1975 to 4.2% hospitalized in 1995. "It was caused mainly by the change of a way of nutrition from artificial to natural and easy accessibility diets."

Wasowka-Krolukowska et al.  
*J, Pol Merkuriusz Lek*, 1998 Dec

In a study published in *Pediatrics* in 1993 researchers followed over one thousand infants for their first year and found that those who were breast fed for 4 or more months had a significantly lower rate of otitis media.

Duncan, B, et.al., *Pediatrics* 1993 May

## Diet and ear infections

The Association frequently receives reports from parents that removing certain synthetic additives not only enabled their child to calm down and focus, but it brought an end to chronic ear infections.

We theorize that the infection may take place as a result of the Eustachian tube swelling up and shutting off drainage from the ear. One of the symptoms of a sensitivity reaction is the swelling of tissues. Generally ear infections are treated with antibiotic drugs and/or implanting of ear tubes. Some doctors recommend the removal of tonsils and adenoids.

## Tubes

The practice of surgical implantation of ear tubes does not appear to improve speech and learning development, and might not be worth the risks and the costs. This was the conclusion of studies carried out at the University of Toronto and Children's Hospital in Pittsburgh.

## Antibiotics

Even more common than implanting tubes is the practice of prescribing antibiotics. But the value of this practice is beginning to be questioned for moderate ear infections (otitis media). Once a rare occurrence, chronic inflammation of the middle ear has come to be seen as a "normal" aspect of childhood in the United States. The use of antibiotics to treat them is now a \$3 billion business.

*Continued on page 4*



## Why are antibiotics so widely used?

Despite the concern of a growing number of doctors, antibiotics are still prescribed for millions of children.

In the mid 1980s researchers at the University of Pittsburgh carried out a five-year study to compare the effectiveness of using a drug (amoxicillin) to treat otitis media versus no medicine. Half way through the trial the team ran out of the \$17.4 million in grants they had received from the National Institutes of Health. At the request of the lead researcher, Dr. Charles Bluestone, drug companies gave another \$3.4 million. Then, he changed the study's original design, based upon the assumption that the drugs were proven to be effective. Later, Dr. Bluestone personally received \$262,000 from the companies whose drugs he was testing. After this, the use of antibiotic prescriptions increased to become the routine treatment.

## Foul play?

The co-investigator in the studies was a bio-medical engineer named Erdem Cantekin, who says that Bluestone manipulated the results of the study to favor the antibiotics. "It was a fraudulent study," Cantekin believes, "This isn't a question of scientific interpretation. They made certain changes to make the drugs look better."

He believes that this research bears much of the blame for the overuse of antibiotics, which, in turn has created "superbugs" that have made the original drugs ineffective.

Other scientists believe the use of antibiotics for children has played an important part in the increase in autism, PDD (pervasive developmental disorders) and ADHD. In his book, *Biological Treatments for Autism and PDD*, Dr. William Shaw explains how antibiotics wipe out beneficial bacteria, leading to yeast overgrowth in the intestinal tract. The yeast produce abnormal by-products which are absorbed into the bloodstream and travel to the brain, altering behaviors.

## "Silver" fillings are in the news

Mercury is a versatile, but dangerous metal, capable of causing damage to behavior, health, and one's ability to learn.

Last month *Pure Facts* discussed the issue of exposure to mercury, a hazardous metal found in thermometers and in some vaccines. The use of mercury in dental fillings has long been controversial. Opponents claim it can trigger serious health effects and proponents say it has been safely used for 150 years.

Suits have been filed against state regulators in Maryland and California who are accused of preventing dentists from discussing the possible hazards of the mercury contained in "silver" fillings. The suit contends that regulating agencies violating the First Amendment rights of dentists by using their control of licenses to "punish or threaten punishment of dentists who criticize mercury amalgam."

Nine years ago the California State Assembly passed a law requiring the state's dental board to prepare a fact sheet about the potential health risks from using mercury. This summer the exasperated legislature got tired of waiting and fired the members of the board.

Diane Watson, who sponsored the California law, is now a member of the U.S. Congress, and she plans to introduce legislation that will require Medicaid to pay for the more expensive fillings using alternative materials.

