

# Pure Facts

Newsletter of the Feingold® Association of the United States



September, 2002

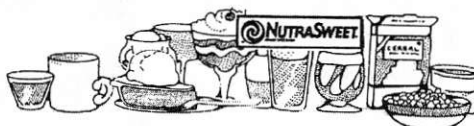
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## FDA approves new synthetic sweetener

Neotame, a modified version of aspartame, could prove to be even more troublesome than its controversial predecessor, suspected of causing various health, learning and behavior problems.

Aspartame, which goes under various names including "NutraSweet," "Equal," and "NutraTaste," is 200 times as sweet as sugar. Neotame is said to be about 40 times sweeter than aspartame, with one teaspoon of neotame equaling 8,000 teaspoons of sugar.

Like aspartame, neotame was developed by the chemical giant, Monsanto. The company's communications director described it: "Compositionally, it begins with aspartame, but a simple enhancement to the dipeptide base of aspartame uniquely and markedly changes its sweetness."



To understand what neotame is, it's helpful to know more about aspartame. Aspartame is made up of three chemicals: phenylalanine, aspartic acid, and methanol. Phenylalanine and aspartic acid are essential amino acids found in foods. They enable our neurotransmitters to function normally. Our bodies are designed to handle normal amounts of these amino acids, but critics say that when we take in large amounts of them the delicate balance in our bodies is disrupted and they become toxic to the nervous system.

Phenylalanine and aspartic acid have been said to interfere with the production of serotonin, a neurotransmitter that has many important roles. It gives us a feeling of satiety, the sensation that we have had enough to eat. A "diet" food or beverage that makes us continue to feel hungry is counterproductive.

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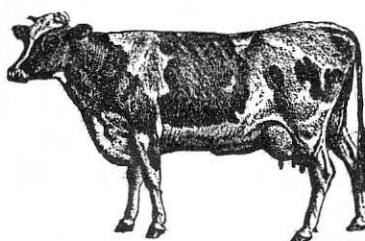
## The Not-so-perfect Food

Ask any American "What is the ideal food?" and the predictable answer is "milk."

But milk is a major problem for many people on the Feingold Program, especially those dealing with allergies. For some people, the problem may lie not in the milk itself, but in the many substances involved in producing and treating it.

A hundred years ago, the typical glass of milk came from a Jersey or Guernsey cow, who spent most of her time in pastures eating grass, and produced a modest amount of creamy milk with an average of 4% butterfat.

Families that did not have their own cow bought bottled milk, with a thick layer of cream that rose to the top. Along with milk, they consumed butter, and cooked with cream, lard and coconut oil.



This diet, that would horrify today's low-fat advocates, was considered essential for health back then, in the days when heart disease was a rarity.

We might not ever know if the change in our diet is directly connected to the allergies and various illnesses that now plague us, but there are many critics who identify the manipulation of our food as the culprit. Of all the

fingers pointing, many aim squarely at today's modern cow.

She is a Holstein, bred to produce three times as much milk as her cousins. Her home is a large farm "factory" crowded with other animals. These conditions expose her to illness, increasing her chances of being given drugs. She might also receive a daily regimen of drugs to push her to create more milk. She eats commercial feed (heavily sprayed with pesticides) that is a far cry from her traditional diet, and is injected with hormones to increase milk production even beyond its high level. She is kept pregnant, so her body churns out additional hormones — that end up in her milk.

*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 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.

## Sometimes the “experts” are wrong

What does the future hold for a child with a speech impediment, learning disability and hyperactivity? Marilee Rigg was told that her son’s future looked bleak.

In fact, the doctor who evaluated three year old Bryan warned her that he would probably not even get through junior high school. Today, at age 31, Bryan relates his story:

