

# Pure Facts

Newsletter of the Feingold® Association of the United States



May, 2002

Vol. 26, No. 4

## “Easy is...”

Last May *Pure Facts* published an article titled, “Isn’t it Hard?” where moms on the Association’s on-line message board discussed the fact that using the Feingold Program was much easier than dealing with the problems their children once had.

Beth suggested that parents now write about how the Program has made their lives easier. Here are some of the responses:

### “Easy Is...”

- the parent/teacher conference where we’re told how much they enjoy my child.
- having your child go to bed before you do.
- when your wise six-year old, whom you feared would reject the Feingold Program, asks “Mommy, will you please give me the list when I’m a grown-up so I’ll know what’s good for me to eat?”
- having a bath/bed routine that takes 20 to 30 minutes less per night than it did pre-Feingold.
- when you’re having a play date and your kids are not the ones pitching a fit.
- having a family life and enjoying my son again.
- having another child over to play and just relaxing while the kids play nicely.
- saying “no” and having that be the end of the discussion.
- walking past a bin of candy at Toys-R-Us and picking up a bag of candy to read the ingredients, and my 5 year old looks at me squarely and says “Don’t even *think* about it, Mama.”



- Melissa believes “Easy is having a dinner party and knowing that I will be able to get both kids down at a reasonable hour and have a nice time with our friends. I’m not worried (too much) about what the behavior will be like. I would never have tried this before Feingold.”
- Lynne wrote, “Easy is picking up my daughter at day care and seeing her playing ‘Beach Party’ where she has a blanket spread on the floor, sunglasses on (along with various other costuming) and a beach bag, and she is LAYING DOWN on the blanket! And that is the game! And then the teacher relates to me that she has had a wonderful day, without Dear Daughter pulling on my sleeve and singing me a song at the same time.”

## Paint

The smell of paint can be an irritant for chemically sensitive people, not only when it is first used, but even after it has dried and continues to release fumes.

Researchers at Johns Hopkins University found that many of the chemicals that go into making paint are suspected carcinogens (cancer-causing agents). Years ago paints often contained lead in the pigments (coloring), and mercury. Fortunately, most paints today are free of these toxic chemicals. However, some paints contain cadmium, chromium, ammonia and formaldehyde, as well as drying agents, fungicides and other preservatives.

The chemicals that give traditional paints their odor have been found to cause health problems in sensitive people. These can include: nausea, dizziness, eye irritation, respiratory problems, as well as more serious health effects, especially in those who suffer from weakened immune systems, chemical sensitivities or asthma. Children, pregnant women and people with respiratory illness are most vulnerable, but paint vapors are harmful for anyone.

Over a period of time the emissions from paint gradually diminish. As the public has become aware of the problems there have been new formulations

*Continued on page 4*

The Feingold® Association of the United States, Inc., founded in 1976, is a non-profit organization whose purposes are to generate public awareness of the potential role of foods and synthetic additives in behavior, learning and health problems and to support its members in the implementation of the Feingold Program. The program is based on a diet eliminating synthetic colors, synthetic flavors, and the preservatives BHA, BHT, and TBHQ.

*Happy Mother's Day!*

## Connor's Story

I had not expected motherhood to be so difficult! It's the hardest job I have ever had, even compared to thirteen years of teaching high school special needs students.

Connor was a ball of energy, to say the least. He did not sleep through the night, was defiant, did not respond to discipline and was like a time-bomb ready to explode. My younger son, Maclean, was in constant fear of being hurt by his brother's explosive behaviors. Now, thanks to the Feingold Program, we are leading a happy healthy life. This is Connor's story.

On the day of his first birthday, Connor threw himself back on the hard tile kitchen floor, hitting his head. This was the first of what would be many temper tantrums. I thought this was an early beginning to the terrible twos until I had my second son four months later and realized that it was not normal behavior and that being a mother should not have to be this difficult.

At his one-year-old well visit I told his pediatrician about some of the behavior problems Connor was having. The doctor said, "You're lucky, he's going through his terrible twos early." A year later the same pediatrician said, "That's the way two-year-olds act...He's three...He's four...." The other doctors in the practice recommended parenting books and suggested I make an appointment with the practice's psychologist.

