

Pure Facts

Newsletter of the Feingold® Association of the United States



May, 2003

www.feingold.org

Vol. 27, No. 4

School Food

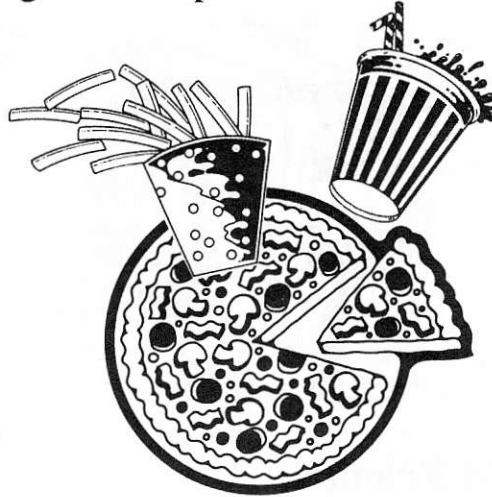
The foods served in America's schools continue to be in the news. There have been many excesses, and they are beginning to attract public concern.

Not only are soft drink vending machines ablaze with their logos and stocked full of sugary beverages, the cafeteria in many high schools is filled with brand name fast food and their colorful logos. Schools have become franchises of major chains, returning a portion of their sales to corporate headquarters.

Some schools are looking at unique and disturbing ways to raise needed revenue. One New Jersey school district gave their new gymnasium the name of a supermarket chain in exchange for \$100,000. And a Northern California district is considering selling the naming rights of its six elementary schools.

But the collaboration between private industry and schools need not be an unhealthy one. In February the James Monroe High School held an event titled: "Healthy Eating 101." This was the second annual Taste of Monroe food fair hosted by Whole Foods Market, Feel Good Foods and the Los Angeles Unified School District. Whole Foods Market is the nation's largest natural supermarket, and Feel Good Foods is a company that provides affordable, healthy snacks and beverages for vending machines.

In Muscatine, Iowa children enjoy free fruit and vegetable snacks throughout the school day, thanks to a federal grant. The US Dept. of Agriculture and the Dept. of Health and Human services has allocated \$6 million to promote the consumption of



fresh fruits and vegetables among the nation's school children, but it is enough money to cover only 100 schools. Dennis Heiman, principal of the Muscatine High School noted that after the program began they removed the candy vending machine because there was a 48% drop in sales of candy. This confirms the experience of those working with children — that they are receptive to tasty natural food, but they don't eat it since it is not readily available.

Continued on page 4

"The Edible Schoolyard"

What better way for children to develop an understanding of our natural world and an interest in healthy food than to grow it themselves? In some areas, this is just what is happening.

"Too often, students sit at their desks and learn about habitats and ecosystems thousands of miles away, while their schoolyard sports a barren landscape of mown grass or asphalt. But big changes are afoot. Across the country, schoolyards are now rife with student-designed wildlife habitats and native ecosystems: butterfly and bird gardens, prairies, wetlands, and more. These oases support a diversity of animal life and reveal important environmental lessons."

National Gardening
www.kidsgardening.com

The Edible Schoolyard is a project of the Martin Luther King, Jr. Middle School in Berkeley, California. Its famous champion is Alice Waters, who is credited with developing the modern American cuisine that began in the turbulent 1960s in California when she opened the Chez Panisse restaurant.

Waters teaches children and adults to understand and value the land, and to celebrate the food it provides by preparing it with a light, even reverent touch. She brings both the land and the farmers into the experience of dining -- taking us back, literally, to our roots.

Continued on page 4

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

Happy Mother's Day!

Mom's Forum

"I just signed my son up for an 8-week behavior therapy program. They told me they would work with him without pushing drugs. I just left there and the nurse told me that they wait and observe the children for 2 weeks before they decide what medication to give them. Arrghhh!!!"

"I tried yams for the first time today. My son asked, 'Wow, is that artificial color?' I said 'no' and he replied 'Is it God-official color, then?'"

"You Feingold people are incredible and get more incredible by the day. It's like my son is the most important person in the world -- it's so cool. Who is Pat P? She's a genius! Donna forwarded her some salicylate questions she couldn't answer, and Pat explained a whole new thing to me about galic and malic acid. Wow!"

A proud homeschooling mom writes: "I just received my son's Iowa test scores back yesterday. This was the first year he tested off meds and on Feingold. He improved in almost all areas and went from 13 to 56 percentile in Math Computation! My husband looked at the scores last night and was in shock!"



Dear Feingold Friends,

I wanted to share our story with you to bring hope to other families.

Our eight year old daughter has food allergies as well as chemical and salicylate sensitivities which affect her life and ours. Nearly everything from her toothpaste to children's vitamins upset her during the early years; however today she is making great improvements and earning wonderful grades in school.

One of the early episodes took place after we had been on vacation and she ate things that were not normally in her diet. Soon after eating the food, she stopped talking and began spinning. Her behavior puzzled us. At times she would behave normally, and then she would go into a constant state of motion for no apparent reason. She seemed bright, and had an amazing memory for repeated verse such as nightly prayers, but there would be episodes where she rarely talked and seemed to "disconnect" from us.

