

Pure Facts

Newsletter of the Feingold® Association of the United States



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What is Eczema?

This is the name given to a group of skin conditions. They can range from mild symptoms, where the skin is red, dry, hot and itchy, to broken, bleeding skin.

Most of the medical literature on eczema calls it a condition that can be alleviated, but not cured, and the standard treatment is the use of medicated creams to address symptoms, without investigating potential causes. However, the American Academy of Family Physicians notes, "some foods cause eczema" and goes on to say that it can be aggravated by environmental agents including soaps, laundry detergents and perfume, allergens, and even emotional stress.

While it is clear that eczema can have many possible causes, the Feingold Association has received reports over the years from members who have found that certain food additives and/or natural salicylates are culprits for them.

One mother wrote, "I have had eczema since childhood -- treated without success with corticosteroids. With the birth of my son, I sought alternative approaches and found some success with diet modification. At 5 months my son's eczema appeared and I treated him with limited success with diet. Several months later I read an article in *Mothering Magazine* about the salicylate connection and that has been the key to our success. We still struggle with occasional flair-ups, but are much improved and are thankful for it."

Continued on page 3

Consumers, scientists challenge a widely used dye

Tartrazine, known as FD&C Yellow No. 5 in the United States and as E102 in Europe, has a long history of adverse effects. Like the other FD&C dyes it is made from petroleum. Another substance used in manufacturing Yellow 5 is benzidine, a known cancer-causing agent. In addition, tartrazine is permitted to contain impurities, including lead, arsenic and mercury.

Mom petitions FDA

A Massachusetts mother has filed a petition calling for the Food and Drug Administration to revoke their approval of the widely used dye Yellow No. 5 (tartrazine).

Heather Perry's crusade began when she learned that the severe asthmatic attack that nearly killed her little boy was triggered by a drink containing the dye.

In her petition she documents the government standard for the approval of such additives ("a reasonable certainty of no harm") and shows how the agency's own actions have violated their stated mission. *Pure Facts* readers will find her letter to be of personal interest as well as a valuable addition to their files on the subject. It can be found at <http://tartrazine.tripod.com/>

While Heather's petition meets the criteria for banning Yellow 5, it is far from assured. Even when the FDA has attempted to remove a harmful additive, its efforts have been thwarted by its parent agency, Health & Human Services. This was the case with Red dye No. 3. (This is described in detail in the book *Why Can't My Child Behave?*). But Heather has set the wheels in motion, and we applaud her for it.

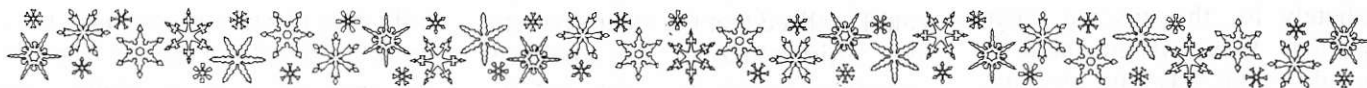
Studies on Yellow 5

For decades the medical literature has contained studies linking this dye with various learning, behavior and health problems.

A British researcher, Neil I. Ward, has found that not only did the dye trigger hyperactivity in sensitive children, it also resulted in a significant reduction in their levels of zinc. In her petition to the FDA, Heather Perry describes the results of two of Ward's studies: "Of the 23 children consuming a tartrazine beverage 18 had increased levels of activity, 16 were aggressive, 4 violent, 2 had poor speech, 12 developed poor coordination and 8 developed asthma or eczema. All of these responses occurred in the 120 minutes following the tartrazine challenge."

Ward NI et al. The influence of the chemical additive tartrazine on the zinc status of hyperactive children: A double-blind placebo-controlled study. *Journal of Nutritional Medicine*; 1(1)1990.51-58.

Ward NI. Assessment of chemical factors in relation to child hyperactivity. *Journal of Nutritional & Environmental Medicine*; 7(4)1997.333-342.



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.

Tartrazine can be a trigger for eczema

Margaret Collins described her long search for relief.