But none of this made sense. I felt that with a Bachelor's and Master's degree in special education, plus a post-master's certificate as a learning disabilities teacher, I knew what they would suggest. For over thirteen years prior to Connor's birth, I taught high school students diagnosed with ADD and ADHD, as well as emotional, neurological and perceptual impairments.

The students responded positively to my behavior modification system of rewards and consequences but Connor defied every tactic I had learned. He did not respond to the consistency, follow-through and regimen the text-

books taught. It seemed that Connor's problems were more likely to be chemical and I wondered if the medication I hated so much was what my son needed. I felt like I was losing my mind, not to mention my sense of humor. Our youngest son was suffering and I don't need to explain what an unruly child can do to a couple's relationship. I just knew my husband and I had to do something.



Super heroes/super kids  
Connor and Maclean

The preschool Christmas pageant, documented on video, was a true dose of reality. Four-year-old Connor flew off the stage, refusing to participate. He curled up in a ball, flailing his arms and legs when anyone attempted to get near him. A friend commented, "You've really got your hands full." She had no idea!

Shortly after that we traveled to Florida for a holiday visit with my parents. They told me we needed family counseling and that Connor needed to see a psychologist. I agreed that we needed something; I resented my role as a mother and resented my child. I felt exhausted and desperate.

Looking back, I see that all the candy rewards I handed out to my sons were only fueling the fire. By the time my husband got home from work I was completely wiped out. Many times I called him at work and begged him to come home to help me. I didn't know I was creating the problem!

In January of 2001 I was searching the library shelves for some answers and stumbled on the Feingold diet, thanks to the book *Why Can't My Child Behave?* and our lives changed dramatically. I never thought Connor would be sensitive to food, especially apples. It turned out that apples and apple juice, plus the colored cereals, "fruit" snacks, and the one or two candy rewards I gave him daily were the aliens responsible for taking our little boy from us!

In addition to the Feingold Program, I cut way back on the milk Connor drank. In less than 48 hours I saw a smiling, singing, happy little boy. When he reached out to hug and kiss me goodnight I thought I would cry. My husband and I shook our heads in disbelief, just waiting for the tables to turn. The good behavior stayed, but within a week, the boy who never got sick ran a high temperature with bed-sweats. It was short-lived, and we believe it was a type of "de-tox" of chemicals that had accumulated in his little body.

Friends and family cannot believe how Connor has "matured." We know it has nothing to do with maturity and others have learned this after they gave him the wrong food. When camp counselors gave him an unapproved cookie on an empty stomach Connor quickly turned into a defiant boy, terrorizing the children in the baby pool, hiding under furniture and refusing to come out. The peanut butter sandwich in his backpack helped quell the reaction, and needless to say, they never slipped up again.

Just think how much easier they would have it if they gave all the children acceptable snacks. I've tried to intervene and hope to buy snacks for the whole program this summer.

I recently took my 3-year-old, Maclean, to the pediatrician for a well visit and saw an article in their monthly

*Continued on page 3*

## Asthma

About 36% of the asthma sufferers in the United States are children under age 18. The child who has a sudden asthmatic attack in school may need to have speedy access to medicine to open his airways, but often the medicine is locked away in the principal's or nurse's office.



Zero-tolerance schools face another problem. Prescription inhalers typically contain albuterol, a drug that works quickly to provide relief for the asthmatic, but is abused by some teens.



Sports could pose an additional problem for the child in school. In February *The Lancet* published the result of a study of several thousand children living in Southern California, where smog is a big problem. The researchers found that children who live in high-smog areas and take part in sports are at higher risk for developing asthma than non-athletes.



Last year the *New England Journal of Medicine* found that inhaled steroids, a commonly used asthma treatment, causes bone loss in young women.



### Connor's story, from page 2

newsletter about controlling unwanted behaviors. I was surprised to see they recommend medication for toddlers and told my doctor that after many years of struggling Connor is a new child thanks to the Feingold diet. He put his face directly in mine and said, "Diet is bogus!" I said it worked for my child. Needless to say, we are no longer at that pediatric group.

