

Pure Facts

Newsletter of the Feingold® Association of the United States



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Nutrients and behavior — an undeniable link

A new study demonstrating the role of nutritional supplements in normalizing the behavior of violent offenders has been published in the *British Journal of Psychiatry*.

C. Bernard Gesch and colleagues at the University of Oxford conducted a double blind, placebo-controlled study of nutritional supplements on 231 young adult male prisoners, and compared disciplinary offenses before and during the time they received the supplements.

Vitamins, minerals and essential fatty acids were given to half of the inmates, and placebos (dummy pills with no nutrients) were given to the others. All of the inmates ate food that is typical of Western diets — containing synthetic additives and lacking in many important nutrients.

The researchers recorded the number and type of offenses each of the prisoners committed during a nine month period before the nutrients were given. They continued to document inmate behavior during the nine months the supplements were given.

Those prisoners who received the active pills committed 26.3% fewer offenses than they had in the previous months, and there was a 40% reduction in violent offenses. The men who received dummy pills continued to behave as they had all along.

“The supplements just provided the vitamins, minerals and fatty acids found in a good diet, which the inmates should get anyway. Yet the improvement was huge,” Gesch wrote.

This work is significant, not only because of the positive results that have been shown in a carefully controlled study, but because it has been published in such a highly respected, traditional journal. This is a first.

Continued on page 4



Editorial: Report highlights problems in identifying ADHD

The U.S. Centers for Disease Control and Prevention (CDC) has issued a report that raises troubling questions about diagnosing ADHD.

The report, titled “Prevalence of Attention Deficit Disorder and Learning Disability,” is based on national surveys conducted in the United States from 1997 to 1998.

At that time they found that about 1.6 million, or 7% of the children ages 6-11 years old, have been labeled ADHD by a doctor or health care professional. The criteria used to make the diagnosis has been brought into question since there is much disparity about who does and does not receive such a diagnosis. Most of the children labeled with ADHD were boys, which has long been the pattern. But there

was a big variation based on race and on access to health care. Non-hispanic children were more likely than hispanic children to be diagnosed, and white children were more likely to be labeled as ADHD than black children. Those families with health insurance were more likely to have a diagnosis than those without.

This is not the first time a government agency has found that there are variations in diagnoses that appear to be arbitrary. One participant at the National Institutes of Health’s 1998 conference on ADHD summed up their findings: “Diagnosis is a mess!”

The Feingold Association has long called upon professionals and governmental agencies to consider the many possible reasons a child may be having behavior or learning problems. We have asked them to take a hard look at the studies, particularly those that show the limitations of stimulant drugs and those that show the effectiveness of other methods, including diet.

Since the CDC survey, the use of drugs for toddlers has accelerated, and the numbers of children labeled ADHD has increased. It’s time to make sure there is a correct diagnosis receiving the appropriate treatment.

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.

When it comes to behavior problems, boys generally receive most of the attention. They are more likely to be physically overactive and aggressive toward other children. The symptoms for girls are usually different, but just as painful. Here are stories of two Feingold teens. Unlike so many of the teenage girls now exhibiting violent behavior, both of these girls came from stable, loving homes. And both ate typical American food; they did not live on diet colas or suffer from eating disorders. One can only imagine how many teenage girls with those unhealthy eating habits are being affected, and how many more problems American junk food causes for girls from unstable homes.

A Dad's Story

A friend encouraged me to try the Feingold Program and without that encouragement we would never have tried such a thing that, at the time, I thought was ridiculous. This is what life was like with my daughter then, at age 12, in the 7th grade.

I had phone phobia. We got frequent phone calls from parents of Stephanie's classmates telling us about yet another thing Stephanie had done to their child. I had a similar phobia with her teachers. I would see a teacher approach me and I would cringe. Another tale of Stephanie's misbehavior.

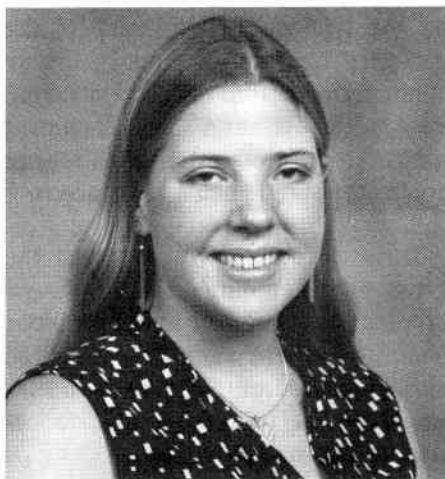
Two teachers told us on different occasions that no one wanted to sit next to Stephanie. They immediately move their desks away if they are next to her.

