

Pure Facts

Newsletter of the Feingold® Association of the United States



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Migraine Headaches

This painful condition may have many triggers, including certain foods. Less often recognized is the role of salicylates and synthetic food additives — especially dyes, artificial flavorings and certain preservatives.

Migraine headaches are an ancient scourge. Lewis Carroll, author of *Alice in Wonderland*, suffered from them; so did George Bernard Shaw. But the number of people afflicted has increased. The Centers for Disease Control notes a 60% increase between 1980 and 1989.

Today, approximately 26 million Americans — 70% of them women — suffer from migraines. Although any head pain can be miserable, migraines are in a class by themselves. They may be preceded by a warning sign (aura) such as flashes of light, dizziness or numbness.

[Mayo Clinic Health Information]



“In a classical presentation, migraine consists of headache, nausea, vomiting, and heightened sensitivity to light, sound and smell. In some cases,

the symptoms follow shortly after a visual or sensory hallucination (called an aura) which itself lasts 20-40 minutes. The headache, described as throbbing, aching and often one-sided, may last up to 72 hours.”

[from *On The Brain*, published by the Harvard Mahoney Neuroscience Institute]

Migraine sufferers may also experience a ringing in the ears. “Since migraine is a condition of the brain, literally any neurologic symptom can occur,” notes Stuart Stark, M.D., director of the Headache Program for the Neurology Center in Alexandria VA.

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America's fat children

The problem is increasing at an astonishing rate. Today nearly 5 1/2 million American children are obese. They are at high risk for serious illness and early death.

In a report to Congress the Agriculture Department criticized schools that teach nutrition while selling soft drinks and junk food snacks.

The food industry spends more than \$10 billion a year on advertising and Americans now consume an average of 44 gallons of sodas a year. One gas station has even installed vending machines on every pump island so the customer no longer needs to walk to the cashier to get his soda.

Children who are raised on fast food, which is also served in their school cafeteria, can have their sugar + fat meal “super sized” for even more of a wallop. Meanwhile, major companies are taking young taste buds ever farther away from food, calling it “fun.” When did hypertension, diabetes, stroke, arthritis and cancer become “fun?”

“Getting the kids to eat”

Our children need genuine food, not more fluorescent colored junk. In the pursuit of profits some food companies have ignored their obligation to the consumers they serve.

At a time when childhood obesity is a major health problem in this country, food companies claim they are providing a service by getting kids to eat. When a food is promoted as “fun” it often means it has very little nutritional value.

A manager at Parkay, which makes pink and blue margarine designed to appeal to children, claims that “parents told us they want fun condiments to bring kids to the table.”

HJ Heinz Co. is introducing EZ Squirt ketchup in “three new colors that kids can mix and match to triple their fun at family meals,” according to a company spokesman. “EZ Squirt gives kids the opportunity to be artists at the table, expressing their creativity by drawing with bright colors.”

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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.

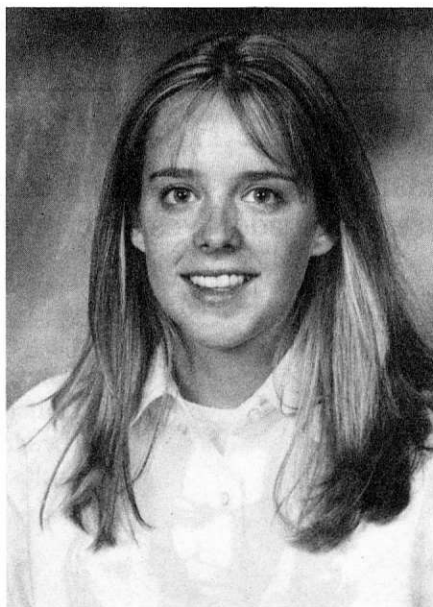
Headaches and sinus infections can be triggered by additives

Laura Martin is a healthy, active teenager with a higher than 4.0 grade point average. But it wasn't always like this.