I believe that diet played a part in my younger son's chronic ear infections, rounds of antibiotics and speech delay. Now, after one year on the Feingold Program, Maclean has had no ear infections and no antibiotics.

## "Arsenic and Old Lumber"

With the arrival of spring many homeowners will be building decks, fences and backyard wooden play sets, but chances are they will not be told of the potential dangers of the chemicals used to protect the wood from insects and rot.

The most widely used chemical is chromated copper arsenate (CCA), an arsenic-based pesticide used in 90% of pressure-treated wood. (Arsenic is a poison made famous in the play *Arsenic and Old Lace*.) Another preservative, pentachlorophenol (penta), is used on utility poles, and creosote is best known as a treatment for railroad ties.

Researchers at the University of Florida found elevated levels of arsenic in the soil around wooden decks and boardwalks that have been treated. They caution that children can get substantial amounts of arsenic on their hands from touching treated wood playground equipment and decks, especially if it is new lumber. Children are believed to be at highest risk from exposure to arsenic and penta. These preservatives have been linked to cancer, birth defects, kidney and liver damage, disruption of the endocrine system, and death. Penta is typically contaminated with dioxin and workers who paint it on poles in the field face a high risk of cancer.

Less toxic chemicals are available, but wood products that use it sell for 10% to 20% more than the traditionally treated lumber.

Arsenic-treated lumber is being phased out, but structures already built will continue to leach out the chemical, although the amount being released drops significantly as the lumber ages. The Environmental Protection Agency is not recommending that homeowners remove existing structures, but environmental groups suggest painting the lumber with a sealant such as an impervious paint or urethane-type coating. (AFM Enterprises sells sealants; their phone number is 800-239-0321.)

The Environmental Working Group, a critic of the government's policies on toxins such as CCA, offers arsenic testing kits via [www.ewg.org](http://www.ewg.org).

Another carcinogen, creosote, has been banned in the European Union, but 124 million gallons of it are still being used annually in the U.S. The National Coalition Against the Misuse of Pesticides has petitioned the EPA to ban creosote, citing more effective materials for railroad ties. Ties made from recycled plastics, steel and concrete have all been found to be more durable and environmentally friendly than creosote treated wooden ties.

Like many parents of chemically-sensitive children, we are continuing to learn more about how to help our son. There are times when Connor has episodes of uncontrollable behaviors, and I suspect it's because we are not staying on as careful a diet when we are away from home. Happily, I have found that some homeopathic remedies can stop such a reaction. Our new pediatrician supports both the Feingold Program and our use of homeopathy. We have also had good results using natural enzymes, which seem to increase his food tolerance.

Many people believe it's difficult to have Connor on a special diet but I simply tell them it's not as difficult as dealing with him when he isn't on it.

Life is back to normal after four and a half years and we are enjoying the simple things. I can take a shower while the boys play independently together downstairs. My husband and I don't have to eat dinner at 8:30 after we put the boys to bed. We can go out in public without feeling like a freak show. We are not sleep deprived and Connor sleeps through the night.

I am upset that we had so much unhappiness and wish I had discovered this simple diet years ago. But I am thankful that we can lead happy and sane lives from this day forward. I only wish moms, dads, and grandparents raising difficult children knew what I know now.

Susan A. Kelly



introduced that are much lower in the offending chemicals, referred to as "volatile organic chemicals" or VOCs. When most people hear the word "organic" they think of natural, healthy foods, but chemists use the word to refer to anything that contains carbon -- that includes plants, animals, humans, and even petroleum!

As the connection between paint fumes and air pollution became more evident, laws were passed to encourage the option of cleaner products, and a growing number of paints were developed with low or zero amounts of VOCs. The law determines the VOC level of a paint not by the amount of indoor air pollution it creates, but on the basis of how much it contributes to the creation of smog. Some paint manufacturers removed VOCs but

added ammonia and other undesirable ingredients because they don't contribute to the formation of smog. Nevertheless, a paint with low or zero VOCs should be a good choice for families on the Feingold Program, and certainly preferable to older formulas.