For about 10 years I had mild eczema on one of my hands; it came and went. I used a cortisone cream from my doctor, which helped the itching some, but he told me I could never get rid of the skin problem completely. When the condition began appearing on my face and neck, I started to worry. Every few weeks, I would get red circles and swelling around my eyes and mouth, as well as spots on my neck. These red spots would appear in the same places every time, and take up to 5 days to heal. After a few months, the redness never healed completely, it just varied in severity.

The first doctor I saw gave me a weaker cortisone to put on my face; it burned my skin and did not help the healing. The second doctor I saw told

me I had "idiopathic hives," which meant there was no discernible cause. Finally, the third doctor I saw gave me allergy tests which came up negative. He gave me a long list of things to avoid in hopes I could figure out what was causing the problems. I was obsessed with figuring out the cause and eventually deduced that it had been the

The prolonged daily exposure to the dye in my vitamins has made me extra sensitive to Yellow 5.

vitamins I was taking, which contain tartrazine. The time period I had been getting the redness matched up perfectly with the amount of time I'd been taking the pills and when I stopped the

redness went away for the first time in months, and my hand healed completely for the first time in years.

I am happy that I now know what the problem is, but the prolonged daily exposure from the vitamins has made me extra-sensitive to tartrazine. I have learned which foods to avoid in general, but every once in awhile something sneaks through and the symptoms come back. Unfortunately, now even a small amount of tartrazine brings the symptoms back.

In the United States, manufacturers are required to indicate that a product contains tartrazine on the label. I live in Canada, where it is not required. It is extremely frustrating for me to try to eliminate this toxic food additive from my diet completely.

"The issue of banning Yellow dye #5 is very personal to me — it nearly cost my daughter her life."

Gail Wachsmuth wrote to the Food and Drug Administration, supporting the petition to remove Yellow 5 from the list of approved dyes. Here is her story.

Lori was 18 months old in 1970 and was coming down with a cold. Her doctor had prescribed a medicine for bronchial congestion (colored yellow) and I had given her a baby aspirin (colored orange).

Before retiring for the night I checked in on her and heard very labored breathing and a hoarse cough. It sounded like she was starting a bout with croup. I took her into the bathroom and turned on the hot water to add moisture to the air and help her breathe more easily. Her fingers were swollen and when I removed her sleeper I was horrified to see that her whole body was swollen and bruised in several places.

I scooped Lori up, called to my husband and told him we were leaving immediately for the hospital emergency room. When we got there the doctor told us this was a life-threatening reaction and if we had arrived fifteen minutes later my daughter would have died. Many anxious hours

passed before she was out of danger and it took more than a week for the swelling and bruises to disappear.

I consulted an allergist and learned that aspirin and yellow dye #5 can form a potent allergic trigger in the body and that combination probably caused her severe reaction. As I recalled the food and drinks she had consumed that day, there were many items that contained the yellow dye.

If we had arrived at the emergency room 15 minutes later, the doctor told us, she would have died.

Later, her brother began to exhibit symptoms of hyperactivity. I was already eliminating yellow 5, but after reading a book by Dr. Benjamin Feingold I realized that the other synthetic dyes, artificial flavors, and some preservatives could be triggering his symptoms. Although yellow dye #5 was listed on packages, it took hours of painstaking research to identify

products free of the other additives. How much easier my children's lives would have been if such things were never allowed in foods in the first place.

Thanks to the efforts of a handful of doctors and parent volunteers, my children are now healthy, successful adults. How different our lives would have been had I not walked into my daughter's bedroom that night.

Now, it is within your power to make our world a safer place by removing this dye. I don't ask you to do it for my family alone, but on behalf of all the families who struggle with asthma, allergy and behavioral problems. The numbers affected continue to skyrocket and the cost to society is incalculable. Please consider carefully if the risk posed to this ever larger group of people is truly balanced by any benefit. Can we really afford those bright, unnatural colors in light of the potential suffering of so many? For me the answer is NO!

A Wisconsin member told about her 11 year old daughter who had problems with psoriasis, migraines and eczema. Removing the additives and salicylates has helped both conditions. Her little sister gets hyper and bed wets when she eats synthetic additives.