Her mom, Mary Kay, remembers it well. As a young child, Laura had been chronically ill and was treated for pneumonia. She had frequent sinus infections and her mom recalls "she lived on antibiotics!" At first, the medicine seemed to bring an improvement and then the illness would come right back. (The medicine was the familiar pink syrup with artificial flavoring.) Laura also suffered from headaches and had dark circles under her eyes. They were constantly at the doctor's office, which is ironic since Laura's dad is an intensive care physician.

Mary Kay describes their diet 8 years ago, before they began the Feingold Program: "garbage!" Laura ate many helpings of macaroni and cheese made from a mix that contains the synthetic dyes yellow 5 and yellow 6. (Today, Laura and her older sister, Amie, always ask for their mom's homemade macaroni & cheese.)

The Martins learned about Feingold from a physician, and their family practice doctor has been very supportive. More support came from all of the people at Laura's Montessori school, where healthy snacks are typical. The teacher kept natural candy on hand for special events, the children were very supportive, and the other moms would call Mary Kay to learn which brands Laura could have so she could be included in all of the food



activities. A special treat was the natural version of Starburst candies they ordered from the Squirrel's Nest Candy Shop.

The change in diet was not as hard as Mary Kay had feared. She still uses many processed foods, but selects the natural brands. The Martins live in Ohio, between Akron and Cleveland, not far from the Mustard Seed Market & Cafe. The store provides everything a traditional supermarket carries (deli, bakery, etc.), but minus the unwanted additives. They cater parties using all natural, often organic, food.

Even though the Martins have been following the Feingold Program for 8 years, Laura still has major reactions

if she goes off it. A few years ago she had a very bad headache and sinus infection after she ate French fries at Wendy's. The fries had been listed in the Fast Food Guide as acceptable. A week later their issue of *Pure Facts* arrived, with the caution that Wendy's had switched to a frying oil with TBHQ, so the deep fried foods were no longer acceptable.

Then last summer when the family was on vacation, it seemed like a good time to test Laura's sensitivity so they did not make any special provisions for her food. She came home sick.

The good news is that Laura can eat salicylates with no problem, and she does not seem to react to corn syrup (a culprit for many people on the Feingold Program). But the other additives that are noted in the Foodlist will result in illness and especially headaches. Both Laura and her mom get severe headaches from MSG (monosodium glutamate), and would not even consider using the synthetic sweetener aspartame, which often bothers those who are MSG sensitive.

Laura's older sister, Amie, is now in college majoring in education. She does not have her sister's extreme sensitivity, but is careful about what she eats. These have been 8 healthy years for the Martin family, and they can't imagine ever going back to the not-so-good old days.

Migraine, from page 1

Stark is among the neurologists who subscribe to a theory that migraine stems from a chemical change deep within the brain, where the body uses the neurotransmitter serotonin abnormally. (Neurotransmitters are chemical messengers nerve cells use to tell each other what to do.) Working with other chemicals, serotonin regulates blood vessel constriction and dilation. It can both sharpen and deaden pain. [FDA Consumer]

A migraine headache is accompanied by an increase in the amount of blood going to the side of the head where the migraine occurs. The characteristic pulsing pain is caused by inflamed blood vessels pressing against the skull. "Almost every one of the drugs used to treat migraine affects serotonin either directly or indirectly" according to Dr. Joel R. Saper, director of the Michigan Head Pain & Neurological Institute in Ann Arbor, MI.

The *Journal of the American Medical Association* reports that migraines in the US result in \$13 billion in lost productivity from the economy. Some researchers believe that a fluctuation in the hormones estrogen and progesterone may be a factor for some. Birth control pills have been found to trigger migraines in some women.

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Migraine, from page 2

Other triggers that have been identified include:

- weather changes
- intense physical exertion
- high altitude
- emotional stress
- strong odors
- bright or flickering lights
- change in sleeping patterns
- motion
- foods, especially chocolate, citrus fruits, nuts, peanut butter, seafood, dairy

food additives, particularly tannin (found in red wine), sulfites, nitrites, nitrates, and monosodium glutamate (MSG).