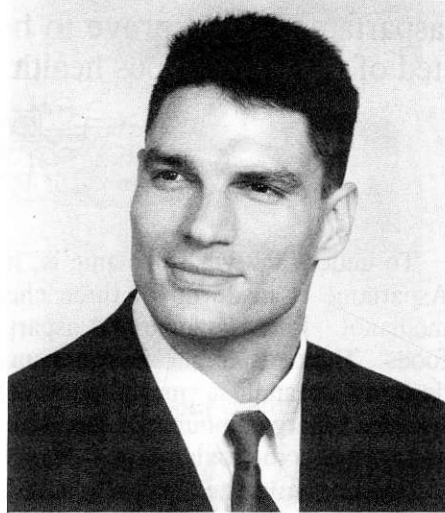
“I was born in Arlington, Texas. Although I participated in the normal activities of a Texas boy, adults noticed that I had some problems. Dr. Maddox at the Child Study Center found I had what people today call ADHD. He said I needed to be closely watched for problems resulting from poor self-esteem. Moreover, he predicted I would find it difficult to develop friendships since I had a speech impediment that made me stutter and mispronounce words. Between ages 4 and 5, I saw a speech therapist. Even with this help, I still failed first grade twice.

“Appalled at the thought of sending me to first grade for a third time, my mother enrolled me at Starpoint, a lab school at Texas Christian University. Starpoint focuses on children with high IQ but poor school performance. I entered Mrs. Mary Hale’s classroom feeling inadequate. Since the previous school I had attended was run by the church my family went to, I constantly saw former classmates who called me “stupid” or a “freak.” I disliked going to church since it reminded me that I was not like other children.

“During one of my first interviews with Mrs. Hale, I told her about my experiences. Putting her arm around me, she said, ‘You’re not a freak and you are not abnormal. You’re just different. There’s nothing wrong with being different. That difference can become a strength.’ At Starpoint I learned that I had imagination and energy. I soon went from being unable to pronounce individual words to reading whole books. There were no grades and no limits in this school. The most important lesson I learned there was that I was capable of doing nearly anything I wanted. They taught us that

the barriers which prevent us from accomplishing our hopes and desires are usually of our own making”

After one year at Starpoint he was able to return to a traditional school.



“My mother took me off Ritalin, a drug I dreaded. It made me catatonic and unable to function. I lost my appetite and looked like I was suffering from rickets. She eventually put me on the Feingold diet and it controlled my ‘problem.’ She warned teachers and coaches about the consequences of giving me the wrong kind of candy or Kool-Aid. My ‘hyperactivity’ and ‘attention deficit disorder’ came under control, but during pee-wee football games, my coach gave me candy bars to turn me into ‘a maniac’ and win games.”

Bryan credits his mom for her determination to make sure he could function at his best. There was always natural food in the house, and (with the exception of the coach) she made sure other adults supported his diet.

As for Bryan’s role, he knew if he ate the “wrong stuff” he would not be in control. His schoolwork would suffer and he would not be able to get along with his friends. The down side was too high a price to pay.

Bryan recalls, “In high school I was an honor student in academics, All-

State in Drama, All-State Running Back in Football and All-State Forward in Basketball. Few would have guessed I once suffered from a speech impediment, ADHD and had failed first grade twice.”

After graduating from high school with honors, Bryan applied to Yale, but was rejected. “From my experience with ADHD, I had come to feel that I was an exception to most rules. If someone told me that I could not do something, I did it anyway to prove that I could. So when Yale rejected my application in 1990, I refused to accept that, and enrolled in Phillips Exeter Academy to better prepare myself, and the following year Yale accepted me.” He graduated from Yale with many honors and a triple major, and was awarded a fellowship to study at Cambridge University. There, he earned both his master’s degree and doctorate, and is now a professor at American Military University.

Even while he followed the Feingold diet, Bryan retained the most desirable characteristic of ADHD: boundless energy. After Yale, he returned to Phillips Exeter where he was an assistant history teacher, martial arts instructor, dorm supervisor and student advisor.

He graduated with honors from the US Marine Corps Officer Candidate School in 1999, worked and traveled abroad, coached a winning basketball team in Germany, and even spent a summer serving in a volunteer unit in the Israeli Army.

Today, Bryan has astonished seasoned historians with his ground-breaking book *Hitler’s Jewish Soldiers*, the story of the men of Jewish descent who served in the German military. (See: [www.kansaspress.ku.edu/right.html](http://www.kansaspress.ku.edu/right.html))

His work has been featured in the New York Times, Los Angeles Times, London Telegraph and Die Zeit. Also, NBC Dateline did a show on his work and he was interviewed on Fox News.