California journalist Sara Solovitch asked her readers to send her their remedies for dealing with childhood eczema. One mom wrote that she saw a severe reaction when her toddler drank cranberry* juice. This led her to investigate natural salicylates and their chemical similarity to aspirin and dye, particularly Yellow No. 5.

She wrote, "After two years on a strict no-salicylate regimen, my daughter's skin is fine and her tolerance for forbidden foods is growing."

**Cranberries and blueberries are actually benzoates, not salicylates, but they are troublesome for many salicylate-sensitive people.*

Zinc and eczema

In his 1997 study, researcher Neil Ward reported these physical effects: "The main health problems reported by the 96% of hyperactive children affected by synthetic colourings and flavourings were persistent thirst problems, the development of **eczema**, ear and/or chest infections, and the production of excessive amounts of catarrh (inflammation)."

Zinc deficiency (another reported effect of consuming Yellow 5) has been associated with a wide range of physical and behavioral disorders in children and adults.

EFAs vital for healthy skin

Children following a typical American diet are also deficient in essential fatty acids, particularly the omega 3 oils. These are the important substances found in certain fish, beans, seeds, nuts, and some oils. They used to make up a large portion of our diet, until our food supply began to change from largely unprocessed foods to those made with unhealthy fats, synthetic additives, etc. The newest assault on the health of children could well be Con Agra's pink and blue dyed margarines.

The role of parents in unraveling causes and treatments for childhood problems

Parents are increasingly taking an active part in improving the health of their children. Working with supportive scientists, they are bringing change.

Heather Perry's petition to the Food and Drug Administration is one in a growing list of initiatives that are being undertaken by concerned parents and citizens.

Many years ago, long before the word "consumer" was a part of our vocabulary, a grandmother by the name of Ruth Desmond began attending hearings on food safety in Washington DC. Wearing white gloves and flowered hats, she and her friends seemed like a harmless eccentric to the government bureaucrats. They humored Ruth and gave her the papers she requested. She then used this information to expose many questionable practices concerning food safety regulations. Ruth founded the Federation of Homemakers, an early consumer activist organization.

Irene Colquhoun and Sally Bunday of the Hyperactive Children's Support Group, the grandmother and mom of a child on the Feingold diet, created a support group to help parents in the United Kingdom. They are co-authors of the 1990 paper by Neil Ward (see page 1). Heather Picton, author and experienced mom who counsels parents on diet and ADHD in South Africa writes, "They were the first to suggest supplementation of Essential Fatty Acids (EFAs) for hyperactive children"

Of all the parent activists, none have impacted as dramatically as the moth-

ers and fathers of autistic children. The first example was the parent/professional, Bernard Rimland, Ph.D., who has long served as Director of the Autism Research Institute. He has been the cheerleader and mentor for many other parents of autistic children.

One such group, the Cure Autism Now Foundation (CAN), recently co-sponsored a landmark conference in San Diego. The International Meeting for Autism Research (IMFAR) held its inaugural forum as a satellite event of the Society for Neuroscience meeting. The IMFAR conference was also underwritten by the UC Davis MIND Institute (Medical Investigation of Neurodevelopmental Disorders) and the National Alliance for Autism Research.

Spearheaded by parent activists, the plight of children with autism has been brought to national and international awareness. The scientific community responded; an increasing number of scientists are carrying out research into all facets of this disorder. As a result, IMFAR attracts pre-eminent research scientists from around the world.

CAN co-founder, Johathan Sheslack, noted, "Five years ago the Neuroscience meeting had perhaps six presentations on autism. Suddenly, in six short years, autism has its own meeting with over two hundred presentations."



Regulations on Yellow No. 5 are ignored

In 1999 two researchers published their report concerning the amount of benzidine (a cancer-causing agent) in tartrazine. They found that the levels in both Yellow 5 and Yellow 6 (Sunset Yellow) ranged from less than 5 parts to as much as 270 parts per billion. Even the larger number — 270 parts per billion — may sound like a modest amount, since a billion is a lot! But because benzidine is such a potent chemical the Food and Drug Administration's regulations specify that it may contain no more than one (1) part per billion.

Determination of benzidine in the food colors tartrazine and sunset yellow FCF, by reduction and derivation followed by high performance liquid chromatography. Lancaster FC, Laurence JF, *Food Addit Contam* 1999 Sep;16(9):381-90.

