

## Sleep and ADHD

Is an ADHD diagnosis being given to children who simply are overtired?

A recent study published in the March issue of *Pediatrics*, links symptoms of ADHD with sleep disorders, including sleep apnea which is characterized by snoring and periodic cessation of breathing.

Dr. David Gozal of the University of Louisiana found that in the group of 5 to 7-year-olds who showed symptoms of ADHD, about one in four snored and some exhibited sleep apnea. Once the sleep problems were addressed, Gozal found that some of the children were free of the symptoms and able to discontinue the stimulant medicines.

Gozal is critical of the fact that many children are given drugs without the thorough evaluation of other possible causes, as recommended by the American Academy of Pediatrics.

“Once you catch on to what this syndrome [ADHD] is all about, you’ll see it everywhere.”

*Driven to Distraction*  
by Hallowell & Ratey



“Sleep and Neurobehavioral Characteristics of 5- to 7-Year-Old Children with Parentally Reported Symptoms of Attention-Deficit/Hyperactivity Disorder.” David Gozal et al. *Pediatrics*. Vol 111, No. 3 March 2003, pp. 554-563.

Investigative reporter Jon Rappoport asks if food additives that trigger symptoms of hyperactivity may also be triggering sleep problems. Parents using the Feingold Program often report their child sleeps soundly after removing items like synthetic additives and caffeine. Studies on diet and hyperactivity also support this link. (see [www.feingold.org](http://www.feingold.org))

Rappoport goes on to say: “The study author, David Gozal, states, ‘Over the years, we have observed many of those cases who came off their ADHD medications once they were treated for their sleep apnea.’ In other words, the kids didn’t require Ritalin after their sleep disorder was dealt with. However, Gozal lets the cat out of the bag *because Ritalin is famous for causing insomnia.*” [See [www.stratiawire.com/article.asp?id=964](http://www.stratiawire.com/article.asp?id=964)]

*For more on sleep and ADHD see page 8*

## The importance of essential fatty acids

Diets that lack important fatty acids may lead to many serious learning and behavior problems.

A typical American diet is deficient in “highly unsaturated fatty acids,” that valuable oily stuff that was once abundant in our food supply — back in the days when “fast food” meant some peanut butter hurriedly spread on a cracker and when the word “microwave” had not yet entered our vocabulary.

Recent studies using essential fatty acids (EFAs) have linked deficiencies with a host of problems including: ADHD, dyslexia, dyspraxia, learning difficulties, schizophrenia, and the autism spectrum.

Much of the work in this area is being carried out in England by Alexander Richardson and colleagues. Dr. Richardson is at the University Department of Physiology at Oxford.

One of his studies, published in 2002, is titled **A randomized double-blind, placebo-controlled study of the effects of supplementation with highly unsaturated fatty acids on ADHD-related symptoms in children with specific learning difficulties.** It appears in the journal *Prog Neuropsychopharmacol Biol Psychiatry* 2002 Feb;26(2):233-9.

The subjects were forty-one children ages 8 to 12 who exhibited features of dyslexia and ADHD. One group was given EFAs and the others received placebos (pills with no EFAs). Both groups scored about the same on a battery of tests they took before the study began. But after 12 weeks the group that took the EFAs had significantly fewer learning and behavior problems than the group taking the inactive pills.

The authors conclude that the supplements reduce ADHD-related symptoms and should be studied further.

## The high cost of convenience foods

James had been such a happy, contented baby, Tess was not prepared for the behavior changes that took place at about 15 months, the time he entered day care.

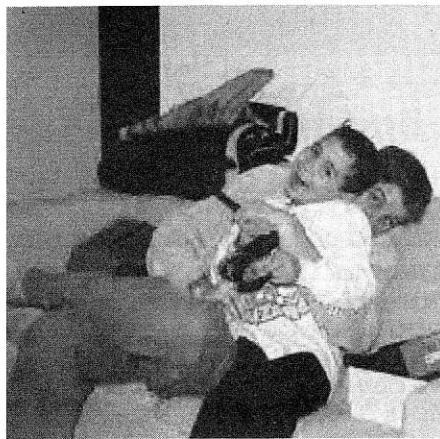
Now a single mom with a full time job, Tess went from home-prepared food (she even had made her son's baby food) to the many convenience products for babies and toddlers. The day care staff also had a tough job. At times they would have to restrain James, who was aggressive and would bite other children. In a new day care facility, he behaved a little better, but he still was overactive and loved to escape by climbing the fence. Once outside, he would laugh at his teachers and lead them on a chase as they tried to catch the pre-schooler. Now that Tess looks back at this child care center, she suspects the reason her son was less aggressive there was because of the healthy snacks they served.