Several years ago Colorado passed a law requiring dentists to provide more information to patients about the possible risks of mercury in fillings. More recently, Maine and Arizona have passed similar legislation.

Some countries (Canada, Austria, Sweden and Germany) recommend that such fillings not be used for pregnant women and young children



## Integrity in Medicine

Many reports indicate that it is in short supply.

The May 2001 issue of the leading British medical journal, *Lancet*, ran a scathing editorial critical of the U.S. Food and Drug Administration (FDA), calling the agency "a servant of the drug industry."

GlaxoSmithKline (GSK) is the manufacturer of Lotronex. Following the deaths of five patients and many other reported adverse reactions, GSK voluntarily removed it. But senior FDA officials have ignored the findings of their own scientists and are trying to reintroduce the drug.

The editorial, titled "Lotronex and the FDA: a fatal erosion of integrity" accuses the FDA, and the politicians pressuring them to accommodate the pharmaceutical industry, of receiving hundreds of millions of dollars.

A study conducted by *USA Today* found that more than half of the advisers to the FDA have financial arrangements with the pharmaceutical companies that have a vested interest in the agency's decisions.

Even the highly respected *New England Journal of Medicine* has not escaped criticism. Nearly half of the people selected to write drug therapy review articles had undisclosed financial ties to the companies who produced the drugs being evaluated.

Pharmaceutical companies use their wealth in many ways. The problem has become so serious that leading medical journals are working to try and limit the power of the pharmaceutical industry over their publications and medical research as a whole.

## Tom's of Maine

In the late 1960s Tom and Kate Chappell left their home in Philadelphia, and their corporate lifestyle. They moved to Kennebunk, Maine to start a new life and a new way of operating a business.

Their initial product was the country's first non-phosphate liquid laundry detergent. That was followed in 1975 by the first toothpaste of its kind, then natural mouthwash, shampoos and deodorants. At the same time Tom's toothpastes were unveiled, the first Feingold Associations were forming, and these families were grateful to be able to find a natural toothpaste their children liked.

By the 1980s Toms of Maine was available in supermarkets, helping to teach consumers that they did have a choice. (Now they are also available online.) Unlike their synthetic competition, Tom's products carried a message — both literally and figuratively — sharing the Chappell's vision for providing products that help people without hurting our land. They also demonstrate how to provide products that appeal to children without stooping to gimmicks like green ketchup.

### Cough and cold remedies

Now Tom's has a line of cough and cold medicines created with herbal extracts. So far, four of them have been researched by FAUS and may be added



to your list of acceptable products. (Please see page 7 of this issue.) To assure the highest quality, Tom's has their own herbal farm in Vermont, as well as their own extraction facility.

Despite the success of the company, Tom's hasn't lost their commitment to caring about more than the bottom line. Ten percent of the company's pre-tax profits go to organizations that support the environment.

### "Saving our rivers"

The River Stewardship Common Good Partnership is a five year program to raise awareness about the need to protect and restore this nation's rivers and watersheds. Tom's is working

in cooperation with The Nature Conservancy, The National Park Service and River Network. To learn more about the project visit: [www.toms-of-maine.com](http://www.toms-of-maine.com). Teachers can request a curriculum that can be adopted for classroom use.

### A nice place to work

For the eighth consecutive year Working Mother Magazine has included Toms of Maine in their "100 Best Companies" for working mothers. The factors that go into this award are: child care, leave for new parents, flexible work arrangements, work/life benefits and opportunities for women.

### Managing Upside Down

In his book, *Managing Upside Down*, Tom Chappell provides details on how a company that promotes social values and believes in doing good can survive and prosper in today's cut-throat business environment. He writes, "I have been running our company according to a mission of respecting customers, employees, community, and the environment, and we are creating more products and making more money than I ever dreamed of."

## Coal tar and salicylates

Coal tar was once the source of synthetic food dyes, until it was replaced by petroleum. Dr. Feingold found that the dyes had adverse effects for many people; he further saw that salicylic acid could have a similar effect on sensitive individuals.