Stephanie had no friends and no contact with anyone her age outside of school. No one ever called her.

She had alienated her classmates long ago with her weird behavior. This really hit us between the eyes on her birthday. We offered to take her and a friend to Disney -- expenses paid -- for an overnight trip. (We live in Florida.) Guess how many kids wanted to go? None. We went alone. She had poor attendance at prior birthday parties but this was the ultimate. It drove home to us how socially isolated she really was.

Her self esteem was less than zero.

Stephanie had very few good days. I began watching the other kid's faces when they were picked up by their parents. Generally they were smiling. Stephanie never smiled. She immediately began complaining the second she got in the car — negative all the time.



Worst of all, she would have violent destructive rages at home. We didn't know what would trigger them. She began seeing a psychologist. My wife and I began serious talk about hospitalization and boarding school. This all didn't start magically one day. It was an accumulation of issues that had been going on all her life.

Then in the summer I began reading about the Feingold diet. I thought "What B.S. How could anyone react to things so commonly available?" Then one day we had the "pizza revelation." Steph went the whole day without Ritalin, VERY unusual. She was calm all day until dinner. Then I realized she had eaten a hefty dose of foods with the "illegal" additives throughout the day. Within an hour after the pizza she was wild. This motivated me to learn more. It cost \$50 for the program kit then, and it was the best money we ever spent. It changed all our lives for the better.

This is what her life was like at 13, in the 8th grade. Her teachers now

approach me and tell me how great Stephanie has been, how she has "matured" etc. Zero phone calls from upset parents. Stephanie was student of the week the first week of school! She even made safety patrol!

Her teacher told us that her behavior is fine with people who sit next to her — she doesn't bother them at all.

Her self esteem is at an all time high.

She now has friends and just recently Mom grounded her from the phone. She was on it WAY too much and we could never use it. She stopped going to the psychologist (at the psychologist's suggestion). She doesn't need to go anymore. We also stopped her Zoloft (antidepressant) and cut down on Ritalin. Gone is the talk of boarding schools, etc. No rages. The family life stress level is wayyyyy down. I never realized how much time was spent dealing with her issues. Life is peaceful. She is actually happy. When I pick her up from school it's no longer a marathon complaining session.

Stephanie held a beginning-of-the-year-party at our house and it was a HUGE success. Everyone came who said they would, which was nearly everyone. Her social status soared. This year for her birthday she had so many people she wanted to invite we had to put a limit. She had a sleepover and it went great. Quite a contrast from last year.

Stephanie is now 17 in the 12th grade. Her success continues.

Richard M. D'Orazio

A Mom finds answers

I started my 13-year old daughter on Feingold on April 14th. Prior to that she was having a difficult time with school, sports, peers and family.

Katherine was referred to the school counselor and they had suggested that she start seeing a professional counselor/psychologist. This was not the first time a teacher had made such a recommendation, and I decided I needed to act on it. I spent several months taking her, with no apparent change, except that she was now taking Adderall. After reaching the dose of 30 milligrams per day I could see no change and weaned her off the medicine. I also discontinued our visits to the counselor.

By this time her behavior had become very disruptive and the school suggested I allow them to conduct a psychological profile. The outcome of this profile was alarming. The tests indicated that she was showing signs of suicidal tendencies. I was shocked and scared, as I never imagined my daughter was feeling so bad.

She was depressed and very angry.

I knew it was time to make a decision about our next step in battling her behavior problems. I had learned about Feingold from a neighbor and thought, "It's definitely worth the try." I went to the website and after spending a few hours reading I knew I wanted to sign up for Feingold.

As I mentioned earlier, we started Feingold in April. About two weeks into the program we began to notice very positive results. The arguing, shouting, and screaming disappeared. The restless nights of disturbed sleep became peaceful slumber. Kathy's wardrobe of all black clothes and huge black boots turned into jeans, T-shirts and sneakers. All of a sudden my daughter had friends calling to spend the night or to ask her to spend the night.