Kindergarten went a little better with the strict, but kind, teacher who found little James to be a very bright, likeable child. But he still had impulse problems, especially after eating lunch in the school's cafeteria.

Things deteriorated in first grade, as James' behavior brought dramatic reactions from his teacher; he was even suspended at one point. Again, the worst events took place after lunch. Eventually, Tess gave in to the school's pressure to have her son medicated. His teacher was delighted with the effects of the Ritalin; James sat quietly in his chair and produced an impressive amount of school work. But Tess saw a different side. He was so calm, zoned out, and after a week she felt that her son was "gone." He ate very little and began losing weight. The child who normally went to bed at 8:00 and slept soundly was now up until past midnight, unable to sleep.

Another effect that was not seen at school, but which Tess had to endure, was the daily meltdown at 5:00 when the drug wore off and James' behavior was far worse than it had been before the Ritalin. Her little boy, who was beginning to look "like a skeleton" was freaking out, destroying things every evening.

Tess looked to a child psychiatrist for help with the side effects of the Ritalin. He brushed aside the Ritalin connection and told her James may have "early onset bipolar disorder." *[Editor's note: This is a diagnosis we are hearing about with increasing — and disturbing — frequency.]* The doctor wanted to test James for the disorder by giving him antidepressants, saying "if the child becomes manic on the medicine that means he's bipolar." What's more, if he became manic and threatened suicide he would then be given the diagnosis of "borderline personality disorder."



**Life is much different these days!**

Over a period of two years James was on 22 different drugs, many of which were heavy-duty. But the chemical treatments weren't working. He was constantly being suspended and missed so much school, Tess didn't know how he would ever catch up. There were many meltdowns, and even ambulance trips to the hospital. At the end of third grade Tess read a book on bipolar disorders and found a reference to the Feingold diet. She felt she was grasping at straws, but sent for the material and tried to follow it. Her ex-husband refused to cooperate and the teacher insisted on feeding junk food to the children. Tess moved her son to a parochial school where the highly structured routine proved to be a plus for him.

She did not see the fast response to the diet she had hoped for, but Tess understood that her son had acquired many negative behaviors and it would take time to try and undo the damage. She learned new strategies for coping with him, using all her resolve to not allow him to draw her into the conflicts he created.

Gradually, the combination of diet and parenting strategies began to show results. It became apparent that the most dramatic behavior problems came after James visited his father. But eventually this was resolved, his dad saw the connection and agreed to cooperate.

As James stayed on a more careful diet, Tess was able to identify the worst culprits. It was clear that he had a really hard time with salicylates, which he loved. No wonder May and November always seemed to bring out the worst in him. May was the start of strawberry season, and in November there were lots of apples, followed by oranges from Florida. Much of the aggression and defiance went away after corn syrup was removed. Another discovery was the value of essential fatty acids. As bright as he is, James had trouble communicating. When Tess added omega 3 to his diet, his communication skills "shot through the roof."

**Tess feels that her son was robbed of much of his childhood.**

Today, school is a much different experience for twelve-year-old James. He has made friends, participates in sports, and is on the honor roll. Tess happily reports that this year *she did not receive one phone call from school*. His self esteem is justifiably high. He makes his own breakfast and lunch, and sticks to his diet most of the time. The things he misses most are the salicylate fruits, but Tess found that they

*Continued on page 3*

## Fast Food Woes

McDonald's stock has declined 60% in three years, franchisees are seeing their costs rise and income reduced, while consumers are finding healthier, better tasting food in other places.

**B**ut the hamburger giant is still a wealthy and powerful enterprise, and continues to be the target of much dissatisfaction. Europeans see it as one of the US giants that embody what's wrong with American capitalism. In an effort to polish their tarnished image, British franchises will now sell organic milk (and US restaurants will serve Newman's Own natural salad dressings).