"I am convinced that three-fourths of migraines are food related. Those who are skeptical have not adequately investigated the role of food."

[Dr. James Breneman, former chairman of the food allergy committee of the American College of Allergy]

Dr. Joseph Egger of the Hospital for Sick Children in London found that 82 out of 88 children with migraine headaches recovered completely after being placed on special diets. Most of the children were allergic to several foods. This study, reported in the British journal *Lancet*, is considered one of the best in the field because it was a double blind design, where neither the subjects nor the researchers knew which substances were being tested.

Associated symptoms which improved in addition to headache included abdominal pain, behaviour disorders, fits, asthma, and eczema.

[Is migraine food allergy? A double-blind controlled trial of oligoantigenic diet treatment, Egger J, Carter CM, Wilson J, Turner MW, Soothill JF, *Lancet* 1983 Oct 15;2(8355):865-869]

In a later study Egger wrote:

"We studied the role of oligoantigenic diets in 63 children with epilepsy; 45 children had epilepsy with migraine, hyperkinetic behavior, or both, and 18 had epilepsy alone. Of the 45 children who had epilepsy with recurrent headaches, abdominal symp-

toms, or hyperkinetic behavior, 25 ceased to have seizures and 11 had fewer seizures during diet therapy. Headaches, abdominal pains, and hyperkinetic behavior ceased in all those whose seizures ceased, and in some of those whose seizures did not cease."

[Oligoantigenic diet treatment of children with epilepsy and migraine, Egger J, Carter CM, Soothill JF, Wilson J, *J Pediatr* 1989 Jan;114(1):51-8]

Migraines tend to run in families.

"Food and chemicals in foods can act as a precipitating factor in the food-sensitive neurogenic vascular headache patient. The food-sensitive migraine patient and cluster headache patient must give a good history and food diary to go along with active challenges and provocative testing in order to determine the causative foods. Any concomitant allergies of inhalants or environmental must also be treated."

[Neurogenic vascular headaches, food and chemical triggers, Trotsky MB, *Ear Nose Throat J* 1994 Apr;73(4):228-30]



"Another recognized trigger for migraine is hypoglycemia.

"Such foods as chocolate, cheese, citrus fruits, bananas, nuts, 'cured' meats, dairy products, cereals, beans, hot dogs, pizza, food additives (sodium nitrate, monosodium glutamate, aspartame), coffee, tea, cola drinks, alcoholic drinks such as red wine, beer or whisky distilled in copper stills, all may bring on a migraine attack."

[Diet and migraine, *Ref Neurol* 1996 May;24(129):534-8, Leira R, Rodriguez R]

"Intolerance to dietary chemicals may account for recurrent headaches in some persons. In a study of dietary chemical sensitivities in 26 patients subject to recurrent idiopathic headaches [headaches from an unknown cause], all but four of the patients experienced a marked reduction in the frequency and severity of headaches by adhering to a diet devoid of monosodium glutamate (MSG), amines, tartrazine (Yellow dye No. 5), preservatives, yeasts, nitrites/nitrates and salicylate. After following the diet for two to six weeks, the 22 responders noted a 50 percent reduction in headache frequency and severity. Subsequent double-blind challenges were positive for at least one of the chemicals in 18 of the patients. Reactions were observed with monosodium glutamate, yeasts, nitrites/nitrates, preservatives and tartrazine."

[Intolerance to Dietary Chemicals May Underlie Recurrent Headaches, N. Cornwell et. al, Royal North Shore Hospital, Sydney, Australia]

Could these be to blame?

When a food is identified as a trigger for migraines, have the additives or salicylates in the food been considered?

- Red wine (It is a salicylate, and may contain sulfites)
- Cheese (synthetically colored?)
- Chocolate (with vanillin?)
- Medicine (synthetic dyes?)

"Headaches — particularly migraine — have long been recognized as a sign of food and chemical sensitivity. Dr. Theron Randolph first demonstrated that migraine could be induced by the fumes of natural gas and paint. Since then, several clinicians have shown that virtually any food, as well as food odors and chemicals, can trigger migraine in susceptible patients. However, neurovascular involvement causes much more than headaches. General malaise, dizziness, fatigue, occasional paralysis, and seizure can all occur."