Low VOC paints, stains and varnishes use water as a carrier instead of petroleum-based solvents, according to [eartheasy.com](http://eartheasy.com), a web site for environmentally healthy products. The amount of VOCs varies among "low-VOC" products and is listed on the label. Paints and stains must not contain VOCs in excess of 200 grams per liter, but sensitive people should look for paint with fewer than 25 grams/liter of VOCs. Paints with "zero VOCs" may contain a tiny amount according to standards of the Environmental Protection Agency, but they will have less than 0.5 grams/liter.



### Consumers have many options:

- Water-based latex paints are easier to use than oil-based, and many are low in VOCs. The newer latex paints are more durable than older versions and are generally a better choice for sensitive people than oil-based.
- Oil-based paints typically give off more of an odor, and although some are labeled low VOC, they can still be a problem for sensitive people.
- Paints can be made from natural ingredients including plants, minerals and even milk.
- The coloring pigment in the paint typically contains the most harmful ingredients. Paint can be used with no added coloring, thus getting rid of the VOCs.
- Lime wash contains no VOCs and can be blended with natural pigments for a subtle, mottled coloring.
- Milk has been used as the basis for paint as far back as ancient Egyptian times. Until the mid-1800s people made their own paint from milk protein, quicklime and natural earth pigments. This forms a tough paint that is durable and does not easily fade. Today milk based paint can be ordered in powdered form.
- Paint can be avoided entirely by blending a color tint in with plaster before it is applied to walls. This works well where you want more subtle coloring with slight variations.

Old buildings often contain lead-based paint. Homeowners can use a test kit to determine if there is any lead content, but should never attempt to sand or strip paint with lead; this requires a professional with the appropriate tools and experience.

Most major paint companies now carry a low- or no-VOC line; check the back of the label and look for VOC content. The paint dealer should be able to provide a Material Safety Data Sheet with more details.

### Brands

Many highly sensitive people have had success using the paints and other decorating products available from **AFM**, a company located in San Diego, CA. AFM makes zero-solvent water-based paints for both interior and exterior surfaces. Their line of Safecoat primers and paints can be found at: [www.afmsafecoat.com](http://www.afmsafecoat.com) or call (800) 239-0321.

#### Seattle's Best Paint Company

Low-biocide paints can spoil if they are not used quickly, even if the container is unopened, but Seattle's Best claims a long shelf-life by using a canning preservative that should not pose any problem. You can order no-VOC, no-fungicide, low-biocide (pesticides & preservatives) paints with natural pigments. It is available in both interior and satin finish exterior grades. (206) 783-9938.

**ChemSafe Products** - both interior and exterior paints have consumer-friendly ingredients. (210) 657-5321.

**Earth Tech Paints** of Colorado offers water-based paints with very low odor, designed for interior surfaces. They sell low VOC natural wood stains and sealants. They also have wood and masonry preservatives and solvent-free adhesives. Call (303) 449-1876 or visit [www.ecoproducts.com](http://www.ecoproducts.com)

**Miller Paint Company** in Portland OR has low biocide, no-VOC paints (503) 223-4021

**Livos Phytochemistry** sells natural stains and waxes (for woodwork) made with cold-pressed food-grade linseed oil. Their number is (508) 477-7955. [www.livos.com](http://www.livos.com).

**Eco Design**, Santa Fe, NM (800) 621-2591

**Basic Coatings**, Des Moines, IA (800) 247-5471

**Pace-Chem** water-based sealers - Ventura CA (800) 350-2912

**The Old Fashioned Milk Paint Company** in Groton MA has a product that is durable while it gives an antique finish. See [www.milkpaint.com](http://www.milkpaint.com) or call (978) 448-6336.

**Sawyer Finn Natural Milk Paint** makes a powdered milk paint in many colors. See [www.sawyerfinn.com](http://www.sawyerfinn.com).