One of my concerns had been about the other children she attracted. And, not surprisingly, there were other parents who felt that way about my daughter. Today her friends are terrific kids, and she is welcomed into their homes.



I received a letter from the school commending her on her academic improvements. She hadn't seemed to care about her school work and received below average grades. Now, she took on homework assignments with an enthusiasm that surprised me. She would ask me to read over what she wrote as she wanted it to be really good.

I also received a call from the school's counselor asking for permission to retest her. The results were astounding. Kathy's profile test scores went from a 50 — reason for serious concern and indicates a child could be a danger to herself — to a 7, which shows stability and good self-esteem.

My daughter has a wonderful life today, and a great future.

Every aspect of Kathy's life had been affected. She had trouble participating in sports because her attention was all over the field; now she's "right there" and can focus on the task at hand. Her success with video games has also soared — no small victory for today's teenager.

Two other rewards are that she has shed some weight, replacing it with muscle, and enjoys clearer skin. Her sisters now find they can relate to Kathy and enjoy being with her — taking into account the normal sibling issues that go on in every family.

She and I can now spend the day together, go to the mall, and have fun. Of course, it helps that I feel calmer and more patient. The girls have noticed that I don't get upset over things as I once did. I sleep better and can focus at work. Our meals are now healthier, and we all feel satisfied with less food since it is a better quality.

Because I work full time, I rely on my crock pot, preparing lots of extras so there will always be leftovers on hand for days when we are hurried.

We are fortunate that Kathy has been able to add back tomatoes, so she can enjoy pizza at home or with her friends. While she has no trouble turning down food, sometimes she pushes the envelope too far.

We can tell when she has slipped up and eaten the wrong type of food. To put it mildly, she's unbearable! When that happens I ask her to list what foods she ate that day and there is always an "unacceptable" item on the list. Then we sit down and discuss what has happened and she realizes now how important and effective this program really is for her.

Now, Kathy is excited about starting 8th grade.

She is not self-conscious about having her story published. Kathy has a wisdom far beyond that of most teens. She knows she's o.k., and that the source of her former problems was in the harmful chemicals food companies use to enhance their profits.

Her younger sister, Karleigh, is also affected by the additives. Like Kathy, she doesn't consider the Feingold Program a big deal. In fact the girls love having special treats delivered to the house, addressed to them. I have been able to find suitable substitutes for their favorite things.

The counselor at Kathy's school is very interested in the Program and I will be giving her both the doctor's packet and teacher's packet.

Linda Jackson

If supplementing a poor diet with good nutrients can improve behavior, the next logical step is to see how well such men would do if they were given basic healthful food, and then, how well would they do with a combination of both?

British professionals have been impressed with the implications of this study. Here are some of the responses it received:

"There are many causes of antisocial behavior. But our project has shown that an important factor is the lack of proper nutrition. The reduction of disciplinary offenses by [approximately] 25% among those who took the supplements cannot be shrugged off as insignificant."

Bishop Hugh Montefiore, chairman of Natural Justice, a research charity investigating causes of crime

"If healthy eating is part of a healthy lifestyle, and a healthy lifestyle is a crime-free lifestyle, I hope they will look seriously at exploiting the evidence presented to them."

Sir David Ramsbotham, former chief inspector of prisons

"This research program promises to have an impact on antisocial behavior with minimal intervention and deserves full support."

Ron Blackburn, professor of clinical psychology at the University of Liverpool

The paper is: **Influence of supplementary vitamins, minerals and essential fatty acids on the antisocial behavior of young adult prisoners.** C. Bernard Gesch, et al. *British Journal of Psychiatry* (2002), 181, 22-28.

Better ways to help prevent violence

Important knowledge on violence prevention has been available for decades, but it is seldom acknowledged or used.



This new study is impressive in many ways, but the information it offers is far from new. Others have worked for decades to demonstrate that diet affects behavior.

Dr. Feingold was one of the early pioneers, starting in the mid 1960s to connect food additives and behavior.