Back here in the US, the company's latest headache is the current lawsuit charging that the corporation uses deceptive practices, presenting their food as healthy and withholding information on their ingredients. Compared to most other restaurant chains, McDonald's provides lengthy lists of ingredients on their web site. But even these lists don't tell the whole story.

### The Tale of the Fries

In his tell-all book, *Fast Food Nation*, Eric Schlosser describes the rise of the humble spud that has played a big part in creating the McDonald's empire. (Fries are much more profitable than hamburgers.) The company is the largest buyer of potatoes in the US and prepares two million pounds of frozen potatoes each day. Until the 1990s their deep-fried foods were prepared in oil that was primarily beef tallow, with a small amount of cottonseed oil. Although the oil contained preservatives, they did not use BHA, BHT or TBHQ, so many families on the Feingold Program were able to enjoy their deep fried foods.

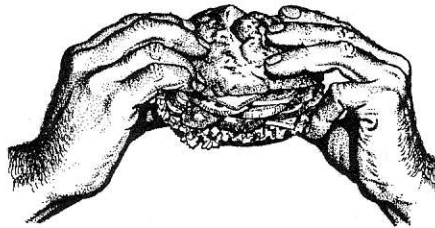
### The high cost..., from page 2

can occasionally use golden delicious apples, and hopes that with time they will be able to bring back more of the salicylates. She has emphasized to her son how important it is for him to tell her if he has gone off the diet; she assured him she won't be angry, but needs to know so she doesn't start removing other foods unnecessarily.

Tess remarried while she and James

Most Americans believe that animal fats are harmful and vegetable oils are healthful. (This is an assumption that is challenged by some experts. See "The Oiling of America," by Mary Enig, Ph.D. and Sally Fallon at [www.westonaprice.org](http://www.westonaprice.org). Also, *The Cholesterol Myths: Exposing the Fallacy that Cholesterol and Saturated Fat Cause Heart Disease*, by Uffe Ravnskov, MD, PhD.)

After much negative publicity over their animal based fat McDonald's switched to vegetable oil — one preserved with TBHQ. The other chains soon followed, and many of the fast foods were no longer an option for Feingold members.



McDonald's may have gotten rid of their beef tallow, but they appear to have found a way to use beef flavorings to duplicate the original taste. Such flavoring formulas are closely guarded secrets, and are allowed to be listed simply as "artificial flavoring" or "natural flavoring." Since the term natural flavoring can mean many different things, it is hard for a consumer to know what he is eating, and this secrecy may prove to be one of the latest legal headaches for McDonald's.

were in the throes of his problems. Her husband (who she describes as an angel) supported all her efforts and was understanding when Tess warned him she would never have another child! Well, James has changed and so have her feelings about being a mom again. Little Edward was born in March and this calm, happy baby will be raised in a Feingold home with a big brother who can't wait to be a good example and mentor.

The initial suit was brought against McDonalds by two New York City children who charged that their obesity was the fault of the fast food giant. This suit, which was dismissed, has triggered ridicule aimed at people with no will power. But there may be some validity to the plaintiff's claim. In January, *New Scientist* magazine published the results of research connecting a diet of fast food to obesity.

A single fast food meal can provide all of the calories one should normally consume during an entire day. This leads to an increase in body fat, which interferes with a hormone called leptin. Leptin provides the signal to our brain that you have eaten enough food to feel satisfied. The more weight a person gains, the more resistant he becomes to the hormone.

### The Feingold concern

McDonald's has made further changes to the oil blend they use and many families had hoped that this would mean the end of the petroleum-based preservative TBHQ. Sadly, that is not the case.

Now, the company announced plans to tinker with the ingredients in their hamburgers. They will be using a "seasonings mix" to improve the flavor of the burgers and will probably make changes in the buns. A seasonings mix can hide a multitude of mysteries, including artificial flavors, MSG and salicylates. Enjoy your burgers, folks, but be on the lookout for reactions in the months to come.

Of all the professionals Tess looked to for help, not a single one ever asked about James' diet. Not one of them told her there were any alternatives to drugs. How many people did Tess consult? 5 psychologists, 1 psychiatrist, 1 pediatrician, 1 neurologist and the psychologists at all of the many schools James attended.