Medicated shampoos which contain coal tar have been the subject of legal action brought against their manufacturers by the state of California and Occupational Knowledge International, a non-profit organization.

Coal tar has long been used to treat various skin disorders. But it is a known cancer-causing agent and thus comes under California's Proposition 65 which requires products that contain carcinogens to carry warning labels. Another option for the manufacturers



would be to reduce the coal tar content in the shampoos to 0.5 percent and so reduce the risk. Currently, some non-prescription products contain up to 4 percent.

American Home Products, the manufacturer of Denorex, has opted to get rid of the coal tar entirely, and will be replacing it with salicylic acid, found in some medicated shampoos.

This should reduce the health risk to the population at large, but those who are highly salicylate sensitive will still need to avoid the products.

November, 2001

## *Consumer activism wins*

The US Department of Agriculture (USDA) has announced that in the summer of 2002 consumers will begin seeing the **"USDA Organic"** seal designating foods that meet the criteria for organic.

The criteria a food will have to meet to earn the seal is that it must be produced without the use of any pesticides, synthetic hormones, irradiation or genetic modification.

But there's more to this story. In 1990, Congress passed the Organic Foods Production Act and established the National Organic Standards Board. Early in 1998 the USDA ignored the recommendations of the Board and announced that the term "organic" would include the very practices that organic growers refuse to use. Critics charged that the USDA caved in to the pressure of agri-business, and flooded the agency with a tidal wave of protests. Growers and consumers alike made their voices heard.

Without admitting they had done anything wrong, USDA agreed to go back to the drawing board. It appears that this time, they got it right.

## **Virginia members, and holiday travelers:**

If you live in the Richmond area, Fredericksburg, or Williamsburg, you probably know about Ukrop's, a chain of 18 supermarkets. While most of the products are typical supermarket fare, this family-owned store is a good source for many Feingold-acceptable foods including some health food brands. Each Ukrop's market contains a small health food store within the store.

You can also plan to eat lunch or dinner there; experienced members should not have trouble finding something good to eat. Area college students can take advantage of their "Dinner for a Buck" nights.

One of the many things that wins the loyalty of area shoppers is Ukrop's policy of ordering whatever product a customer requests. In fact, few stores of any kind are so clearly focused on providing helpful services. They even load your groceries into your car.

If your holiday travels take you on Interstate 95 or Route 1 through Virginia, here's a place where you can stop for a meal and stock the cooler.

To locate the 18 Ukrop's stores, log on to:  
[www.ukrops.com](http://www.ukrops.com) and click on "store finder."

## *Thank You Thank You Thank You Thank You*

...to all the wonderful folks on our member's message board. Your wisdom and caring is an inspiration to both our new families and to "old timers" who continue to learn from each other.

Special thanks to the moms who shared their experiences with the Feingold Program and their child's sleep disorders. Since this is a problem pediatricians are hearing about from more and more families, you may want to pass this issue on to your child's doctor. You are welcome to photocopy the articles. Better yet, you can hold on to your copy and request extra copies of this issue to give out. Call (703) 768-3287 or email [Jane@feingold.org](mailto:Jane@feingold.org) and leave your name and mailing address, plus the number of copies you want.

...to the nice people at Babies 'R Us on Broad Street in Richmond, and especially to Joann Fair, for inviting FAUS to participate in their baby safety program.

## **Cars, Trucks, RVs and Boats**

If you have a vehicle that has worn out its welcome, you can get it out of your carport and at the same time help a worthy cause.

Your vehicle will be picked up or towed, and your tax deductible donation will benefit the Feingold Association.

Log on the Internet site [www.cardonationcharity.org](http://www.cardonationcharity.org) and click on *Feingold Association* under "charities." Or you can call any afternoon or evening, 7 days a week: 1 (800) 324-2555; enter the PIN number 4089.

## **Oh no, now it's smelly jeans!**

"Catch a whiff of these scratch-n-sniff jeans - just like the stickers!" says the ad for Levi's scented jeans for girls. They are available in the following synthetic fragrances: Awesome Apple, Very Berry, Go Girl Grape, Tangerine Twist and Vanilla Crazy...any of which can make a chemically sensitive person feel very crazy.