In the 1970s and 80s Barbara Reed was having remarkable success in helping parolees stay out of trouble. Most probation officers had success with only 15% of their parolees; Barbara's success rate was an unheard-of 85%. You can read about her work in the book *Food & Behavior, a Natural Connection*, by Barbara Reed Stitt.

Alexander Schauss is a criminologist who has worked since the 1980s to show how anti-social behaviors can be the result of a poor diet, heavy metal poisoning and environmental pollutants. His book, *Diet, Crime and Delinquency* is a classic.

Practical solutions have been available for many years but most have been ignored.

Stephen Schoenthaler has conducted numerous studies similar to the one just published. He introduced the British researchers to this concept and was available as a consultant.

His work also goes back several decades, and has shown the way to address some of the most serious problems in our society.

Dr. Schoenthaler was the researcher who conducted the landmark study in 803 New York City schools in the 1980s. By removing certain additives and upgrading the nutrition, they brought about a huge increase in test scores.

William Walsh established the Pfeiffer Treatment Center in Illinois to address behavior problems with the use of nutrients. Like the others who have worked in this area, Dr. Walsh's successes have not necessarily changed a deeply entrenched system.

Heavy metals are a serious issue that is overlooked by most despite the work of Bellinger, Weiss and others. Fluoride's role is not acknowledged despite the research by Masters and colleagues which demonstrates its importance.

The role of food additives is ignored by most professionals despite the undeniable connection found by Feingold, Weiss, Egger, Kaplan, Boris, and Rowe & Rowe.

When it comes to behavior problems there is a mindset that says there are only two causes: bad parents or an abnormal brain. With the constantly growing use of drugs to address more and more problems, the financial incentive to keep the old beliefs is even greater. The fact that these old ways of thinking have not worked very well hasn't stopped them from being taught and re-taught. Those scientists who challenge the system have always been a lonely fraternity. Fortunately for us, they have persevered; otherwise we might still be dunking witches.

Doctors recognize the value of vitamins

Reversing a long-standing policy on the use of vitamin supplements, the *Journal of the American Medical Association* has issued new guidelines that doctors encourage patients to take a multivitamin pill every day for optimum health and to prevent many illnesses. (The Feingold Association would add that the vitamin should be free of the synthetic additives we eliminate.)

This represents an enormous change. We can only hope that some day the AMA will take a closer look at the effect of a diet that is not only lacking in nutrients, but that contains harmful additives.

Back to school on the Feingold Program

Getting ready for school once meant new shoes, some new clothes, and a few school supplies. But today schools offer more than education; many now double as candy shop, fast food restaurant and soft drink distributor. The educated parent needs to have alternative food to go in that shiny new lunch box, and to be able to navigate the inevitable class parties and food rewards. Some day it would be nice to return to the time when schools served knowledge in the classroom instead of food, but until then, concerned parents are advised to line up natural versions of those synthetic treats that are sure to come your child's way. There are many of them.



Martha's Mixes

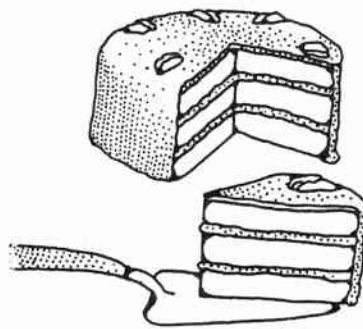
"The children of the U.S. should enjoy the same kind of food I enjoyed growing up on the farm in Minnesota."

Martha Olson took the old recipes from her childhood and used them in her first cafe in La Jolla, California. Diners were treated to natural baked goods, which became the cafe's featured items.

Later she would open additional cafes and begin packaging her recipes in mixes for her customers. These were eventually distributed to natural food stores and area supermarkets. Today, Martha's All Natural baking mixes are available nationwide.

Mixes are available for gourmet pancakes and waffles, scones, quick breads, cookies and cakes, including her famous "Killer" chocolate cake and chocolate sauce (the name chosen by her customers).

The products that have been researched to date are The Chocolate "Killer" Cake Mix and the Low Fat Swedish Oatmeal Pancake Mix with



No Wheat and No Sugar. Both are acceptable for use on Stage One. FAUS expects to have forms completed on additional products in the near future.

The mixes are sold in some retail stores or can be ordered by mail. To learn more about Martha's, or to place an order, check her web site at: www.marthasallnatural.com or call (800) 973-3966.