Serotonin plays an important role in enabling us to concentrate and learn. Additionally, serotonin is a calming agent. A person who is deficient in this neurotransmitter is prone to behave violently.

### Methanol

Methanol, which makes up about 10% of aspartame, is also known as wood alcohol, a poison. Unlike ethyl alcohol found in whiskey, beer and wine, methanol is quickly absorbed by the body, but is excreted slowly. One way the body attempts to rid itself of methanol is by changing it into formaldehyde and then to formic acid. Formaldehyde is best known as embalming fluid, and formic acid, the chemical in ant sting poison. Both the Food and Drug Administration and the American Medical Association have defended methanol in aspartame by saying that fruits and vegetables contain the chemical. But these foods also contain ethanol, a substance that counteracts the potentially harmful effects of the methanol.



The main use for neotame, at least initially, is expected to be as an ingredient in soft drinks and processed foods. Since it is so much sweeter than aspartame it will probably be used in smaller quantity; this might be a plus. But it will also be added to other sweeteners and could be more difficult to identify on the label.

### A concern for Feingold members

The neotame web site claims that (unlike aspartame) neotame is safe for people with phenylketonuria (PKU). The reason aspartame has been required to be identified on products is because it is not tolerated by people with PKU. The neotame site says: "Products made with neotame require no special labeling for phenylketonuria." This could make it difficult to know if the potent synthetic sweetener is actually in a food product.

### The sad story of aspartame

Aspartame has a long list of critics, including government scientists, many professionals, and even the National Soft Drink Association, which objected to its approval because it is unstable when it is used in liquids. But that objection came in 1985, and there hasn't been much said from the soft drink industry lately.

The studies on aspartame were so filled with irregularities the FDA's Chief Counsel, Richard Merrill recommended that a grand jury be convened to investigate its manufacturer, Searle. The presiding U.S. Attorney, Sam Skinner was to take the next step, but instead he left his government job and went to work for Sidley & Austin, the law firm representing Searle. Then Assistant U.S. Attorney William Conlon convened a grand jury, but allowed the process to drag on until the statute of limitations had expired. Conlon then also left the government to take a job with Sidley & Austin.

Other FDA officials who had been involved in the review of aspartame left for jobs in the artificial sweetener industry, but none was so blatant as the FDA Commissioner himself. *Catalyst Magazine* writes, "In 1983, aspartame was approved for use in carbonated beverages. Shortly after, the Commissioner of the FDA, Arthur Hayes, left the FDA under charges of impropriety, and was hired as a consultant with Searle's public relations firm, Burson Marsteller [at \$1,000 a day]."



### Aspartame's problems continue

After the approval of the sweetener, FDA toxicologist Dr. M. Adrian Gross investigated the studies Searle conducted and found that at least one of the studies "established beyond any reasonable doubt that aspartame is capable of inducing brain tumors in experimental animals." Among the irregularities that took place in the studies was surgery to remove tumors, and failure to determine if they were cancerous

### Many reported reactions

The Food and Drug Administration has said that aspartame is the food additive that has generated the most complaints of adverse reactions. In fact, *FDA Consumer*, the agency's magazine, noted in 1988 that 80% of reports were for aspartame. Reactions to sulfites comprised 15% and all other additives amounted to just 5%.

As of 1996 the agency said it had received only 16 reports of adverse reactions; what they did not say was that they had stopped collecting reports early in the year.

Since 1964 H. J. Roberts, M.D., has donated his time as the director of the nonprofit Palm Beach Institute for Medical Research. He wrote to the FDA: "My own database [of individuals damaged by aspartame] exceeds 1,500 reactors."

Dr. Louis Elsas of Emory University testified before Congress that aspartame is a toxin to the nervous system and can trigger birth defects.

Citizens who believe they have been damaged by the sweetener make up a vocal chorus. Mary Stoddard, who formed the Aspartame Consumer Safety Network believes it triggered her daughter's seizures. Dr. Janet Starr Hull's symptoms of Grave's disease went away after she stopped consuming it. She is the author of *Sweet Poison*.

Betty Martini, founder of Mission Possible International, opposed to the use of aspartame writes, "Monsanto funded a study on birth defects which was disastrous, so they withdrew their funding...Then neither Monsanto nor the FDA would accept it."