*Continued on page 5*

## Other low or zero VOC paints:

Benjamin Moore - Crayola and  
Pristine Eco Spec Paint,  
Stays Clear Acrylic Polyurethane  
Carver Tripp - Safe & Simple  
Cloverdale - EcoLogic  
Coronado Paint Company  
Devoe - Wonderpure  
Duron - Genesis Odor-Free,  
EverLast Dutch Boy - Low Odor  
Kid's Room Paint, Low Odor  
Formula Ceiling Paint, Low Odor  
Multi-Purpose Primer  
ICI-Dulux Paints - Lifemaster 2000,  
Kelly Moore - Enviro-Cote  
McCormick - Natural Odor Free  
Muralo Co., Bayonne NJ- MX 200  
Pittsburgh Paints - Pittsburgh Interior  
Zero-VOC, Pure Performance  
Progress - Kurfees Fresh-Air  
Formula  
Sherwin-Williams- Harmony,  
Health Spec Low Odor Interior  
Latex Enamel  
Yenkin-Majestic - Pride

For removing paint, Dumond  
Chemicals Inc makes Peel Away Paint  
Removal Systems. Call (212) 869-  
6350 in New York and (216) 736-9079  
in Cleveland, Ohio.



## Handyman Hints

Paint at a time of year when you can  
keep the windows open, preferably for  
several days. An exhaust fan can be  
mounted in the open window to speed  
drying and the removal of any odors.  
Even after you no longer detect any  
odor, it's a good idea to continue to  
keep the windows open, preferably for  
72 hours, because the paint will con-  
tinue to release chemicals. Also avoid  
painting when it is very humid since  
this will delay the drying and could  
produce mold.

## Subway

Here is a preliminary report of foods identified as being most  
likely to be well tolerated by Feingold member families.

Thanks to all of you who wrote to  
major restaurant chains, asking  
about their ingredients, and who sent  
us copies of their replies. If you need  
another copy of our form letter, see the  
web site [www.feingold.org](http://www.feingold.org).



## Good Choices

### Breads:

Italian Bread  
Wheat Bread (CS)  
Asiago Cheese Bread  
Country Wheat Bread  
Hearty Italian Bread  
Sesame Italian Bread  
Sourdough Bread  
Wrap

### Fillings:

Roast Beef (CS)  
Tuna (MSG)  
Processed American Cheese  
Parmesan Cheese  
Provolone Cheese  
Swiss Cheese  
Lettuce  
Onions  
Tomatoes\*  
Green Peppers\*  
Olives  
Jalapeno Pepper Slices\* (SB)

Subway has provided a great deal of  
information, although there are still  
questions we need to resolve about  
some ingredients. The company en-  
courages consumers to refer to their  
web site for the most up-to-date infor-  
mation about ingredients. See  
[www.subway.com](http://www.subway.com).

Please remember that ingredients  
can change at any time.

### Condiments:

Oil  
Mustard  
Salt  
Pepper  
Vinegar\*

### Sauces:

Southwest\* (CS,SB,MSG)  
Asiago Caesar\* (CS,SB,MSG,SF)

### Cookies:

Sugar  
Oatmeal Raisin\*

### Symbols:

\* = salicylate  
CS = corn syrup  
SB = sodium benzoate  
SF = sulfites  
MSG = monosodium glutamate  
and related additives

## The Environmental Protection Agency offers suggestions for storing and disposing of paints.

1. Buy only what you need at the time. One gallon of paint typically covers 250 to 350 square feet.
2. Store paint so it will last longer. Lay a piece of plastic or a plastic shopping bag over the top of the open paint can. Place the lid over this and press down firmly to seal it. You should be able to turn the paint can upside down and create an air-tight seal.
3. Use up leftover paint as a primer for another job, or to freshen up the inside of closets.
4. You may be able to return unopened cans of paint to the store; or donate them to a school, church or charity.
5. Empty cans or cans with dried paint can be put out with other trash for regular pickup.
6. Dispose of leftover latex paint by first adding shredded paper or kitty litter to solidify it.