[The Kellogg Report]

Continued on page 8

Ways to get kids to eat, from page 1

When Heinz introduced green and purple ketchups, their sales increased and their share of the ketchup market went from 50 to 56% — a big deal in the ketchup business. Now they hope to further enhance sales with EZ Squirt Mystery Color in pink, orange and teal. The gimmick here is that the bottle contains one of three color choices: Passion Pink, Awesome Orange, or Totally Teal.

Will consumers be willing to pay for “mystery products?”

The consumer will not know which color he has bought until he takes the product home and opens it up. (According to press releases, “The mystery bottle is white and wrapped in a special rainbow label that helps hide what’s inside, keeping ketchup lovers and little detectives in suspense until the very first squeeze.”) In other words, you pay the retail price of about \$1.79, bring the 19 oz bottle home and if the color is not the one your child favors, you get to go back to the store and continue to pay for more mystery bottles in hopes that one of them will suit junior’s food fashion preference. Apparently the company expects that enough parents will continue to pay for an unmarked product until they find the color they seek. To ensure that there will be a demand and attract widespread media attention the company is manufacturing a limited number of bottles. (Does this sound like the days of Cabbage Patch dolls?)

“Simply put, they’re not what a potato is supposed to be.”

These “pint-sized Picassos,” as the company refers to them, can do their art work on the new artificially colored frozen French fries offered by Ore-Ida, one of the companies owned by Heinz. Their “Funky Fries” come in Kool Blue, Cinna Stiks and Cocoa Crispers. According to the company, “Ore-Ida puts fun into funky with the introduction of Funky Fries.” “Simply put they’re not what a potato is supposed to be.”

Food writer Catherine Sleep agrees that this isn’t what a potato is supposed to be. She comments, “It’s not the job of manufacturers to teach our children to eat well, that’s the job of parents. But do they have to make it so hard? How about a little more investment in making genuinely healthful food appeal to kids? Now that would really be something to be proud of.”

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The amount of money spent on marketing to children is now more than \$12 billion and rising, according to Susan Linn of Harvard University’s Media Center for Children. She calls the use of dyes in food “just part of the intensive marketing artillery that is brought to bear on children every microsecond of every day.”

Synthetic flavorings

Are our children’s taste buds and sense of smell being distorted by an increasing diet of adulterated foods? Does intensely flavored, highly processed food lead to overeating?

Like dyes, synthetic flavorings are being used in greater quantities as food manufacturers intensify the flavor of their products. Some critics suggest that these more intense artificial flavorings play a part in the increase in obesity in American children.

Audrey Cross, associate professor of nutrition at Columbia University’s School of Public Health says, “When the intensity of an artificially flavored food increases, so does the sweetness. It’s possible when the taste buds are overstimulated they demand more food. Furthermore, artificially flavored foods all taste the same, but uniform taste is unnatural. One strawberry doesn’t taste exactly like the next strawberry.”

“Industry pushes a perception that its creations are identical to nature’s,” says Harry Lawless, associate professor of food science at Cornell University. “But nature’s food is highly complex. You can’t duplicate the biotechnology of a grape in a test tube.”

Could it get any worse? Yes, and if

“Corporations see gold in our kids’ heads. Buy, buy, buy,” says Gary Ruskin, who heads Commercial Alert, a nonprofit organization that monitors the effects of advertising on children.

Curiously, a spokeswoman for the American Dietetic Association defended the increased use of dyes in food for children. Althea Zanecosky, who gives her daughter Milk Changer Oreos (when you dunk the cookie, it dyes the milk) believes, “You have to do whatever you can to encourage kids to eat a variety of foods. If you can find a nutritious food that has been colored to make it more attractive, I think that’s OK.”

dyes continue to translate into dollar signs for food manufacturers we can expect to see the trend accelerate. We might even be faced with a product Nestle is marketing in South Africa. It’s a blue, bubble-gum flavored mayonnaise sold under the name “Gloob.”