## How is ADHD diagnosed?

The “Bible” for diagnosis is the American Psychiatric Association’s *Diagnostic and Statistical Manual of Mental Disorders – Fourth Edition (DSM-IV)*

According to the DSM-IV, ADHD or one of its subtypes can be diagnosed if the child shows certain characteristics for a period of 6 months or more, with at least some of the symptoms, beginning before age 7. The symptoms are subjective, generally described by a parent, and include:

1) Six or more symptoms of lack of attention, as paraphrased below:

- Fails to pay attention, makes mistakes
- Difficulty staying on tasks
- Does not seem to listen
- Fails to finish things
- Trouble organizing things
- Does not like homework or schoolwork
- Loses things
- Easily distracted
- Forgetful

OR

2) Six or more symptoms of hyperactivity-impulsivity, as paraphrased below:

- Fidgets
- Leaves seat in class
- Runs around, is restless
- Difficulty playing quietly
- Acts like “driven by a motor”
- Talks too much
- Blurts out answers
- Can’t wait his turn
- Interrupts others

For people who don’t neatly fit into the categories of ADHD-attentional, ADHD-hyperactive, or ADHD-combined, there is another diagnosis called “ADHD, not otherwise specified.”

### What’s wrong with the list of symptoms?

Many of them overlap. For example, how would you separate the symptoms “losing things,” “forgetful,” and “having trouble organizing?” Are they really three separate symptoms or are they three ways of describing the same thing?

In his book *Ritalin Nation*, author Richard DeGrandpre writes that despite years of effort to establish ADD as a brain disorder, “three decades of medical science have yet to produce any substantive evidence to support such a claim.”

Many of these children are not just problems for their parents and teachers — they are physically sick. It is generally recognized now that these physical symptoms “go together” with ADHD: bedwetting, ear infections, asthma, sleep disturbances. These children have headaches, poor appetites, they can’t sleep, they get ear infections, have rings under their eyes and their skin seems dry or pale, or rough. They often simply appear to be unwell.

“Even more peculiar is the analogy favored by the advocates in Chadd: that ‘Just as a pair of glasses help the nearsighted person focus...so can medication help the person with ADD see the world more clearly.’ But there is no black market for eyeglasses... no loss of appetite, insomnia, ‘dysphoria’ (an unexplained feeling of sadness that sometimes accompanies pediatric Ritalin-taking), not even the faintest risk of toxic psychosis, to cite one of Ritalin’s rare but dramatically chilling possible effects.”

from “Why Ritalin Rules,” by Mary Eberstadt, *Policy Review* April 1999 [[www.policyreview.org/apr99/eberstadt\\_print.html](http://www.policyreview.org/apr99/eberstadt_print.html)]

There is research that links each of these symptoms to diet, and when the Feingold Program works for a child like this, most or all of the symptoms seem to improve. A number of researchers have noted that people with ADHD may have abnormalities in their levels of zinc, copper, manganese, lead, cadmium, and essential fatty acids. Their sulfate metabolism

may be inefficient. These things also may need to be addressed before the child will really be well.

Using a powerful stimulant to address the symptoms can make it more difficult to get at the heart of what is really causing the child to have difficulties. Consider the following report, published in 1995, in the *Archives of General Psychiatry*: “Cocaine, which is one of the most reinforcing and addicting of the abused drugs, has pharmacological actions that are very similar to those of methylphenidate, which is now the most commonly prescribed psychotropic medicine for children in the US.”

The Feingold Association believes that children with learning or behavior problems deserve to receive the same careful evaluation provided for children with other illnesses. Underlying physical or emotional illness, vitamin deficiency, or allergy should all be ruled out. A brief trial of the inexpensive Feingold elimination diet can rule out sensitivity or intolerance to additives and/or salicylates.

Diet should be an important part of treatment for ADHD as it is for high cholesterol, high blood pressure and diabetes.



The products comply with the Feingold Program because none of them contain artificial colors, flavors or preservatives. Ian's Natural Foods go beyond Feingold requirements, and eliminate many other things. The meats are free of antibiotics and hormones and the beef is range-fed. Fish used in the dishes are quick frozen on the boat and use no preservatives. Chicken nuggets do not contain ground chicken skin, as is the usual practice. Oils are not hydrogenated, flours are never bleached, and the sugars used are unrefined.