### Deja vu all over again?

It doesn't look like the research behind neotame will be any improvement.

Mark Gold, a critic of aspartame and neotame, writes, "Unfortunately, Monsanto only conducted a few one-day studies in humans rather than encouraging independent researchers to obtain NIH funding to conduct long-term human studies on the effects of neotame."



The practice of pasteurizing milk began in the 1920s to compensate for unsanitary conditions in dairies. (While food in those days contained fewer additives, filth was often an ingredient.) Today, most food is processed under sanitary conditions, and proponents of raw (unpasteurized) milk say that this step is not needed. When the state of California held hearings on the issue, the proponents of raw milk demonstrated that the record showed raw milk to have a far safer track record than pasteurized milk. As a result, raw milk is allowed to be sold in California.

Although it is illegal to sell raw milk in most parts of the United States, it is not illegal to drink the milk that comes from your own cow. Resourceful consumers have formed Cow Share programs to get around the restrictions of the law. Groups of families go in on purchasing a cow and then are able to use the milk produced. They pay a fee to a dairy to care for the cow, just as people pay to have a horse boarded at a stable. Typically, the cows are pasture fed Jerseys or Guernseys who rarely require drugs and enjoy a long life span under humane conditions.

[see [www.realmilk.com](http://www.realmilk.com)]

(While it is hard to locate raw milk, it is not difficult to find cheese made from raw milk. Many health food stores offer it, as do some supermarkets with health food sections.)

The down side of pasteurization, according to critics, is that it destroys enzymes and vitamins and kills beneficial bacteria. They say that calves fed pasteurized milk cannot survive to maturity.

If pasteurization is one of the "sacred cows" of the dairy industry, then homogenization is the other. But this process, that distributes tiny globules of milk fat throughout the beverage, has been associated with heart disease. Dr. Kurt Oster, who was Chief of Cardiology at the Park City Hospital in Bridgeport, CT, linked the consumption of homogenized milk with the release of an enzyme called xanthine oxidase, a factor in atherosclerosis.

## Why do so many people have problems with milk?

When a family reports that they are not seeing success with the Feingold Program, or are having a limited response, one of the first things to consider is milk. If the child is no longer having powdered drink mixes, has cut down on soda, and is avoiding salicylate juices, he might be consuming more milk. A marginal allergy could become more obvious.

Some people who have difficulty with fluid milk are still able to enjoy cream, ice cream, yogurt, and butter. Many families have found that if they stop giving the child milk as a beverage, and use a milk substitute on cereal, they do not need to restrict other dairy foods.

Casein is a protein in milk that is believed to be responsible for the build-up of mucous and is a particular problem for asthmatics.



## Lactose intolerance

If the reaction to milk is due to a lactose intolerance, there are supplements that can help break down the milk sugar as well as milks designed for the lactose intolerant individual. Such people can often tolerate cheese and yogurt since the lactose is broken down in the process of creating these foods.

Between the ages of 18 months and 4 years, many children gradually lose their ability to digest lactose, the natural sugar present in milk. As adults, an estimated 90% of Asians and Africans lack the enzyme (lactase) needed to digest milk, but only 25% of Europeans have such a problem. Researchers published an interesting theory in the January 14, 2002 issue of *Nature Genetics*. They suggest that lactose intolerance was the norm for humans until a genetic mutation conferred an advantage, especially to people living in cold climates where food was only harvested once a year. Those adults who could consume milk from animals had more food choices and were more likely to survive.

## Other possible reasons for milk intolerance

Several years ago, chemical giant, Monsanto introduced a drug designed to increase milk production. It is called "recumbant bovine somatotropin" and is also known as rBGH or bovine growth hormone. It is a synthetic version of a hormone that is formed naturally in the pituitary gland of all cattle. While rBGH increases milk output, it also increases the risk of the animal developing infections. Mastitis, a common infection in cows, is typically treated with penicillin. The milk from these cows is supposed to be discarded until the residue of the drug is out of the animal's system, but this is often not done, and the consumer ends up getting traces of the antibiotic in his beverage. This can pose a problem for someone who is allergic to penicillin.

Sulfur-based drugs pose a similar problem. In the past the FDA has found many dairymen giving unapproved drugs to their cows.