May 2002

## Did you get your sticker?

In April of 2001 *Pure Facts* readers received a "static cling sticker" with their newsletter. It gives the alternative name for our web site: [www.ADHDdiet.com](http://www.ADHDdiet.com) and has proven to be an effortless way to tell others about the help we provide.

The non-adhesive plastic decal is designed to be placed on the inside of the back window of your car and it can be removed at any time. (The side of the plastic strip that faces a cardboard backing is the side that will cling to glass.) Peel it off the white backing and apply on a day when the temperature is at least 50° as it will not stick well if it is colder than that. Once it is affixed to the glass it will cling in both hot and cold weather.

If you did not receive a sticker, or if you would like to have a decal for a second car, contact our Virginia office at (703) 768-3287, or e-mail [Jane@feingold.org](mailto:Jane@feingold.org), or write to us at Post Office Box 6550, Alexandria VA 22306.



## Remembering Joan Falconer

FAUS thanks the friends and family of Joan Combe Falconer, who passed away in March, for their donations in her honor. She was a long-time member and worked with us to assist families in her home state of Idaho.

Grandmother of 11 and great-grandmother to 13, Joan was very concerned about the harm that food additives can cause children.

She was highly chemically sensitive and helped us to learn about how a sensitive person can cope in a world filled with synthetic chemicals. Joan and her husband, Bob, described their efforts to find new carpeting that would not "out-gas" (give off harmful fumes). An area merchant had a roll of carpeting in his warehouse that had been all but forgotten. It was stored there for years and any fumes were long gone. He also found a roll of padding to go with it. The Falconers got their new carpeting, and ended up buying the man's living room furniture, which was just old enough to have lost any odors.

The contributions sent in Joan's memory will be used to share information on diet, behavior and learning with Idaho families. Even after her death, Joan's work on behalf of children will continue.

## *A Special Thank You to Lynn*

Long time volunteer, Lynn Murphy, has announced her retirement after many years of service to FAUS and its members.



Not long after Lynn began using the Feingold Program to help her little boy, Joey, she became a volunteer for the Feingold Association in the San Francisco Bay area. She is the kind of woman who does not sit back and wait for someone else to fill a need. Lynn rolls up her sleeves, takes on the job, and does it exceptionally well.

She first served her local Bay Area chapter in many capacities and went on to play a pivotal role in the development of the Feingold Association of the U.S. Lynn served as our national President, then as the Executive Director. She oversaw the development of an informational videotape in the late 1980s, and appeared on it with her family. Lynn designed new materials, held workshops, participated in health fairs on behalf of the Association, and hosted two of our national conferences in the San Francisco area.

She was also involved in gaining publicity for the Association and appeared on TV with her son, Joey. In fact, everyone in the Murphy household was involved in our work, and her mom (Lois Miele) served as our Product Information Committee chairperson for many years.

Her time working for the California group, Parents Helping Parents, gave her valuable experience in the operations of a nonprofit association, and she passed on her knowledge to her colleagues at FAUS.

Lynn also taught us about fundraising, and about the 5% day offered by supermarkets and natural food markets.

There surely are many more accomplishments to note, but she is a modest person who doesn't focus on herself, but on offering a kind word and a ready smile to everyone else.



## FAUS Product Information Center Report from Donna Curtis

### Product Caution

The WILTON candy making products currently on your Foodlist are no longer in production. The company does make candy melts which sound similar to the recently discontinued product, but they are not acceptable for use on the Feingold Program.

### Product Change

HYLAND'S Inc. has completed new inquiry forms and there have been a few changes. HYLAND'S C-Plus Cold Tablets contain raspberry flavoring and should be moved to Stage Two of your Foodlist. Cough Syrup with Honey now has SB (sodium benzoate) as a preservative. The Teething Tablets remain on Stage One but with the added note: trace amounts of coffee.

### *From our "Say It Isn't So" file*

In the February issue of *Pure Facts* we reported on a nicotine lozenge called Ariva, described by its manufacturer as a "cigarette." We sarcastically asked if the next step would be a nicotine candy. Well, guess what. Some pharmacies have been selling nicotine-laced lollipops and gummy bears!