Some nutritionists worry that children are growing up with very little experience of what genuine food tastes like.

The sense of smell is also being deprived. There are no mouth-watering aromas coming from American kitchens when dinner comes out of a box or from the freezer. How many children who eat school lunches and fast food will grow up with culinary memories of the aroma of fried grease?

A kindergarten teacher at an inner city school brought a bouquet of fresh flowers in to class. The bouquet was passed around and children smelled the fragrance. One child took a deep breath, thought for a moment, and then had a smile of recognition as she identified it: “air freshener!”

What about those "harmless" food dyes?

Here are some studies that give a different picture of the technicolor diet now being given to our children.

"Consumption of Red No. 3 (erythrosine), which has estrogenlike growth stimulatory properties...could be a significant risk factor in human breast carcinogenesis (cancer)."

Estrogenic and DNA-damaging activity of Red No. 3 in human breast cancer cells, Dees et al, *Environ Health Perspect* 1997 Apr;105 Suppl 3:625-32

"...the 3 azo additives we examined (three red dyes, including Red No. 3) induced colon DNA damage at a very low dose..."

DNA damage induced by red food dyes orally administered to pregnant and male mice. Tsuda et al, *Toxicol Sci* 2001 May;61(1):92-9

Red No. 3 was shown to cause abnormalities and reduced mobility of sperm in mice.

A study on the reproductive toxicity of erythrosine in male mice. Abdel et al, *Pharmacol Res* 1997 May;35(5):457-62

Two food dyes, amaranth and tartrazine (Red No. 2 and Yellow No. 5) were found to suppress the immune system. [Note: Red 2 is no longer allowed to be used in food in the U.S. but is still permitted in drugs and cosmetics.]

Immunological aspects of the common food colorants, amaranth and tartrazine. Koutsogeorgopoulou et al, *Vet Hum Toxicol* 1998 Feb;40(1):1-4

Red No. 3 is the notorious dye the Food and Drug Administration has tried, unsuccessfully, to ban. It has long been known to trigger thyroid cancer in animals, and now has these damaging results to add: estrogen-like properties, breast cancer risk, damage to colon DNA and reproductive abnormalities. Red 3 is used in many foods, including the cherries in fruit cocktail. It also doubles as a pesticide. It is sprayed on manure piles to kill fly's eggs.

April Fooling Food

How about a bowl of oatmeal with strawberries? Oops, it doesn't contain any strawberries!

Here are the ingredients in Quaker's Strawberries & Cream Instant Oatmeal:

Whole grain rolled oats (with oat bran), sugar, creaming agent (maltodextrin, partially hydrogenated soybean oil, whey, sodium caseinate), flavored fruit pieces (dehydrated apples [treated with sodium sulfite to promote color retention], artificial strawberry flavor, citric acid, red 40), salt, calcium carbonate (a source of calcium), guar gum, artificial flavors, citric acid, niacinamide, vitamin A palmitate, reduced iron, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, folic acid.

At the price of \$3.79 for a 12.3 ounce box with 10 packets, that comes to just under 50 cents per serving, or \$5.00 a pound for oatmeal!

Here's a better way.

Buy plain oatmeal (which sells for as little as 39 cents a pound when you scoop out your own).

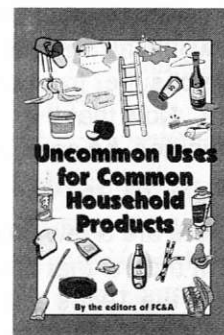
Sprinkle in some **Just Strawberries** natural dehydrated berries, add water and microwave. It's delicious and comes to only 18 cents per serving vs. 50 cents for the synthetic version. Or you could stir in a spoonful of strawberry jam, or check out some of the natural instant oatmeal packets found in health food stores or the health food section of many supermarkets.

Just Strawberries is one product in a line of natural dehydrated fruits and vegetables available from a company called "Just Tomatoes." The berries re-hydrate quickly and this natural oatmeal costs far less than the version with sulfited, dyed, flavored apple pieces.