The FDA approved Monsanto's drug despite vigorous protests of many scientists. A researcher at Consumer's Union wrote, "We are frankly amazed that FDA would approve a drug that increases the risk of disease in cattle (a 79% increase for clinical mastitis alone), has no therapeutic uses, and then not require labeling so that consumers can decide if they want to buy and consume such a product or not."

Not only did FDA fail to require that the presence of rBGH be listed, but they forbade dairies from stating on their label that they did *not* use it.

For more information read: *Got (Genetically Engineered) Milk? The Monsanto rBGH/BST Milk Wars Handbook*, by Dr. Samuel Epstein.

## BHT in Vitamin A

The Feingold Association researches milk to identify the presence of BHT in the vitamin A palmitate, added to low-fat and skimmed milks. In most cases, whole milk does not have added vitamin A palmitate, so it is generally a better choice. The preservative is not believed to be added to all forms of vitamin A palmitate.

## Great news for busy families

Remember all those people who told you it's too hard to be on a "special diet," that the food will taste funny and you'll need to spend lots more money and more time in the kitchen? Invite them over for dinner — made from a box.

**F**eingold families can now enjoy the best of both worlds. Simply Organic is a new line of natural boxed dinners patterned after Hamburger Helper™ from General Mills.

### A tough job, but somebody's got to do it.

Your *Pure Facts* editor felt it was her journalistic duty to test out as many of these mixes as possible — not because she likes to get out of cooking, mind you, but because it is one of the requirements of the job. Here are some observations.

The first time I saw the mixes, I was skeptical. Sure, the picture on the front of the box was enticing, but maybe it was just because I was hungry. (How many times have I vowed not to shop on an empty stomach?!) The instructions were too good to be true: cook up some meat, dump in the box contents, add water or milk, and watch your dinner cook itself. Throw a few vegetables into the pan if you like and there's your well-balanced meal.

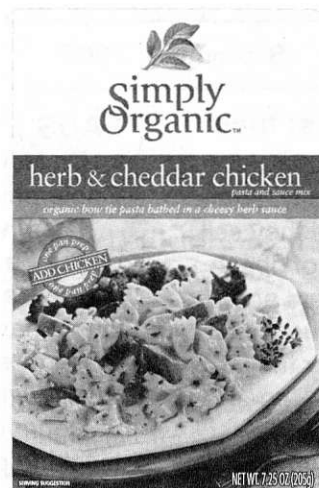
But it meant that the pasta had to cook itself in short order, and the meat had to survive the soupy brew, and the sauce had to thicken itself, and it all had to come out tasting okay.

### The experiment proceeds

The spirit of adventure and the prospect of being able to have emergency dinners in the pantry won out. I selected the herb and cheddar chicken dinner and followed the simple instructions on the back of the box. The outcome? Well, two of us ate up much more than the suggested serving size, and the leftovers were gone early the next day.

### How'd they do that?

The ingredients are pretty straightforward, mostly recognizable names of things you might have in your kitchen: macaroni (actually, in the shape of small bow ties), white cheddar, garlic, whey (well, that's not really something we have on hand), natural flavors, salt,



"Why Simply Organic? Because there's too much stuff in stuff these days."

flour, cornstarch, parsley, thyme, sage and turmeric. Below the ingredient list, the company proclaims "Our products DO NOT contain MSG, hydrolyzed vegetable protein, hydrogenated oils, artificial flavors, or other things that are hard to stomach."

### Show me the money

So why do other companies insist that all of those unpronounceables are essential if you want shelf-stable, processed foods? Clearly, it isn't necessary. Perhaps the use of synthetic ingredients allows them to offer these products at a lower price? Actually, I paid \$2.45 for a box of Hamburger Helper™ (in a Washington DC area Safeway) compared to \$1.69 for the Simply Organic meal. So what accounts for the difference in price? Some of the cost could be chalked up to the pesticides used in growing the ingredients. Or maybe Betty Crocker is getting a pretty high salary these days...after all, she's about 100 years old, and her prescription medication bill must be sky high. Or maybe the price difference translates to a big profit and a big advertising budget.