The Food and Drug Administration ordered stores to stop selling them, as well as nicotine lip balm, because the agency says they are drugs being dispensed without a prescription.

Nicotine lollipops and gummy bears — isn't that just what American kids need!

### More about fluoride

The March 2002 *Pure Facts* described the work Dr. Roger Masters of Dartmouth College has been conducting on the negative effects of fluoride. He wrote to clarify the various forms being added to drinking water. Dr. Masters tells us that "sodium fluoride, also used in toothpaste, was tested for addition to public water supplies but is now used in less than 10% of fluoridated systems. Either of two different compounds which have never been tested for safety — hydrofluorosilicic acid and sodium silicofluoride ("silicofluorides") — is now delivered to over 140 million Americans. German research indicated that silicofluorides are handled differently by the body than naturally occurring fluoride or sodium fluoride."

(Fluoride supplements and topical treatments generally contain synthetic dyes and flavorings, and many families report that their children react negatively when they ingest fluoride in any form.)

## PIC Report

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

### Stage One

BREYER'S Ice Cream (black containers, **not** "no sugar added"): All Natural Chocolate Chip Cookie Dough (SF)  
CHRISTOPHER RANCH Chopped Garlic in Water,

Minced Garlic in Water, Roasted Garlic Cloves  
CRYSTAL FARMS Butter: Sweet Cream, Unsalted  
HY-VEE (Hy-Vee) Health Market All Natural Cookies:

Double Chocolate (Midwest only)  
POWER DREAM\* Natural Energy Drink: Mango Passion  
RICE DREAM\* Refrigerated Enriched Non-Dairy Beverage:  
Original, Vanilla

SANTA BARBARA OLIVE CO. California Jumbo Pitted  
Ripe Olives ([www.sbolive.com](http://www.sbolive.com))

SKINNY Corn Chips - Original

SOY DREAM\* Organic Dreamwich, Vanilla Heavenly Pie;  
Enriched Non-Dairy Beverage: Original, Vanilla; Organic  
Lil Dreamers MultiPack: Chocolate, Vanilla; Organic Non-  
Dairy Frozen Dessert: Butter Pecan, Chocolate, Chocolate  
Fudge Brownie, French Vanilla, Mint Chocolate Chip,  
Vanilla; Organic Rocket Bar; Chocolate, Vanilla;

Refrigerated Enriched Non-Dairy Beverage: Chocolate  
TILLAMOOK Sweet Cream Unsalted Butter (found in AZ, CA,  
CO, ID, MA, MI, MN, MO, MT, NJ, OH, OR, TX, UT, WA)

VITA-SPELT\* Spelt Pretzels: Organic (White) Spelt Pasta:  
Angel Hair, Elbows, Lasagna, Penne, Rotini, Spaghetti;  
Spelt Sesame Sticks: Cheddar, Garlic, Salted, Sour Cream  
& Onion

WALLABY\* Yogurt (possible trace amounts of salicylate in  
citrus pectin): Fruit Juice Sweetened Vanilla,  
Organic Lowfat Vanilla

### Stage Two

AMERICAN SPOON Great Lakes Seafood Sauce (bell  
peppers); Salad Dazzler 100% FatFree Dressing: Herb-  
Mustard (poss SF, grapes, wine vinegar), Tangy Ginger  
(poss SF, grapes, peppers, wine vinegar)  
mail order: [www.spoon.com](http://www.spoon.com) (888) 735-6700

BREYER'S Special Edition Chocolate Caramel Nut Ice  
Cream (CS, SF, apples & oranges in pectin),  
Take Two Natural Vanilla & Orange Sherbet (CS, SF)

GRAINAISSANCE\* Organic Mochi: Pizza (tomatoes),  
Raisin-Cinnamon

HY-VEE (Hy-Vee) Health Market All Natural Cookies:  
Apricot Delight (apples, peaches) - Midwest only

KOGEL (MI & OH only) Beef Skinless Frankfurters  
(CS, paprika)

VITA-SPELT\* Spelt Sesame Sticks: Cajun (peppers, tomato)

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.