The Feingold Association's letter to the Food and Drug Administration

calling for the removal of the synthetic, petroleum-based dye tartrazine (FD&C Yellow No. 5)

As the organization whose responsibility is to teach families how to avoid additives such as tartrazine (FD&C Yellow No. 5) it has become painfully clear to us over the past 25 years just how devastating this type of chemical has been to the physical and psychological health of literally hundreds of thousands of families.

A child may be unable to function well in school and at home, and may have diagnoses ranging from asthma to tumors; from ADHD to depression and violence; from rashes to bedwetting, in any combination. This information is not new; it has appeared in the scientific literature for decades. (3,4,5,6,7,8)

Frequently, the child is unable to comprehend discipline or to learn from consequences, their mind being impaired in a way similar to that of a drunk or an addict — for these children this chemical acts like a drug, and these symptoms are the “side effects.”

For these thousands of children, avoiding that chemical makes a world of difference, but it is often difficult to avoid because it is so widely available and is packaged in such attractive and destructive ways. It is hard for children to “just say no” to it, but when they don’t we all pay a price.

Hardest of all is that we know that many thousands more children are at risk, children whose parents are unaware of the dietary connection, or who choose not to change the foods they use. These children suffer life-threatening asthmatic attacks, or undergo violent rages that threaten the lives of others. How many children grow up to be criminals — or never grow up at all — because they are sensitive to additives such as tartrazine? This is not a small problem.

Most of the “negative” or “debunking” studies, especially in the 1970s, were done using very small “doses” of this food dye, even though it was already known at that time that it was ingested on average at much higher levels. The National Academy of Sciences (NAS) published a massive report in 1977 that concluded the average daily intake of tartrazine alone was up to **65 milligrams**. While not all people ate 65 mg of tartrazine every day, this does not indicate how much

was eaten at peak times. The NAS figures represent 2-week averages, not maximums. [See www.feingold.org/NAS.pdf] At the same time the NAS produced these figures, the “Nutrition Foundation,” which funded much of the early research on diet and behavior, recommended to researchers that they use only **7.3 mg** of tartrazine as a challenge dose.

According to E.H. Corder (1) doses of tartrazine up to **885.6 mg** can be used in epidemiological studies. But no study has ever used such an amount in determining the possible harm tartrazine can cause to humans. Even in those few studies on children with ADHD using 100 mg and up (2), however, it is clear that 70% to 90% of susceptible children are affected. [See www.feingold.org/graphpg.pdf]

Why, then, did the Nutrition Foundation ever recommend using only 7.3 mg of tartrazine as part of its total package of only 27 mg mixed colorings? It may make more sense when you remember that the Nutrition Foundation was a coalition of companies who made and/or used the additives eliminated by the Feingold diet. There was certainly a poorly-hidden biased agenda there.

The bias still exists today. But, for the sake of the children — and they are the future of America — we must overcome this bias and self-serving commercial interest in the bottom line. Of course we know that eliminating tartrazine and (hopefully) the other such additives from the food supply will cause financial damage to the companies making them and to those who rely on them to maintain high profits. We understand that there is less profit when a food company must use actual food in its products. Another industry to suffer will be the lucrative ADHD and asthma medical services and pharmaceutical industries. However, if we don’t do it, the price in human suffering is more than we Americans should be willing to pay.

Please be courageous enough to ban this additive. At least that would be a start toward a healthier food supply.

1) Aspirin, salicylate, sulfite and tartrazine induced bronchoconstriction. Safe doses and case definition in epidemiological studies. Corder EH, Buckley CE 3rd, *J Clin Epidemiol* 1995 Oct;48(10):1269-75

2) Foods and Additives are Common Causes of the Attention Deficit Hyperactivity Disorder in Children, M Boris, F Mandel, *Annals of Allergy*, May 1994, Vol. 72, pp.462-8

Effect of artificial food colours on childhood behaviour, Pollock I, Warner JO, *Arch Dis Child* 1990 Jan;65(1):74-7

Food Dyes Impair Performance of Hyperactive Children on a Laboratory Learning Test, J. Swanson, M. Kinsbourne, *Science magazine*, March 28, 1980, vol. 207. pp. 1485-7