### So, what's for dinner?

These Stage One dinners have been researched with the company and are acceptable:

Beef Stroganoff  
Herb and Cheddar Chicken  
Chicken Parmesan  
Chicken Alfredo

These are acceptable for Stage Two:

Beef Lasagna  
Cheeseburger Macaroni  
Meat Pizza Pasta  
Tomato Basil Chicken

### Kid favorites

The Simply Organic Macaroni & Cheese mix (Stage One) was designed to duplicate the taste of the popular Kraft™ version. In taste tests, the company found that children were unable to tell the difference between the two brands. Turmeric and annatto extracts provide the familiar orangey color, and at 99 cents for a 6 ounce box, it's hard to resist.

### More convenience foods

The parent company, Frontier Natural Brands, has a growing line of convenience foods, as well as the spices which are the mainstay of the 26 year old company. We will be keeping you posted in future issues of *Pure Facts*.

### Where can I buy them?

A&P	Raley's/
Akins	Bel Air
Albertson's	Ralph's
Earth Fare	Rosauers
Fred Meyer	Safeway
Jewel	Smith's
King Soopers/	Stop & Shop
City Markets	Tidyman's
Kroeger	Ukrops
Larry's Markets	Wegmans
Piggly Wiggly	Whole Foods
QFC	Wild Oats

They are also available at natural food stores and consumer co-ops through Blooming Prairie and Tree of Life distributors.

September, 2002

## **School cafeterias begin to take a look at their food — some observations**

With the dramatic increase in childhood obesity, some schools are beginning to take a look at the food they sell. According to the Surgeon General the number of obese children is now 13% or triple what it was 20 years ago.

Schools typically sell an array of non-nutritious snack foods. The occasional salad bar is no match for the cafeteria's selection of doughnuts, snack cakes, so-called "fruit" snacks, cookies, chips, ice cream and brightly colored smoothies, not to mention the vending machines that line the hallways. These bring much needed funds into schools, and put the administration in a difficult spot. Many have long turned a blind eye to the obvious contradiction of a school's stated commitment to promoting health and the sale of unhealthy foods.

However, most schools see this as an "all or nothing" issue, and overlook the other options. But those dyed chips, artificially flavored cookies and other junk food can be replaced with healthier versions. They will taste good to even the most jaded palate and can bring in additional funds.

For decades studies have shown that the additives found in so many of these junk foods trigger behavior and, learning problems in many people. If the snacks and meals sold at schools today were free of the worst of the additives there would be an improvement in academic performance, a reduction in behavior problems, requiring fewer expensive remedial programs.

By paying attention to the ingredients in their foods, schools could save enormous amounts of money. Years ago Dr. Feingold found that public schools spent more on the repair of vandalism than on textbooks. Since that time the food has become far worse and the behavior, learning and health problems have escalated.

Most school board members and administrators don't understand the connection between diet and behavior, but at least they see the obvious problem right in front of their eyes: those thousands of overweight kids. Perhaps this will serve as a motivation to finally read some ingredient labels and begin to ask questions.

If you would like to provide information to those who decide on policy in your child's school contact FAUS for a professional packet for educators. (We also have one for doctors.) The cost is \$5 for each; call our Membership Office at (631) 369-9340 or see: [www.feingold.org](http://www.feingold.org).

## **FAUS 27th Annual Conference**

On November 2 FAUS will hold its 27th Annual Conference in Staten Island NY.

There will be an informative introductory workshop on the Feingold Program. Our two guest speakers will be Pamela Sims and Debra Dickson, both of whom have delighted Feingold audiences in the past.

Pamela is the Author of the wonderful little book *Awakening Brilliance*, and a gifted teacher.

Debra conducts workshops around the country teaching parents and professionals how to help the child with sensory problems.

The Annual Membership Meeting will be held at 5 p.m. following the Conference.

## **There are lots of things wrong with today's milk, but how should we deal with this information?**

The criteria for including a food (or a food additive) on the Feingold Program is that it does not appear to trigger behavior or learning problems in most people. Using this yardstick, the whole milk sold in supermarkets is well tolerated by the majority of people on the Feingold Program, provided they do not have a milk allergy or lactose intolerance.