## CT scans in children

The Food and Drug Administration (FDA) has cautioned radiologists that the 1.5 million American children who receive CT scans each year might be getting hazardous amounts of radiation from these high powered X-rays.

CT, or "computer tomography" machines are able to take detailed pictures of cross sections of the human body. Unlike ultrasound or MRIs, CT technology exposes the patient to a high dose of radiation.

Most machines are calibrated for the size and weight of an adult, and few medical facilities, according to the FDA, take this into account when they make CT images of a child.

If your child is scheduled to have a CT scan, and it is not an emergency situation, find out if the radiologist is following the recommendations of the American College of Radiology and the Food and Drug Administration.

If your child will be hospitalized, be sure to review the section in your white binder about ways you can make a hospital stay as trouble-free as possible.

## Last Call for Calendar Photos

Each year FAUS publishes a School Year Calendar and mails it to members in the United States at the end of summer. The calendar features useful tips for living happily on the Feingold Program, along with information on new and hard-to-find products. It also features pictures of our Feingold children and teens. We are looking for informal photos, especially seasonal activities. They can be color or black & white, as long as the image is not blurry. (Do not send portraits or school photos, please.) You are welcome to include a description of the activity or some information about your child and how the Program has affected your family.

Please write the child's name and address on the back and mail to FAUS, PO Box 6550, Alexandria VA 22306. The photographs will be returned to you after the calendar has been printed.

## Contact Dermatitis

Tomatoes are one of a group of foods that have been found to trigger contact dermatitis in some people. Contact dermatitis is an inflammatory skin disorder that causes redness and itching.

A natural plant extract known as Balsam of Peru contains chemicals that are also found in citrus fruits, spices (including vanilla), cola and other sodas, chocolate, and tomatoes. The regimen that removes these foods is called a "balsam-related diet."

A study testing this diet found that nearly half of the patients who suffered from contact dermatitis improved significantly when they avoided the above foods. Since we know that tomatoes and some citrus fruits can trigger hives and other skin disorders in salicylate sensitive people, it would be interesting to know if there is any overlap between balsam-related foods and natural salicylates. It would also be interesting to know if the vanilla used in the test was pure vanilla extract, if the chocolate was free of synthetic vanilla flavoring, if the spices included cloves (a salicylate), and what ingredients were in the cola.

"Balsam-related Systemic Contact Dermatitis" *Journal of the American Academy of Dermatology*, September 2001.



## Forced Vaccination?

In the wake of the September terrorist attack, new concerns have been raised about the threat of bioterrorism and the renewed use of a smallpox vaccine.

The safety of such a vaccine is a volatile issue, as is the prospect of public health officials forcing it on citizens.

The National Vaccine Information Center (NVIC) has published a comprehensive report: *Smallpox and Forced Vaccination: What Every American Needs to Know*. The paper is a well documented discussion of the limitations of current vaccines and the danger citizens face both from untested vaccines and from new proposals to give public health officials the power to mandate their use.

The report is available at the NIVC web site: [www.909shot.com](http://www.909shot.com)

## Pure Facts

Editor: Jane Hersey

Contributing to this issue:

Kathy Bratby

Donna Curtis

Debbie Jackson

Barbara Keele

Gail Wachsmuth

*Pure Facts* is published ten times a year and is a portion of the material provided to members of the Feingold Association of the United States.

Membership includes the Feingold Handbook, Recipes & 2 Week Menu Plan, regional Foodlist containing thousands of acceptable U.S. brand name foods, a telephone and e-mail Help-Line, and a subscription to *Pure Facts*. The cost in the U.S. is \$69 & \$8 shipping. A *Pure Facts* subscription, if ordered separately, is \$38/year.

For more information or details on membership outside the U.S., contact FAUS, 127 East Main Street, Suite 106, Riverhead, NY 11901 or phone (631) 369-9340.

The articles in this newsletter are offered as information for *Pure Facts* readers, and are not intended to provide medical advice. Please seek the guidance of a qualified health care professional concerning medical issues.

[www.feingold.org](http://www.feingold.org)

© 2002 by the Feingold Association of the United States, Inc.