Most classrooms are already filled with smells from many sources. Let's hope these Levi's prove to be a financial flop.

## **Albany/Saratoga NY**

Renee Mesh would like to meet other Feingold families who live in New York - the Albany/Saratoga area. Please send email to: [reneemesh@yahoo.com](mailto:reneemesh@yahoo.com).



## FAUS Product Information Center Report

from Donna Curtis

### Name Changes

NABISCO Cream of Wheat: 10 Minute Cook Time,  
2 1/2 Minute Cook Time

Old names: NABISCO Cream of Wheat: Regular,  
Quick

NABISCO Easy Cheese Pasteurized Process

Cheese Spread: Cheddar flavor

Old name: NABISCO Easy Cheddar Cheese Spread

### Party Time!

Do you have a teen or pre-teen daughter who is eager to try using body glitter? Well, now she can enjoy it while staying on the Feingold Program!

Marieann Wise-Miu has created **Glitter Body Gel** and it is acceptable on Stage One.

These products are also acceptable for use:

#### Stage One

MARIEANN'S All Natural Lip Balm: Cool Lips  
(Note: contains camphor and menthol), Grapefruit,  
Lemon, Lime, Naked Lips

MARIEANN'S Luxurious Handmade Soap - available  
in vegan and standard: Completely Naked, Herbs  
& Clay, Orange Blossom Honey & Oats

MARIEANN'S Silky Skin Lotion Bar: Completely  
Naked

#### Stage Two

MARIANN'S All Natural Lip Balm: Orange, Tangerine

MARIANN'S Luxurious Handmade Soap: Chai  
(cloves)

[www.MarieannHandmadeSoaps.com](http://www.MarieannHandmadeSoaps.com)

### What's wrong with this label?

Here is what is printed on the package:

"ROCOLA **Natural** Mountain Herbs Swiss Herb  
Throat Lozenges, Sugar Free.

Ricola herbs **naturally** grown in Swiss mountain  
areas. Herbs have been used around the world for  
centuries for many uses and benefits. For over 60  
years, Ricola has been making pleasant tasting  
**natural** herbal products for **natural** relief of the  
discomfort due to sore throat and minor irritation due  
to coughs, hoarseness, dry throat, and loss of voice.  
Ricola cough and throat drops, throat syrup and  
sugar free mints are available in many refreshing  
**natural** flavors. Ricola is **nature's** way of calming  
coughs and soothing sore throats.

**Naturally** Better Products."

Answer: This "natural" product is sweetened with  
the synthetic chemical aspartame!

## PIC Report

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

### Stage One

DANNON Yogurt: Natural Plain

GOVINDA'S\* Bliss Bar: Brazil-Pine Divine, Fig-Date  
Delight, Macadamia Madness, Omega, Pumpkin  
Pleasures, Walnut-Date the Great

1 (800) 900-0108 [www.govindabars.com](http://www.govindabars.com)

HORIZON ORGANIC\* Cheese: Monterey Jack,  
Mozzarella, Reduced Fat Cheddar

HORIZON ORGANIC\* Shredded Cheese: Monterey Jack,  
Mozzarella, Reduced Fat Cheddar, Sharp Cheddar

NATURE'S PATH\* Original Organic Snack Mix

SOYA KAAS\* cheese substitutes: Garlic & Herb, Grated  
Parmesan Style, Monterey Jack Style

SOYA KAAS\* Fat-Free cheese substitutes: Mild Cheddar  
Style, Mozzarella Style

SPECTRUM NATURALS\* Pure Pressed Safflower Oil,  
Pure Pressed Toasted Sesame Oil

SPECTRUM SPREAD\* Essential Omega,  
Original Margarine

TOM'S OF MAINE\* Natural Nasal Decongestant: Adult  
Daytime Cold Formula, Adult Nighttime Cold Formula

### Stage Two

EDWARD'S ORGANIC FINE CONFECTIONS\* Chocolate

Covered Fondants: Orange-Mints, Peppermints;