## Busy Feingold families now have a line of kid-friendly frozen foods.

When Ian Harris was born in 1997, his parents found their lives were busier than ever, trying to run a small company while they cared for a newborn. They wanted to be able to use convenience foods, but were disappointed with the quality of the products that were available. They decided to create their own company and offer the type of food they had been seeking.

Four frozen dinners have been researched and may be added to your Foodlist.

- Pizza meal
- Pancake Kids meal
- Fish Sticks meal
- Chicken Nugget meal

The pizza and blueberry pancakes are obviously Stage Two items, but the only salicylate item in the fish sticks and chicken nuggets meals is the portion of strawberry applesauce.

These foods can be purchased in larger packages, and all of them are on Stage One:

- Alpha Tots (potato puffs in the shape of letters)
- Chicken Nuggets
- Crunchy Fish Sticks
- Onion Rings
- Fish Fillets, Crunchy Dinner Style

The Product Information Committee will continue its research into the entire line of Ian's products and we expect that all of them will comply with our requirements.

Well-stocked natural food stores carry the Ian's line of frozen foods. Food coops can provide them. Innovative supermarkets are also a good place to shop for these, and other natural products.

The company can also provide their foods to distributors who supply schools and other institutions.

[To learn more about Ian's see:  
[www.iansnaturalfoods.com](http://www.iansnaturalfoods.com)]

## More things that can contribute to ADHD

Americans are exposed to an ever-growing number of synthetic chemicals that have never been proven safe.

The US Centers for Disease Control and Prevention measured the blood and urine of 2,500 Americans to determine the type and amount of harmful synthetic chemicals they have in their bodies. They were looking for 116 different chemicals, most of which we come in contact with each day as we use ordinary consumer products.

The March, 2003 issue of *Pure Facts* described the harmful effects of "phthalates," chemicals that help to keep plastics soft and are found in many personal care products.

Here are some other common offenders:

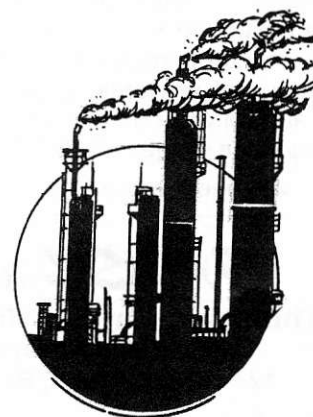
- Acetone (used in nail polish and polish removers)
- Pesticides (used in the home and garden)
- Synthetic fragrances
- Perchloral ethylene (the chemical used in dry cleaning)
- Zylene (found in paint)

"We know from polling that Americans think the government requires companies to test their products before putting them on the market. That is just not true."

*Jane Houlihan, the Environmental Working Group*

Animal studies have shown that nearly all of the 116 chemicals are toxic, but unfortunately, such information does not necessarily translate into regulations to protect humans. This study, called the Second National Report on Human Exposure to Environmental Chemicals, was designed to help learn more about the effects of human exposure.

Tests conducted at the Mt. Sinai School of Medicine in New York found that the average participant had traces of 53 chemicals that have been found to cause cancer, 55 that are connected with birth defects, and 62 that have been found to be toxic to the nervous system and to the brain. Any chemical that affects the nervous system and the brain can affect a child's behavior and ability to focus on schoolwork.



## *April Fools – Dirty Tricks Department*

Pure Facts traditionally has selected April, the month that begins with April Fool's Day, to highlight some of the more bizarre topics we have encountered.

If you eat meat and become sick afterward, what's the most likely cause? The American consumer is repeatedly told that the danger lies in her own kitchen, and she is given instructions about washing cutting boards and keeping meat at a safe temperature. But what about filth in meat packing plants? The US Government Accounting Office reports that the current meat inspection system allows contaminants, including fecal matter, to go undetected as processors are allowed to speed up the assembly line, reduce the number of inspectors, and curtail their authority.

Now we have a new way to "protect" our food supply. The industry plans to clean up the meat by zapping it with gamma rays and electrons. While claiming there is no risk to the consumer, the industry wants to shed the label of "irradiated" and replace it with something less scary, like "cold pasteurization."