Uncommon Uses for Common Household Products

As you get ready for spring cleaning without toxic chemicals or fragrances, this little book will be a tremendous help. Most of the things you need are already in your home, but you might not have thought of cornstarch, coffee filters, lemons, hair dryers and emery boards as cleaning and housekeeping aids. This book goes beyond just cleaning.

- Want to keep the buttons from coming off of that new shirt? Put a drop of glue on the threads.
- Looking for inexpensive wrapping paper for a very large gift? Try a decorative paper tablecloth.
- Keep the dust from coming on your TV screen by wiping it with a fabric softening sheet (unscented).



- Soothe sunburn or insect bites.
- Keep unwanted critters from coming in your home or eating up your vegetable garden.
- Get almost any stain out of almost any fabric.
- Find those lost contact lenses by putting an old pantyhose over the nozzle of your vacuum cleaning hose and sucking them up.
- Place an onion in the freezer briefly before you cut it and avoid tears.
- Next winter when the temperature drops to zero put a refrigerator magnet over the lock on your car door and you won't be frozen out.

The book also offers ideas on how to simplify home repairs, painting or carpentry projects.

The cost is \$9.99 + \$3 s+h for the softback. Call (800) 226-8024. or visit www.fca.com.

April 2002

The latest answer to asthma? Some editorial comments

Asthma has edged out ear infections as the number one reason for school absences. It has increased 154% in the past 20 years and it is predicted that 29 million Americans will be asthmatic by the year 2020.

With childhood asthma on the rise, and no let-up in sight, new theories are promoted on a regular basis. One of the most intriguing was recently suggested by a physician who said our kids are too clean!

He believes that children today live in homes that are too clean and their immune systems don't have a chance to develop resistance. This, he suggests, also explains why children living in poor countries don't seem to get asthma. It would also explain why children in Eastern Europe did not suffer from asthma before the fall of communism. Now that the standard of living has risen in these countries, he says, asthma is becoming more prevalent.

Whoa, there are a few problems with this line of reasoning! It means that houses a generation ago were dirty! Back in the 1940s and 1950s when childhood asthma was a rare condition in the United States, when most children didn't go to nursery school and day care was unknown, kids spent most of their time in their own homes. How many women were "working mothers" back then? Ask your mother about that and she will tell you that she certainly did work — she vacuumed, washed the floors, hung laundry on a clothesline in the back yard, and yes, dusting was a part of the routine. Don't let her read the suggestion that your good health is due to the fact that she was a slob!

While the increase in asthma can be attributed to many factors, most children who grew up in the 40s and 50s ate food that was relatively free of synthetic chemicals.

Maybe the reason, or at least a part of the reason, that children in Eastern Europe are now joining the nebulizer set is that with the fall of communism they gained not only the freedom that is a hallmark of America, but another very American institution: chemically-laced, nutritionally void non-foods.

My mother's house was a lot cleaner than mine, but my diet back then was also "clean." My kids grew up around dust, but they were on the Feingold Program and ate healthy food; they had no asthma, no ear infections, and only a rare cold.

Sensory Processing Workshop

A three day seminar on ways to treat developmental disorders will be held in New York City May 5-7.

The course addresses sensory-motor-hormonal and immune function. It is geared to the professional, and will address the child from birth through teen who is demonstrating delays including PDD, autism, LD, failure to thrive, depression, hyperactivity, sensory processing disorders and chronic illness.

Presenters are Anne Buckley-Reen, OTR and Debra L. Dickson, RPT, authors of *The Whole Child Handbook*. Debra's workshops at past Feingold conferences have been very popular.

CEU credits are available. For more information about this and future workshops call Therapy Works in Connecticut at (860) 859-2391.

Toronto, Ontario

This will be the first city outside the United States to open a branch of Whole Foods Market. The natural foods supermarket, due to open May 1, will make life a lot easier for area families to follow the Feingold Program. It will also be a boon for Canadians who want the convenience of processed food minus the harmful additives.