The article on modern milk in this newsletter is not intended to discourage our readers from using it, as much as to share information that is not readily available elsewhere. Like many other foods, milk is heavily promoted by the industry that sells it, and their tactics often show poor judgment. Milk is not well tolerated by many older children and adults, especially Asian Americans and African Americans ...so is it really in our best interest for the dairy industry to advertise Michael Jordan sporting a milk mustache?

If you are using the Feingold Program, but have not seen the success you want, consider the role that milk might be playing. And if you have cut out milk because you are sure you or a family member cannot tolerate it, you might find that the problem is not the milk, but the things done to it.

Like many other issues facing Americans today, complete, accurate information about dairy products is not provided to the consumer; thus he is not given the opportunity to make an educated decision.



## FAUS Product Information Center Report

from Donna Curtis

### Product Alert

Flowers Bakeries have sent us the following note via e-mail: "The pan spray that we use for our products does contain TBHQ."

At this time we must remove the following Flower's Bakery bread products from the Foodlist: EVANGELINE MAID Thin Sandwich Bread and SUNBEAM Mini French Rolls. (Please note these products are not found in all Foodlists.)

### Calcium Propionate

Another additive commonly used in bread is calcium propionate. Although it is generally considered a safe food additive, the tests that have been conducted looked for physical changes, not behavioral ones.

Now, a new study has shown that the additive can affect behavior. Sue Dengate, a food intolerance counselor in Australia, conducted a study on the effects of calcium propionate. Assisting her was pediatrician Alan Ruben. The study appears in the August issue of the *Journal of Paediatrics and Child Health*.

Initially, 27 children with behavior problems were placed on a diet similar to the Feingold Program and their behavior improved dramatically. Then each day the children were given four slices of bread that were preserved with calcium propionate. Dengate reports that 14 of the 27 children showed worse behavior.

Although both calcium and sodium propionate occur naturally in cheese, there's nothing natural about the way the additive is made. Beatrice Trum Hunter writes: "The proprionic acids used by bakeries are made synthetically...from ethylene, carbon monoxide, and steam."

### Butter flavoring cited as health risk

The January 2002 issue of *Pure Facts* described the respiratory illnesses believed to be caused by the synthetic butter flavoring used in popcorn. Nineteen workers at a Missouri plant have been disabled as a result of breathing in the fumes from the additive and several have required lung transplants.

A study confirming the link between the illnesses and the flavoring caused the stock of the company to drop nearly 4% in one day. The manufacturer is International Flavors & Fragrances Inc., the largest supplier of flavorings and scents. The company is facing law suits from injured workers at the popcorn plant.

## PIC Report

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

### Stage One

ANDERSON-ERICKSON All Natural Lemonade (CS)

ANDERSON-ERICKSON Yogurt: Low Fat Pina Colada  
(sold in the Midwest)

BACHMAN Kidzels The Perfect Pretzel for Kids

*www.bachmanco.com, sold retail mostly on the East Coast.*

*It is sold in some branches of Wal-Mart, Costco & BJ's.*

BAHLSSEN Waffeleiten Milk Chocolate Wafer Rolls

BOERICKE & TAFEL - B&T (homeopathic remedies)

Alpha CF Tablets for Colds & Flu, Children's Alpha CF Tablets, Alpha SG Tablets - Relief of Sinus Headache & Congestion, Echina-Spray with Echinacea for Sore Throat Pain, Migraide Tablets

CABOT Shredded Cheese: Fancy Blend 1/2 Mozzarella & 1/2 Cheddar

DREYER'S Whole Fruit Sorbet: Mango (*The citrus pectin could have a possible trace of salicylate from orange.*)

FARMLAND Hickory Smoked Bacon Center Cut (N), Thick Sliced Bacon (N), Traditional Boneless Smoked Ham (CS,N)

LET'S DO ORGANIC\* Coconut, Coconut Lite

LET'S DO ORGANIC\* Black Licorice Bears (CS)

MARY JANE Peanut Butter Kisses

SPEAKEASY\* Natural Gum: Peppermint, Spearmint

### Stage Two

FARMLAND Pork & Bacon Sausage Links (CS, N),

Pork & Bacon Sausage Roll (CS,N), Jumbo Deli Style Meat Franks (CS,N,paprika), Deli Favorites: Sliced Bologna (CS,N)