Is there a down-side to zapped meat? The European Union has suspended the irradiation of most foods until they learn more about potential harm. Carol Tucker Foreman of the Food Policy Institute is concerned that we don't have enough information about the risks of irradiated meat, noting "There is nowhere in the world where a large population has eaten large amounts of irradiated food over a long period of time."

The Health Sciences Institute quotes Dr. Allan Spreen on the effects of irradiation. "Any electromagnetic radiation strong enough to kill undesirable elements in food is easily strong enough to do the same thing to desirable elements. Denaturing of enzymes, destruction of desirable bacteria, elimination of vital nutrients are all events that will be proven to occur once we get someone to study them."

So, we need some guinea pigs to test out this new

innovation? No problem. Congress has directed the US Department of Agriculture to allow irradiated beef to be used in the federal school lunch program. Now children who are being fed a dazzling array of synthetic additives in their school cafeteria will be eating beef that has even less in the way of beneficial nutrients. Perhaps the USDA should once again allow ketchup to be counted as a serving of vegetable, as they did in an embarrassing episode from the 1980s. If they serve green ketchup, could it be considered a green vegetable?

Remember those organic standards enacted in October? The ink was barely dry when the first assault was launched. Senator Patrick Leahy has alerted the public: "A last minute, behind-closed-doors provision was added to the 2003 federal spending bill that would permit livestock producers to label their meat as 'organic' even if the animals are fed partly or entirely on conventional feed rather than organic grains."

Whole Foods Market notes: "As reported by the *New York Times*, Speaker of the House J. Dennis Hastert added the last minute provision at the behest of Representative Nathan Deal at a closed door session on behalf of a Georgia poultry producer who has been trying to get an exemption from the USDA that would allow it to feed its chickens a mix of conventional and organic food and still call it organic."

Several years ago the US Department of Agriculture attempted to pass regulations that would have made the term 'organic' virtually meaningless. One critic contended that by USDA's proposed definition, a "free range" chicken could be an irradiated chicken that never sees the light of day and eats food grown on toxic sludge.

## *FAUS Open House*

**Thursday, May 8 ~ 10:00 am to 3:00 pm**  
The Feingold Association of the U.S.  
127 E. Main Street, Riverhead NY 11901

## *Let us treat you to lunch!*

Come meet our dedicated staff, board and volunteers  
Program assistants will be on hand to answer questions  
Pick up copies of our literature, studies, etc.  
Bring a friend, school nurse, teacher, neighbor

RSVP by phone or fax no later than May 5  
phone (631) 369-9340 ~ fax 631-369-2988

## **Send us your kids!**

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

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

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



## Guilt-Free Chocolate?

"Cocoa (cocoa butter, the main ingredient in chocolate) contains the same nutrients found in other plant food, including minerals and specific antioxidants that help ward off diseases such as heart disease" according to a recent report in the *Journal of the American Dietetic Association*.

In 17th century Europe chocolate was used to treat the liver, heart, kidneys and to treat anemia, tuberculosis, fever, gout and to aid in digestion.

Be sure to shop for chocolate that is free of synthetic vanilla flavoring (vanillin).

## Goldenberg's Peanut Chews

This natural candy is scheduled to be bought out by Just Born (the manufacturer of colored marshmallow "peeps"). A family owned business operating in Philadelphia since it was founded in 1890, Goldenberg's is the latest of the small, regional candy makers to be bought out by a larger company. Such a buy-out does not necessarily mean the ingredients will change, but it's a good idea to check the label from time to time.

## Gluten-Free, Wheat-Free

People who must avoid wheat and gluten have a difficult time finding suitable foods at restaurants. This is the dilemma Jeff Beavin faced when he learned he had Celiac disease and had to avoid all gluten.

It led to the development of an eating guide for people facing such limitations. *The Gluten/Wheat Free Guide to Eating Out* is a small book listing the suitable foods offered in 50 restaurant chains in the United States. While this is a very useful guide for anyone wishing to avoid wheat and gluten, it does not address the additives or salicylates that are a concern to Feingold members.

The book is available from Good Health Publishing, LLC., PO Box 889 039, Atlanta GA 30356. \$20 each + \$2.95 shipping; [www.goodhealthpublishing.com](http://www.goodhealthpublishing.com).