3) The American Academy of Pediatrics Committee on Drugs in *Pediatrics* in October 1985 noted the following symptoms are caused by tartrazine: allergies, thyroid tumors, lymphocytic lymphomas, chromosomal damage, trigger for asthma, urticaria (hives)

4) Synthetic Food Coloring and Behavior: A Dose Response Effect in a Double-Blind, Placebo-Controlled, Repeated-Measures Study, K.S. Rowe, K.J. Rowe, *Journal of Pediatrics*, November 1994, Vol. 135, pp.691-8

5) Clinical spectrum of adverse reactions to tartrazine, Collins-Williams C, *J Asthma* 1985;22(3):139-43

6) The influence of the chemical additive tartrazine on the zinc status of hyperactive children; A double-blind placebo-controlled study, Ward NI; Soulsbury KA; Zettel VH; Colquhoun ID; Bunday S; Barnes B, *J Nutr Med*;1(1). 1990 51-58

7) Assessment of chemical factors in relation to childhood hyperactivity, Ward NI, *J Nutritional & Env Med*;7(4)1997.333-342

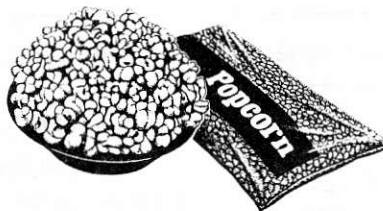
8) Unusual reactions to food additives, Novembre E, Dini L, Bernardini R, Resti M, Vierucci A, *Pediatrica Medica e Chirurgica* 1992 Jan-Feb;14(1):39-42

Popcorn — from wholesome snack to health disaster

Our great grandparents would never have believed what the food industry has done to what was once a healthy snack.

When you see a bag of popcorn at the supermarket or a tub of it at the theater, notice if it is bright yellow. Chances are it has been dyed with FD&C Yellow No. 5 and/or 6, to give the impression it is loaded with butter. More likely, the innocent little kernels have been cooked in a cheap oil and doused with benzidine-containing dye. But that's not all; to complete the charade, it is also treated with synthetic butter flavor.

Artificial butter flavoring was in the news when it was learned that workers at popcorn plants in Missouri and Nebraska were stricken with a rare lung disease. Eight employees at the Gilster-



Mary Lee Corp. plant in Missouri developed a disease that causes irreversible lung damage, and four needed to have lung transplants. Twenty-one other employees at the plant appear to have suffered adverse health effects.

Employees have filed class action suits against both the Gilster-Mary Lee company and the manufacturer of the flavoring -- International Flavors and Fragrances.

Physicians who have treated the workers believe that the lung damage came as a result of the employees breathing in vapors of the artificial butter flavoring as they packaged microwave popcorn.

For the general public, the good news is that we are unlikely to breathe in vapors from synthetic flavorings, but if it does so much damage to the lungs, what's happening to the stomachs of those who eat it?

There are many additives in Cosmetics

Synthetic chemicals can affect any system of the body, including the skin. Your skin is permeable; what you rub on it will be absorbed into your body.

Yellow No. 5 has long been used in drugs and cosmetics, as well as food. It is now allowed to be added to cosmetics that are designed for use near the eyes.

At one time cosmetic manufacturers were prohibited from adding synthetic dye to products intended to be used near the eyes. After manufacturers petitioned the Food and Drug Administration for a change in policy, the agency changed their rules and now permit synthetic dyes in eye make-up.

Dyes are not the only potential problem in personal care products. If you suspect you are particularly sensitive to topical products you might want to read a book titled, *Dying to Look Good, The Disturbing Truth About What's Really in Your Cosmetics, Toiletries and Personal Care Products*, by Christine Hoza Farlow, D.C.

She writes, "Your health is affected not only by what you put *into* your body...but also by what you put *on* your body."

"Many of the ingredients used in cosmetics are toxic, even though they may not cause any reaction on the skin."



What is FD&C? What is D&C? What is a "Lake?"

The designation FD&C indicates that a dye is permitted to be used in foods, drugs and cosmetics.

D&C means it is allowed to be used in drugs and cosmetics, but not in foods.