*All of these products contain possible salicylate in the spice, but the company declined to tell us which spices are used.*

MICHAEL SEASON'S The Ultimate Cheddar Cheese Puffs

(paprika), Ultimate Cheddar Crunchy Cheese Curls

(paprika); Kettle Cooked Potato Chips: Cheese & Jalapeno (peppers); Reduced Fat Potato Chips: Ranch (tomatoes)

VIDALIA SWEET Onion Ring Mix (CS, paprika)

WAYMOUTH FARMS\* Organic snacks: Country Mix

(almonds, raisins), Dried & Unsulfured Apricots, Dried

Cranberries & Apples, Feel 'N Good Fruit & Nut Mix

(almonds, apples, apricots, cranberries, raisins),

Jogger's Delite All Fruit Mix (apples, apricots, cranberries, peaches, raisins), Raw Almonds, Sun Dried Raisins

XYLICHEW\* Mints: Raspberry (black currant, raspberries, strawberries)

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.

## Healthier Food for Busy People

Last month *Pure Facts* told you about a new audio tape to make it easy for you to share our information with others; now there's also a book. Like the tape, the book takes an irreverent look at some of the worst of what is in the supermarket, and tells you how to find the best.

**H**ow many people do you know who would like to improve their diet, but have no clue where to begin?

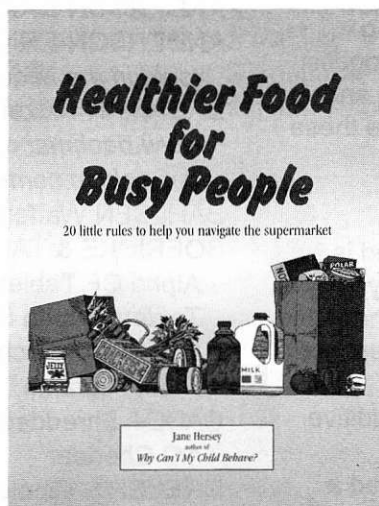
How many of your friends have a child whose behavior or school performance leave much to be desired? You might have tried to share your Feingold information with them, but when you do they heave a big sigh and their eyes glaze over.

Do your colleagues at work think the food you eat is peculiar while they consume "normal" things like diet cola and neon-orange snack chips?

Is your neighbor's kitchen table crowded with bottles of antihistamines, tranquilizers, pain killers, stimulants, antibiotics plus a few inhalers?

Have you tried to speak with the relatives about food, behavior and health, but find they just don't get it?

Have you ever wished you could hand these people something simple and inexpensive that would explain what you've been trying to tell them? Something they would actually read?



**a gift for your child's teacher**

*Healthier Food for Busy People* is the book designed to reach all these people, as well as the folks who are eager to learn more.

The truth is that many American families want to be healthier and feel better. They know that food is an important part of the picture but are not sure where to begin.

They read advice that is confusing and conflicting. There are plenty of books, articles and TV ads urging us to make all sorts of changes, but for the overcommitted American most of this advice only adds to the confusion. Well-meaning authorities seem to believe that people can make the switch from diet cola to wheat grass juice — and that they will be able to convince their kids to do the same!

Just as couch potatoes don't become marathon runners overnight, junk food junkies don't want to make drastic changes, and (here's the best part) they don't have to! Now there's a simple, funny, little book that describes what we have learned from the Feingold Program: you really can have it all!

*Healthier Food for Busy People* is a culinary version of "Run Spot Run," guaranteed to bring a smile to the lips without leaving a bad taste in the mouth.

Like the audio tape, the book sells for just \$5 + \$1 postage each, or if you buy four the 5th book is free. They can be ordered through our New York office at the address/phone number in the box below, or via our web site at [www.feingold.org](http://www.feingold.org).

Contact FAUS for more information if you would like to learn how your school, church or club can use this book as a fund-raiser.

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

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### A Way to Help

Please keep the Feingold Association in mind when the United Way or Combined Federal Campaign comes to your place of work.

Although rules differ greatly from one area to another, many of our members will be able to fill out a form for their "designated donation" to be sent to the Association. These funds are put to work to improve our services to members and to educate parents and professionals about the help available. Contact FAUS at (703) 768-3287 if you would like more information.