[Note: Jeff describes a homeopathic remedy that has been a big help in reducing his reactions: *Veratrum Album* 30c.]

## Eye Care Products

The Alcon company offers a line of eye care products that have just been added to our Stage One list.

Alcon Saline Especially for Sensitive Eyes; Bion Tears Lubricant Eye Drops; Clerz 2 Lubricant & Rewetting Drops; Clerz Plus Lens Drops; Eyestream; Isopto Tears; Naphcon; Naphcon A Eye Drops; No Rub Opti-Free Express Multi-Purpose Disinfecting Solution; Opti-Clean II Daily Cleaner; Opti-Free Daily Cleaner; Opti-Free Enzymatic Cleaner; Opti-Free Express Rewetting Drops; Opti-Free Rinsing, Disinfecting, and Storage Solution; Opti-Free SupracLens Daily Protein Remover; Opti-One Multi-Purpose Solution; Opti-One Rewetting Drops; Opti-Zyme Enzymatic Cleaner Effervescent Tablets; Pliagel; Tears Naturale Forte Lubricant Eye Drops; Tears Naturale II Polyquad Lubricant Eye Drops; Tears Naturale P.M. Lubricant Eye Ointment; Unique PH Multi-Purpose Solution; Unisol 4 Preservative-Free Saline Solution.

**Moving? Don't forget to give us your new address.  
The post office will not forward bulk mail.**

## PIC Report

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

### Stage One

ARROWHEAD MILLS\* Chocolate Chip Cookie Mix  
BUGG OFF! (contains strong smelling natural ingredients)  
Insect Repellent Candle for Indoor & Outdoor use (SF),  
Spray (SF)  
CHEEZY DOES IT Pasteurized Process Cheese Spread  
(CS) *Note: the "artificial color" listed on the label is derived from an acceptable natural source.*  
DREYER'S Fat Free Frozen Yogurt: Chocolate Fudge  
(CS), Vanilla Chocolate Swirl (CS)  
EDY's Fat Free Frozen Yogurt: Chocolate Fudge (CS),  
Vanilla Chocolate Swirl (CS)  
ELI'S Cheesecake: Chocolate Caramel Pecan (CS)  
[www.elicheesecake.com](http://www.elicheesecake.com) 800-ELI-CAKE  
FARMLAND Sliced Ham & Cheese Loaf (CS,N)  
FARMLAND Extra Tender: Bone-In Bladeless Pork Loins  
(CS), Bone-In Boston Butt (CS), Bone-In Pork Loin  
(CS), Bone-In Pork Shoulder Picnic (CS), Bone-In  
Shoulder Boston Butts (CS)  
GREEN & BLACK'S Organic Cooking Chocolate  
GREEN & BLACK'S Organic Chocolate Bars: Dark  
Chocolate, Milk Chocolate, Mint, White  
HY-VEE (Hy-Vee) HealthMarket Cereal: Organic 7-Grain  
Flakes  
JONES GOLDEN BROWN Fully Cooked & Browned  
Sausage Links - Mild Flavor (CS)  
KRUSTEAZ Bread Machine Mix: Country White, Cracked  
Wheat, Italian Herb, Savory Rye  
MARIEANN'S Natural Lotion Naked - Unscented;  
Natural Soap: Naked Goat  
SUN DOG\* Hemp Oil Conditioner & Detangler: Normal to  
Extraordinary Naked/Unscented; Hemp Oil Shampoo:  
Normal to Extraordinary Naked/Unscented  
YORKSHIRE KIDS Turkey Ham