"Lake" refers to a dye that has been combined with other materials to make it insoluble in water. This prevents the color from separating out from the product. Color lakes that are used in food typically contain aluminum salts. In cosmetics they can be blended with many different substances.

Farlow points out, "The Cosmetic, Toiletry and Fragrance Association International Buyers' Guide 1999 lists 25,854 cosmetic chemicals from which manufacturers can choose for the cosmetics they produce. Most of the chemicals have not been tested for short-term or long-term toxic effects or for systemic effects. Many are contaminated with toxic by-products from manufacturing. Many are toxic themselves."

This little book contains a long list of chemicals used in personal care products, with designations to show which one to avoid and which appear to be well tolerated. Following that is a list of brand name products with ratings from safest to probably safe.

Dying to Look Good, \$10.95, is published by KISS for Health Publishing, Escondido, CA (760) 735-8101.

To find natural cosmetics check your Feingold School Year Calendar for information on a company called Cosmetics Without Synthetics.

Well-stocked health food stores should have a good selection of natural products, and there are many resources on the Internet.

December 2001/January 2002

Eating out

Our new **Fast Food Guide** is now here! *Pure Facts* subscribers will find it enclosed with this newsletter.

The restaurants listed were selected for two reasons: first, they provide detailed information on the ingredients in their menu selections, and second, they have a good selection of items our members can enjoy.

We would like to expand this list and you can help to make it happen!

Other restaurant chains may not be willing or able to provide detailed information on all of the ingredients they use, but might be able to create a meal selection that meets our need. (We do this every day in our own kitchens and know it isn't difficult!)

Please take a look at the enclosed form letter.

On one side is a suggested letter you can use, or you may want to write your own version. On the reverse side is a listing of most of the major chains in the U.S., along with their corporate headquarters. Select the restaurants you would most like to be able to patronize.

You can make photocopies of the letter, then fill in the appropriate restaurant name and address. Please address the mail to the "**Marketing Director**," the person in the company who is most likely to be receptive to our requests. And don't forget to include your name and address if you want to get a response.

FAUS hopes that numerous letters from consumers will stimulate these companies to make the small changes that can put them in the next edition of our **Fast Food Guide**. (Feel free to give copies of the letter and restaurant list to friends and relatives who also want to be able to enjoy fast food without unnecessary additives.)

Also, please send us copies of any replies you receive – both positive and negative. They can be addressed to FAUS Fast Food at P.O. Box 6550, Alexandria, VA 22306. *Thank you!*

Are you a Pharmacist?

FAUS is looking for a volunteer with comprehensive knowledge of pharmaceuticals to help us research a small number of medications. Finding products without dyes and synthetic flavorings is a continuing problem for our members. For details, please e-mail Gail-Armin@prodigy.net.

Thank You Thank You Thank You Thank You

...to Pam Weldon for helping so many families for the past six years. In 1995 Pam opened her own store, **For Pete's Sake**, to provide hard-to-find foods and treats for our member families. She was available, not only to ship out these treasures, but also to help new families get a good start on the Feingold Program. Pam's culinary training and her experience using the Feingold Program in her own home made her a natural for this work.

Unfortunately, due to an illness in the family, Pam is closing the doors of For Pete's Sake. She has worked with Nancy Kemble of the **Squirrel's Nest Candy Shop**, and Nancy will now carry some of the items Pam found to be most popular. (To request a copy of the Squirrel's Nest catalog, call 302-378-1033 or visit the web site at: www.squirrels-nest.com)

Our Product Information Committee reports that the popular **Palmer Chocolates** are now unacceptable. For many years, Palmer made both naturally and synthetically flavored candies. Our children enjoyed the holiday treats and parents appreciated the fact that they were inexpensive and fairly easy to find at supermarkets, drug and discount stores.

As Valentine's Day and Easter approach, please check labels carefully to avoid synthetic vanilla (vanillin) and let us know if you find other promising brands.

Well stocked health food stores can provide natural chocolates, lollipops and other treats. Best of all, take a look at the Squirrel's Nest catalog or web site and plan to get your holiday orders in early. Nancy has a dazzling array of natural, mouth-watering candies from the U.S. and abroad, including the popular **Sunspire Chocolates**.