Tourette Syndrome

The Association for Comprehensive NeuroTherapy (ACN) has a new article on their web site about triggers for Tourette syndrome. It explains the relationship between potential environmental factors and tics, and offers a lengthy list that families should consider.

Artificial flavors and colors, preservatives, smoke, foods, toxic chemicals, and numerous other factors have been reported by parents, patients and physicians to aggravate tics. The article is available at www.Latitudes.org.

ACN and *Latitudes* focus on non-toxic treatments for autism, AD/HD, Tourette syndrome and learning problems. It has long emphasized the importance of the role of the environment in symptoms of Tourette syndrome and AD/HD. *Latitudes* is in its fifth year of publication and features information for families and physicians on new and complementary treatments for neurological disorders.

Barbaras Bakery

Another California innovation was established in 1971 by a teenager, Barbara Jaffee.

She was only 17 years old when she opened a small bakery, determined to provide the best-tasting natural baked goods possible. Soon, the small storefront bakery had grown to a wholesale business.

Although Barbara later sold the company, it has never changed the original mission. The products are made with no artificial additives or preservatives. Hydrogenated oils and white sugar are also off limits.

Barbara's Bakery Crisp Cookies are easy to send to school in the lunch box. They come in four flavors: Chocolate Chip, Double Dutch Chocolate, Shortbread, and Old Fashioned Oatmeal. All are Stage One.



Three of the Fig Bars are acceptable on Stage Two: Blueberry Low Fat (apples), Traditional Low Fat (apples), and Wheat Free Fat Free (raisins).

Another lunch box treat has been added to our Stage One list: Barbara's Nature's Choice 100% Natural Roasted Peanut Dipped Dessert. The bars are individually wrapped.

Barbara's Bakery has a large assortment of cereals for all ages. Feingold members can enjoy these Stage One varieties: Cocoa Crunch Stars, Crispy Wheats, GrainShop, Honey Crunch Stars, SoyEssence.

On Stage Two, new additions are: Apple Cinnamon O's, Honey Nut Toasted O's (almonds), and Vanilla Almond Shredded Oats.

July/August 2002

Who decides what is healthy?

In the July 7 issue of the *New York Times*, journalist Gary Taubes asks, "What if it's all been a big fat lie?"

His article discusses the sacred cow of nutrition education — the belief that saturated fats are unhealthy, and that the American diet of meat, eggs, butter, cheese, etc. are responsible for clogged arteries and the rise in heart disease, obesity, and other health problems. But this sacred cow just may be on its way to becoming hamburger — juicy, fatty hamburger. Taubes writes:

"We have been told with almost religious certainty by everyone from the surgeon general on down, and we have come to believe with almost religious certainty, that obesity is caused by the excessive consumption of fat, and that if we eat less fat we will lose weight and live longer."

Taubes explains that the food pyramid emphasizes the importance of carbohydrates as the foundation of a healthy diet, but a growing number of researchers are pointing to the increase in carbs and the decrease in traditional fats as the bad guys.

There seems to be a general agreement that the type of fats Americans are consuming in commercially prepared baked goods, fast food and super-sized fries are the wrong fats. These are the "trans fats" that are found primarily in things like margarine, shortening, and deep frying oil. The Food and Drug Administration is working on regulations that will require manufacturers to list the amount of trans fats in their products.

But government agencies do not have a very good track record in sorting out the facts when it comes to a subject as complex as nutrients, hunger and health. Taubes writes that the National Institutes of Health "spent several hundred million dollars trying to demonstrate a connection between eating fat and getting heart disease and, despite what we might think, it failed."

Years ago, the President of the National Academy of Sciences, Philip Handler, told Congress that their low fat recommendations were a "vast nutritional experiment" on the American people.

But, the Low Fat crusade went ahead anyway, despite the many scientific gaps. And to compensate for the lack of traditional fats that help satisfy hunger, many people ended up consuming more calories.

There have been many voices that have not been heard over the noise of cash registers adding up the profits being made from the low-fat theories. Dr. Mary G. Enig is an internationally recognized expert in the field of fats (lipid chemistry). She, and nutrition journalist, Sally Fallon, have written extensively on the subject. They point out that heart disease was rare in the days when our grandparents and great-grandparents ate a diet with generous helpings of fatty meats, eggs, cream, butter and lard, as well as coconut and palm oils.