Loudoun County, VA

To learn more about introductory and support group meetings in the Ashburn area, e-mail Kim at: kimmcddevitt@earthlink.net.

Here's another "fun" activity for the kids

How can you encourage consumers to buy a large amount of your product, and spend very little company money doing it? One company seeks to increase sales by talking families into buying food that they won't actually eat.

Oscar Mayer is holding a "Build Your Own Fun" contest to promote its Lunchables Fun Snacks.

The child builds his own sculpture; suggestions include planes, trains, car washes, dog shows, roller blades and even theme parks! The catch is that the sculpture must be built entirely from Lunchables Fun Snacks. That would require parents to buy a whole lot of packages of Fun Snacks. There will be only one cash prize but the winner also will receive a full year's supply of Lunchables Fun Snacks!

FAUS Product Information Center Report

from Donna Curtis

Those funny, phony foods

When Dorothy and Toto entered the magical land of OZ their world went from black and white to color. In 1939 "technicolor" films were a novelty, and so were brightly colored foods.

Children ate beige cereal, red ketchup and if their mother made them take vitamins, they were dark and tasted bad. It would be several years before M&Ms were invented. Artificially colored/flavored candies were reserved for holidays and special occasions. Food was not dull or colorless, but the hues were those provided by nature.

Mars, Inc. is again getting media attention by offering M&Ms in many different colors and asking consumers to vote on the next color addition. Your choices are purple, pink and aqua. How many millions of people have eaten these little candies over the past half century? How many of these people wonder where the colors come from? [They come from petroleum.] How many people are aware of the behavior, health or learning problems that synthetic colors can trigger?

For naturally colored little candies that taste great check out your health food store or the Squirrel's Nest for Sundrops, the natural candy that melts in your mouth.

The color of lime

When you buy anything green, be aware that bright green foods have been finding their way into health food markets; some list the coloring as "mint green." **Lime-flavored ice pops**, frosted cookies and wasabi (a Japanese horseradish) were discovered to have a petroleum-based dye, not a mint-based dye. According to Happy and Healthy Products, makers of Fruitful Bars, it is impossible to find a natural green dye that does not change the taste of the product.

It's also difficult to find a natural color of green that comes close to a true paint box green. Kermit the Frog was right. It's not that easy being green.

When you find unnatural products, please bring this to the attention of the manager so they can remove them.

Another product to be on the lookout for is an orange flavored edible **omega-3 oil**. It comes in small plastic packets and is advertised as all natural. However, a close examination of the ingredients showed it contains vanillin (fake vanilla).

PIC Report

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

Stage One

ADIRONDACK Natural Spring Water, Original Seltzer, Sparkling Spring Water
ARROWHEAD MILLS* Wheat Free Gluten Free All-Purpose Baking Mix
ARROWHEAD MILLS* Oat Flakes Cereal
CHRISTOPHER RANCH Chopped Garlic, Minced Garlic
DA VINCI* Imported Italian Organic Pasta: Bowties, Fettuccine, Linguine, Penne, Rotini, Sea Shells, Spaghetti
DA VINCI* Imported Italian Pasta: Acini Di Pepe, Alphabet, Angel Hair, Angel Hair Nests, Bowties, Bucanti, Cut Ziti, Ditalini, Elbow Macaroni, Fettuccine, Fettuccine Nests, Fusilli Springs, Linguine, Penne Rigate, Radiatori, Rigatoni, Rotini, Sea Shells, Small Shells, Spaghetti, Stars, Thin Spaghetti, Twists, Wagon Wheels
DEBOLES* Rice Pasta: Angel Hair, Fettuccine, Lasagna, Penne, Spaghetti, Spirals
DICKINSON'S Witch Hazel Astringent (first aid)
GHIRARDELLI Baking Bar: Bittersweet, Semisweet, Sweet Dark, Unsweetened
GOOD HEALTH* Julienne Stix Original, Quilt Crackers; Veggie Sticks Shoestring Potato Stix, Cheddar Guppies
MORTON Popcorn Salt
RAPUNZEL* Pure Organic Spreads: Chocolate Hazelnut
TILLAMOOK Medium Cheddar Cheese Slices, Medium Cheddar Shredded Cheese