...to Esther Roberts and Lynn Murphy for representing FAUS at a Vallejo, California health fair. Lynn tells us Esther created a wonderful display of Feingold products.

...to Colleen Smethers and Shula Edelkind. They both deserve gold medals for completing 3 days of working at the Feingold table at the recent CHADD national conference held in Anaheim. Shula also represented FAUS at the Georgia state LDA conference.

...to Karen and Brian Doherty for helping FAUS create a new design for our web site.

...to Rabbi Joe and Sandy Ehrenkranz for remembering their Feingold friends on a recent trip to Rome. They brought back mementos from their audience with Pope John Paul II.

FAUS Product Information Center Report

from Donna Curtis

Product Alert

PALMER CHOCOLATES - We were sorry to learn from the R.M. Palmer Company that they no longer make any candy without vanillin, a synthetic flavoring eliminated on the Feingold Program.

COBBLESTONE MILLS Sandwich Rolls, Wheat Sub Rolls, and English Muffins should be removed from your Foodlist. We have just learned that the pan spray used for this brand contains synthetic preservatives unacceptable for use on the Feingold Program.

These products are made by Flowers Bakery and are sold in Southeast and South Central states.

Move to Stage Two

ARROWHEAD MILLS Oat Bran Flakes cereal is sweetened with Stage Two ingredients: white grape or apple juices. Please move this product to the Stage Two section of your Foodlist.

Also, Arrowhead Mills tells us they will be redesigning all of their packaging during the coming months, but they do not plan to change any of the ingredients.

"Manufacturers Contacted" web page

The PIC team is excited to announce the addition of the "Manufacturers Contacted" web page link to the Product Research section of the FAUS Members Only web pages. Within this site you will see a list of all the companies PIC has been in touch with in recent months.

The listings are color coded to identify the work being done by the various PIC team members. Companies that cannot complete our forms at the present time appear in black. There can be many reasons a company doesn't complete our forms, including: multiple suppliers, rapidly changing ingredients, or sometimes it's due to a zealous guarding of proprietary information (i.e., they don't want to give away secret recipes).

Once we have made a positive contact with a manufacturer we try to research all of their products that appear to be suitable for use on the Feingold Program.

So, the next time you want to have a product researched, first go to the section "Manufacturers Currently Being Contacted." Since this list of companies can change daily please check there each time you submit a product.

Cindy Harrell

PIC Report

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

Stage One

AHILASKA* Organic Chocolate Syrup
APPLEGATE FARMS Herb Turkey Breast - Sliced, Unsliced, Oven Roasted Turkey Breast - Sliced, Unsliced
AQUESS* Purified Water w/ Soluble Fiber:
Lemon Essence (CS)
ARROWHEAD MILLS* Bite Size Shredded Wheat cereal
BARRY FARM Pickles: Zucchini Bread & Butter, Zucchini Mustard www.barryfarm.com (419) 228-4640
COOKIE LOVER'S* cookies: Chocolate Chip, Peanut Butter
D'ORAZIO Jumbo Round Ravioli, Stuffed Shells
FRIONOR BUNCH, O'CRUNCH 75 Crunchy Fish Nuggets(CS)
FROOKIE* All Natural Shortbread (CS)
GOLDENBERG'S Milk Chocolatey Peanut Chews (CS)
GOOD HEALTH* Alphabet Pretzels (CS)
HEALTHY!* The Everyday Soy Protein Bar: Blondie, Chocolate, Chocolate Chip, Peanut Butter
HONEYSUCKLE WHITE Lean Ground Turkey
I.M.HEALTHY* Snack Paks Creamy SoyNut Butter with Pretzel Sticks (CS)
IDAHOAN Original Mashed Potatoes, Skillet Hash Brown Potatoes (CS,SF)
LITTLE LENDERS Funsized Bagels: Plain (CP,CS), Chocolate Chip (CP,CS)
MALABAR* Complete Milk Digestant
MARY KAY Acne Treatment Gel (SF), Gentle Cleansing Cream Formula 1, Purifying Bar (SF) (800) MARYKAY
NATURAL PURE Beef
PURE DE-LITE Dark Chocolate Bar
WHOLE FOODS (Whole Foods Market) Hand Crafted All Natural Marshmallows (CS) - *available only in Calif & Texas*