For comprehensive information on the issue of traditional diets vs. the current American diet, and lots of eye-opening information on what is healthy, see: www.westonaprice.org.

Hormone replacement therapy (HRT) for older women, another cow in the sacred barnyard, might be the next to go. It turns out that the 6 million women who are taking these little pills may have been putting themselves at risk for breast cancer, stroke and heart disease. A study published in the *Journal of the American Medical Association* was so compelling, the government stopped a study in progress and issued a warning to doctors and patients.

In June another respected publication, the *New England Journal of Medicine*, announced it would loosen its rules concerning conflict of interest, and allow doctors with financial ties to drug companies to publish articles.

There's a theme that runs through all these issues: science and public policy translates to money for some people — lots and lots of money, and it is very hard for the consumer to find unbiased information from the sources he has believed he can trust. Families seeking help for learning and behavior problems are among the victims of this same highly flawed system.

FAUS Product Information Center Report

from Donna Curtis

Product Alert

We are extremely sad to learn that Hershey has changed the formula for two of their candy bars. MOUNDS and ALMOND JOY, which have been on Feingold Foodlists for many years, must now be removed since the company has begun adding synthetic vanilla. Many of us feel like we have lost an old friend.

This enormous company has very little to offer the consumer who wants natural food; it's down to baking chocolate and cocoa powder. The good news is that health food stores, and some other shops, now carry a delicious selection of natural chocolate candies. Many supermarkets sell Ghiradelli's candy bars and chips. Some supermarket chains offer their own house brand of natural chocolate chips, often at bargain prices.

Fast Food Changes

PAPA JOHN PIZZA - Both their thin crust and special garlic sauce now contain artificial flavor.

BURGER KING PICKLES now list Yellow #5 and Blue #1 as ingredients.

Please remove all of these items from your Fast Food guide.

Product Change

APPLEGATE FARMS Sunday Bacon now contains apple juice and should be moved to Stage Two of your Foodlist.

Some Good News:

PILLSBURY Ready-to-Spread Hot Fudge Creamy Supreme Frosting (CS) can be added to your Stage One Foodlist. Pillsbury has many frosting flavors, and this is the only one that is acceptable on the Feingold Program.

We tried to get some information from Pillsbury about where it is available, but they were not able to provide any help. If your supermarket does not carry this flavor, you might be able to ask them to order it, especially if you are willing to buy it in quantity.

Some more good news

The Food and Drug Administration has pulled the plug on Nico Water, a bottled water with added nicotine that was set to hit the stores this summer, and would have been fairly easy for children to get. The agency called it an unapproved drug, as they did with nicotine lollipops and lip balm.

PIC Report

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

Stage One

AMY'S* Skillet Meals: Pasta & Vegetables Alfredo

AMY'S* Toaster Pops: Grilled Cheese

BAKEN-ETS Fried Pork Skins

BARBARA'S BAKERY* Crisp Cookies: Double Dutch

Chocolate, Old Fashioned Oatmeal, Traditional Shortbread

COUNTRY DELIGHT Shredded Cheese: Colby Jack (CS),

Mild Cheddar (CS)

DREYER'S Whole Fruit Fruit Bars: Lemonade

DREYER'S Lemon Whole Fruit Sorbet (CS, possible trace salicylate in pectin)

EDY'S Whole Fruit Fruit Bars: Lemonade

EDY'S Lemon Whole Fruit Sorbet (CS, possible trace salicylate in pectin)

FRITOS Scoops Corn Chips

HYLAND'S (homeopathic remedy) Hayfever Tablets

IAN'S NATURAL FOODS* Alphabet Shaped Fun

Fries, Chicken Nuggets, Fish Fillets Crunchy Dinner

Styled, Fish Sticks, Onion Rings

LAKEWOOD 100% Fruit Juice: Pure Pineapple

LAKEWOOD 100% Organic Juice: Lemonade,

Pink Grapefruit, Pure Pineapple

PILLSBURY Ready-to-Spread Hot Fudge Creamy Supreme Frosting (CS)