### Stage Two

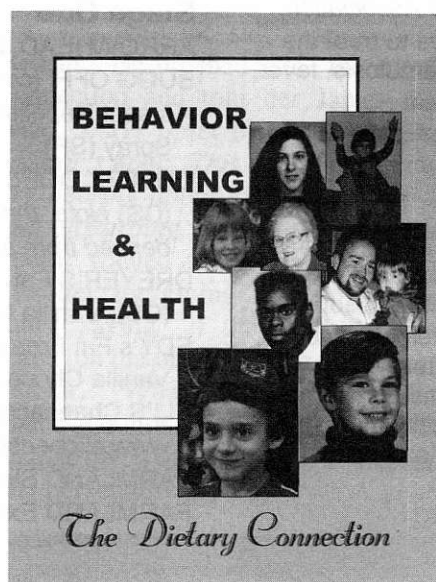
DREYER'S Fat Free Frozen Yogurt: Caramel Praline  
Crunch (CS, almonds)  
FARMLAND Sliced Pickle & Pimento Loaf (CS,N,SB)  
FRUTSTIX Fruit & Cream Bars: Creamy Strawberry  
FRUTSTIX Fruit & Juice Bars: Boysenberry, Cherry, Fruit  
Blend (blackberries, boysenberries, strawberries)  
GREEN & BLACK'S Hazelnut & Currant Organic Dark  
Chocolate Bar  
HY-VEE (Hy-Vee) HealthMarket Cereal: All Natural Soy  
Flakes with Raisins, Organic Raisin Bran Flakes  
KRUSTEAZ Bread Machine Mix: Cinnamon Raisin  
RED GOLD Chili Sauce (cloves, tomatoes), Diced  
Tomatoes Chili Ready with Onions (chili peppers),  
Diced Tomatoes Mexican Fiesta (chili peppers),  
Tomato Ketchup (CS, cloves), Tomato Sauce  
YORKSHIRE KIDS Uncured Turkey Bologna (paprika)

## "The Dietary Connection" – a new resource

This slim book is packed full of information about the Feingold Program and the many studies that support it.

Thanks to generous donations from many people, the Association has just published a 28-page book filled with information about the connection between diet, behavior and learning. The article on page 4 of this newsletter about diagnosing ADHD has been excerpted from the book.

Topics covered include: symptoms that may be helped by the Feingold program, a description of the program, frequently asked questions, information about the additives and salicylates we address, environmental chemicals, ADHD, asthma, violence, bedwetting, autism, PST and sulfation, and a layman's explanation of the early studies and why they were inadequate.



It includes an impressive collection of 70 scientific studies and citations ranging from 1966 to 2002.

Heading up this effort was FAUS's research librarian, Shula Edelkind. Shula's mom has found that her friends all want copies of the book to help their grandchildren.

You can find the book on our web site and can order single copies from the New York office. To request quantity orders for teachers, doctors, friends, relatives, or to offer at health fairs, call the Virginia office at (703) 768-3287. (It also provides good reading material for any waiting room.)

There is no charge for the books, but we would appreciate a donation to cover the cost of postage and handling.

### 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 provides the Feingold Program book, which includes 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 St., 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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## Sleep deprivation can lead to behavior and learning problems

Sleep is essential. It is a biologically restorative state of consciousness which replenishes the body on all levels: cellular, endocrine, immune, metabolic, physical and emotional. It repairs and restores organs and replenishes brain chemicals needed for coping, memory and attention.

Without sufficient sleep, the body and brain begin a slow deterioration affecting all areas of health and function. Although the body can survive for a month or more without food, death can occur in a week without sleep. Three nights without restorative sleep can produce a state known as "sleep deprived psychosis," in which rational thinking is impossible. Epilepsy can occur after 24 sleepless hours.

Children who don't sleep well are often cranky and irritable. After a restless night they are easily stressed, moody and difficult to calm.

Poor sleepers are not happy kids. The reason for this is simple. During restorative sleep the brain and body produce serotonin, a chemical necessary for mood stabilization, coping,

attention and memory. The less serotonin available, the less able one is to deal even with the most mundane task. Picky kids get pickier, cranky kids get crankier and spacey kids get further detached. With compromised attention and memory skills, poor sleepers tend to be poor students as well.

### Here are some bedtime hints:

- Establish a set bedtime.
- Turn off all TV and computer games one hour before bedtime.
- Provide a calming warm bath, followed by a deep towel massage to arms, legs, back, hands and feet.
- Read one short story and turn the lights out.

For the child who needs a light on to go to sleep, get a dimmer switch and turn the light all the way out once the child is asleep. Lights on at night stimulate the pineal gland and inhibit production of sleep hormones.

Excerpted from an article published in *New Developments*, the newsletter of Developmental Delay Resources, based upon the SANE Strategies workshops developed by Debra Dickson RPT, and Anne Buckley Reen OTR/L.