Stage Two

APPLEGATE FARMS Hot Dogs: Beef (paprika, red peppers), Chicken (paprika, red peppers)
AQUESS* Purified Water Soluble Fiber- Peach Essence (CS)
CLIFF BAR Chocolate Chip (apples, raisins, tea)
COOKIE LOVER'S* cookies: Oatmeal Raisin, Shortbread (almonds)
EREWHON* cereals: Apple Stroodles, Aztec (apple juice), Fruit'n Wheat (raisins), Raisin Bran; Instant Oatmeal: Apple Cinnamon (cloves), Apple Raisin (cloves), Raisins, Dates & Walnuts
LITTLE LENDER'S Funsized Bagels: Cinnamon Raisin (CP,CS)
NABISCO Crackers: Cheese Nips Tid-Bits Baked Snack (SF, MSG/HVP, salicylates possible in spices)

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.

Past Issues of *Pure Facts*

During the past year major articles which have appeared in *Pure Facts* include:

December 2000/January 2001

Special focus issue on Autism and ADHD

Vaccines, mercury and safety
A milk substitute kids enjoy

February 2001

Sweeteners, natural and synthetic
Perfumes create many problems
Stage One tea?

Soups with no MSG

March 2001

Asthma in Western countries
Living in an Upside-Down world
An adult on Ritalin
Jelly beans for Easter

April 2001

Strange little secret about fluoride
"Trust Us, We're Experts" - how
PR firms manipulate the public
Natural pepperoni - really!

May 2001

Isn't it hard to be on the Program?
Soft drinks sold in schools
Moms share their best tips
Auntie Anne's pretzels

June 2001

Child care centers
Allergic people & ingredient labels
New book - *The All In One Guide to ADD and Hyperactivity*

July/August 2001

Bullies, and how to help them
Preventing school violence
Food companies with a conscience
Bug repellants

September 2001

Drug companies in sheep's clothing
Connecticut schools limit drugs
Kid-friendly foods in supermarkets
Reading program for students

October 2001

Special issue on babies & toddlers
Mercury in vaccines
Questions before you vaccinate
Natural products for new babies

November 2001

Sleep disorders in children
Integrity in science
Ear infections
Clonidine risks

Copies are available. Please include your name and full address, plus \$2 for each newsletter. Mail to: FAUS-PF, P.O. Box 6550, Alexandria, VA 22306.

Helene S. Feingold dies at age 97

Helene Feingold, widow of the late Ben F. Feingold, M.D., died following a heart attack shortly before her 98th birthday. She lived in the San Francisco apartment she had shared with her husband, who had been Chief of Allergy at the Kaiser Permanente Medical Center.

After his ground-breaking research connecting food additives and salicylates to disturbed behavior, Mrs. Feingold played an active role in her husband's work. She kitchen-tested hundreds of recipes for use in *Why Your Child is Hyperactive* and later in *The Feingold Cookbook* (now out of print). She accompanied Dr. Feingold on many of his trips around the globe as he sought to alert his colleagues and the public to the link between diet, behavior and learning.

Before her marriage Mrs. Feingold had been prima ballerina with the Chicago Opera Company. She was a Fellow of Brandeis University and active in many charities, including the Brandeis University National Woman's Committee.

As a small child she had difficulty pronouncing her name, which led to her family's affectionate nickname for her: Beans.

Mrs. Feingold is survived by her son, Marshall Mayer, grandchildren Dr. Paula Rubio and Dr. David Mayer, as well as her great-grandchildren Jarrod Mayer and Benjamin Rubio.



Conference Tapes are Available

You can order a set of audio tapes from our 26th Conference, held in Stamford, CT in October. It's *almost* as good as being there!

See the order form being mailed out to subscribers with this newsletter, or check out the web site for Audio Recording Services:

www.ars-service.com

Tapes from previous FAUS conferences are also available through the web site.

Moving?

Please let us know your new address. The newsletters are sent out via bulk mail so the Post Office will not forward them.

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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