Chocolate Dipped Fruit Jellies: Banana, Orange,  
Strawberry

*all contain CS from corn malt and apple pectin.*

ELLIO'S 9 Slice Cheese Pizza (MSG/HVP, tomatoes)

NATURE'S PATH\* B-Que Organic Snack Mix  
(chili peppers, paprika)

STONYFIELD FARM\* Fruit Blends Lowfat Yogurt: Banana,  
Peach, Raspberry, Strawberry, Strawberry Banana,  
Tropical Fruit; YO Squeeze: Cherry Eclipse, Planetary  
Punch, Rocket Raspberry, Strawberry Stratosphere,  
Very Berry Blast

*All contain CS, trace salicylate in pectin from oranges/  
apples, additional salicylates possible.*

TARTINI\* Organic Fancy Pastry: Apricot, Blueberry,  
Strawberry (raspberries) - *all contain apple pectin*

TOM'S OF MAINE\* Natural Nasal Decongestant -  
Cherry Flavor: Children's Daytime Cold Formula

(cherries), Children's Nighttime Cold Formula (cherries)

VALLEY'S FAMILY OF FARMS\* Hot Dogs: Beef (paprika),

Sausage: Hot Italian Pork (red peppers), Mild Italian

Chicken (paprika, red peppers), Mild Italian Pork

(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.

## McDonald's — apologies and acquisitions

This fast food giant was in the news this year when it was learned that the "natural flavoring" used in their fries contains beef. This resulted in a lawsuit against the company from several individuals who do not eat beef, and a subsequent apology.

McDonald's did not break any laws by including beef in their product and listing it as a natural flavoring. The Food and Drug Administration does not require that consumers be told what "natural flavoring" contains. This makes it more difficult for FAUS to research foods and poses a serious problem for the very sensitive, including those who must avoid monosodium glutamate (MSG).



### The change in fries

In response to protests in 1990 McDonald's stopped cooking the fries in an oil that contained beef fat. But this did not mean the potatoes were free of all beef, as many consumers believed.

The 1990 change was a big disappointment to families using the Feingold Program because the new oil selected by the company contains the preservative TBHQ. Before 1990 we were able to eat fried food at the major chains (McDonald's, Wendy's and Burger King). Soon after McDonald's changed oil the others followed suit.

### New foods and new images

With 29,000 restaurants throughout the world, MickeyD stockholders

should be confident, but they aren't. The mad cow scare and a sluggish economy has hurt European sales, and throughout the world their consumer base is getting older and more concerned about eating healthy foods.

When the corporation bought the failing **Boston Market**, they planned to use the sites for new burger outlets, but then decided to change course. Hamburgers are not big sellers in the evening, and the restaurant's attempts to broaden their menu have not been very successful. So McDonald's has opted to acquire chain restaurants that cater to a different type of customer.



In addition to Boston Market, McDonald's now owns:

**Chipotle** - Mexican foods currently with 140 locations in the U.S.

**Donato's** - an Ohio-based pizzeria.

**Pret a Manger** - (That's French for ready-to-eat) The shops are popular in London, with just one branch in the US (Manhattan).

**Aroma Cafe** - a coffee chain, similar to **McCafe**, McDonald's answer to Starbucks.

Other experiments are:

**McDonald's with the Diner Inside** - in Kokomo, IN. They offer typical diner foods, and are very popular.

**McTreat** - a dessert option next to a McDonald's in Houston, TX.

Of all these experiments, the one that holds the greatest promise for Feingold families is Pret a Manger, whose focus is a wide range of popular all-natural foods.

## 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.

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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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## Let the sun shine in!

People who sit near windows have 20% fewer symptoms of "sick building syndrome," including headaches, fatigue and stress, than those with less access to natural light. This was the finding of a study by the Center for Building Performance and the US Department of Energy. Another study showed that skylights in retail stores brought a 40% increase in sales. Schools were able to increase test scores 20 to 26% by providing natural light.

Lockheed Martin and the National Audubon Society brought in more light to their workplaces and saw a reduction in employee absenteeism and fatigue.

*The next Pure Facts will be our combined December/January issue.*