Stage Two

ARROWHEAD MILLS* Whole Grain Spelt Flakes Cereal (apples, grapes)
DA VINCI* Imported Italian Pasta: Tricolor Fusilli-Springs (tomatoes), Tricolor Wagon Wheels (tomatoes)
PLOCHMAN'S Premium Mustard: Chili Dog (cloves, red peppers), Hearty Bavarian (paprika, red peppers), Spicy Honey Mustard (CS, cider vinegar), Spicy Horseradish (paprika, red peppers), Spicy Peppa (cloves, paprika, red peppers), Zesty Horseradish (red peppers)
SOY DREAM* Frozen Mocha Heavenly Pie (coffee); Organic Non-Dairy Frozen Dessert: Green Tea, Mocha Fudge (coffee), Strawberry Swirl (CS, blackberries, elderberries, strawberries)
UNCLE MATT'S* Organic Frozen Concentrated Juice: Apple, Grape, Orange Pulp-Free, Orange with Calcium;
UNCLE MATT'S* Organic Juice: Orange Pulp-Free, Orange with Pulp, Pasteurized Apple

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.

Gluten

Gluten is a highly allergenic protein found primarily in wheat but also in smaller quantities in rye, barley, and oats. The most common symptom of gluten allergy is celiac disease, which causes damage to intestinal cells, inflammation, and food malabsorption. However, skin and neurological reactions to gluten proteins can also occur with or without symptoms of celiac disease.

Many brain abnormalities were seen in MRI scans of ten British patients with gluten allergies and severe headaches. On changing to a gluten-free diet, nine out of ten patients improved considerably.

[Hadjivassiliou et al., Headache and CNS white matter abnormalities associated with gluten sensitivity, *Neurology* 2001;56:385-88]

Salicylates and migraines

Some Feingold members have reported that salicylates can trigger migraines for them. A previous *Pure Facts* contained an article on a tea made from herbs harvested in the Amazon Rainforest. We invited readers who know they are salicylate sensitive to test out the tea and report back to us. So far we have not received any negative reports. One woman wrote, "I am very salicylate sensitive and have been using the tea; in fact I can hardly do without it. I drink over a quart a day. I guess this isn't proof that there are no salicylates in it, but everything else I ingest that I'm allergic to causes me, at a minimum, to have a migraine and stomach upset. The Shipibo tea actually will help stop a migraine for me."

Send us your kids!

It's time to send photos of your children and teens, to be included in the 2002-2003 Feingold School Year Calendar. Send informal shots, but no portraits or school photos please.

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

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

Dear FAUS,

I am a migraine sufferer. After reading Dr. Feingold's book it was quite odd to note that the diet was similar to the one migraine sufferers were given by doctors at Kaiser, yet I'm finding that most of the doctors I have seen don't comprehend that the problems they are treating are the result of food additives. They still refuse to fix the problem. Instead they only treat pain symptoms. It makes great sense that migraine sufferers have a major intolerance to salicylates.

I personally have taken aspirin for 35 years and abused it to try and live a normal life. Please send your information as soon as possible. My girls and wife want their daddy and husband back.



Stage One Tea?

You can request a free sample of Shipibo Treasure Tea from the Squirrel's Nest Candy Shop. Call (302) 378-1033 or contact them at www.squirrels-nest.com.

If you are salicylate sensitive, please let us know if you find you can tolerate this tea.

Headache Medication

Dr. Alan Rapoport, director of the New England Center for Headache, reported that stopping headache medicine reduced the number of headaches. He told the American Academy of Neurology that of 90 patients so treated, 82% of chronic headache patients taken off painkillers for four months had a 66% or greater reduction of headache days. But during the first week or two after stopping medicine, pain was worse.

Editor's Note: Please do not begin or discontinue any medicines without the guidance of your health care provider.

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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