RED STAR Bread Machine Yeast, Quick Rise Yeast

REDWOOD HILL FARM* Goat Milk Vanilla Yogurt

(trace salicylate possible in citrus pectin)

SPEAKEASY* Natural Gum: Cinnamon, Gingermint

SPEAKEASY* Organic Mints: Lemonmint

TROPICAL SOURCE* Semi-Sweet 100% Dairy-Free

Chocolate Chips

W&W SPELT Toddler Yummies Cookies: Chocolate Chip,

Chocolate Chocolate Chip, Lemon

Stage Two

AMY'S* Pizza: Mushroom & Olive (tomatoes),

Pesto (tomatoes), Veggie Combo (bell peppers, tomatoes)

AMY'S* Skillet Meals: Country Cheddar (bell peppers),

Teriyaki Stir-Fry (bell peppers)

BOERICKE & TAFEL - B&T* (homeopathic remedy) Natural

Relief: Cough with Zinc Chewable Tablets (oranges)

COOL FRUITS* Fruit Juice Freezer Pops: Cherry (grapes), Grape

LET'S DO ORGANIC* Sez'me Bars: Sesame Almond (CS)

SHELTON'S Beef Stick (paprika, red pepper)

SPEAKEASY* Natural Gum: Tangerine, Wintergreen

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.

School Year Calendars

Calendars are being sent to Feingold Association members in the United States.



In addition to keeping track of dates and activities, the calendar features some of the hard-to-find products that make life easier for us all.

Once again, the calendar highlights some of our own "Feingold kids." Be sure to share their photos and stories with your children, especially if they don't know many other children using our program. Even if they don't live near each other, our kids have lots of company.

Calendars are mailed out bulk rate (in the United States) based on our current mailing list. If you would like to order one, please contact the FAUS office in Virginia: FAUS, PO Box 6550, Alexandria VA 22306. The suggested donation is \$10. Proceeds help us to fund many of our programs and to better serve you.

Organic produce

It's pretty hard to find fault with fruits and vegetables that are grown without powerful pesticides, but foes of organic farming have tried. Now, *Consumer Reports* has shown what everyone knows: organically grown produce really has less pesticide residue. (Even organically grown food can contain some chemicals from neighboring farms.)

While organic fruits and vegetables are lower in pesticides to begin with, residue goes way down when they are peeled or washed in a diluted solution of liquid dish soap and rinsed well.

What are all those funny things in food?

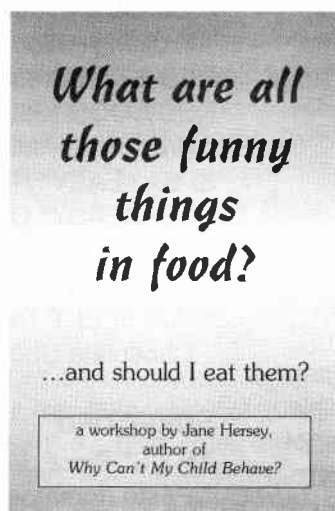
Is there someone who needs to know about the Feingold Program?
Would you like to educate your child's new teacher?
Does a relative keep giving your child the wrong foods?
Have you had difficulty trying to explain Feingold to your neighbor?
Does your spouse not understand?
Would you like to hear a Feingold presentation?

FAUS now offers an audio tape that explains the diet/behavior connection in a simple, basic way.

This is a tape of the workshop that takes the listener on an entertaining safari through the supermarket jungle. It tells how to find the good foods in the supermarket — and at the good prices.

There are three important points brought out in this workshop:

1. Things you eat can affect the way you behave, how you feel and your ability to function.
2. You can continue to eat most of the things you enjoy.
3. The secret is in knowing which versions of your favorite foods are o.k.



If you have wanted to find a simple way to share your excitement about the Program with others, this is what you have been waiting for. It is designed to provide a very basic understanding about how the food we select can affect us.

The workshop tells secrets the food industry doesn't want us to know. It's an eye-opener that shows consumers a new way to look at familiar foods (and the money involved in marketing them).

These tapes can be ordered from the Association:

Feingold Tapes
127 East Main Street, Suite 106
Riverhead NY 11901

The cost is \$5 per tape, or \$20 for five tapes. Please add \$1 to cover the cost of shipping for each tape ordered.

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.

www.feingold.org

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