I learned about Feingold from a friend, and it made a huge difference; the episodes of speech loss only came with dietary mistakes. But she still had problems and we looked into alternatives to help our little girl. As we located various natural supplements we were able to address the physical problems that remained, especially disrupted sleep and constipation. Although I can't recall her ever being on a regimen of antibiotics, her intestines were affected, and the various resources we found have helped with the healing.

I know there are other families who need to go beyond the basic Feingold Program and are searching for natural options and I would be glad to share what we learned. You can reach me via e-mail at poseymail@1st.net. In the "subject" box, please type in the code words "solvingthepuzzlettogether."

Editor's note: When we publish articles that include physical symptoms that could be an embarrassment to a child, we withhold names.

"My son made the honor roll, but that's not the good news — the good news is that the comments on his report card were: Relates Well to Others, Consistently Works to Capacity, and Good Class/Group Participation.

"That's high honors in behavior! And boy, are we celebrating!"

"Four months ago I couldn't even warn my 8 1/2 year old daughter 'If you don't finish supper you can't have dessert' without her screaming and crying 'But I want dessert!!' over and over. Now she merely says 'OK.'"

You may need the Feingold Program if...

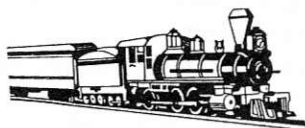
1. ... a pan never actually wears out at your house.
2. ... your children automatically look in the laundry basket when they get dressed, instead of looking in their drawers.
3. ... people notice when you are on time.
4. ... you go to start dinner and find that you have to clean up the breakfast dishes first.
5. ... you realize you have three open soda cans at once, spaced out from room to room.
6. ... your kids tell **you** to sit still in church.
7. ... you can't find your keys anywhere, and on the way out the door, you realize they're still in the lock from the night before.
8. ... "where are my shoes?" is a frequent phrase in the morning.
9. ... there are more things **ON** the cabinet than **IN** the cabinet.
10. ... you start to do laundry on Saturday, and find the last load you did last Saturday is still in the washer.

Parenting is a tough job

Once our children are eating healthier food and have calmed down, the challenge is still not over. Parenting is hard, and few of us have been taught the skills we need. *Easy to Love, Difficult to Discipline* has an intriguing approach.

Most parenting books describe techniques to show us how to change our child; Becky Bailey, who named her company Loving Guidance, shows us how to focus on ourselves.

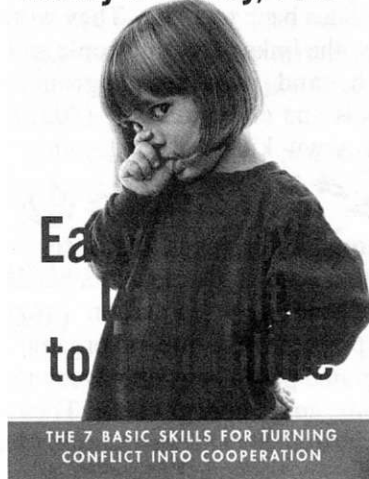
In the space of just a few generations, parenting has veered from the extremes of autocracy to chaos. For generations, children were expected to be obedient; more recently, they have been indulged. Seeking a middle ground, much of the current parenting advice relies on negotiation to bring about the desired change in the child. Bailey takes a different approach; she shows us how to change ourselves, or more precisely, how to change the way we view things.



Few parents today are satisfied with the techniques their parents used, but without a clear road map to follow, we tend to fall back on the familiar things, the lessons imprinted in us as we grew up.

Bailey promises that her techniques “can help you become the person you want your child to emulate. It will take your self-discipline and child-rearing skills to new levels. You will learn how to move beyond policing your children with rules and consequences, and discover how to create a home in which healthy relationships flourish and your children voluntarily choose to cooperate.”

Becky A. Bailey, Ph.D.



That’s an ambitious promise, but the popularity of the Loving Guidance workshops and materials suggests that the author has hit on something quite remarkable. “As parents change their attitudes and behaviors,” Bailey promises, “so will their children.”

Some of the traps parents fall into are their beliefs that:

- we can “make” our children behave.
- misbehavior is to be avoided.
- there are certain ways things “should” be, and we are justified in becoming upset when they are not.
- If our children misbehave, it is our failure.



“Misbehavior,” according to Bailey, “actually serves many wonderful purposes in your child’s development....Misbehavior teaches children how to communicate in order to get their needs met....Misbehavior helps children learn what thoughts, feelings, and behaviors are appropriate to have toward others.” How we respond to these behaviors will depend, to a large degree, on how we see ourselves and how we react when things do not go the way we believe they “should.”

She guides the reader through the turbulent development we call childhood and provides examples of how her methods can be used in your family’s everyday life.

Loving Guidance, has a selection of books, CDs and workshops to guide parents in this philosophy, and to provide them with the tools they can use as they go through loving rituals with their children. There are also workshops and books designed for teachers, plus musical selections designed to foster peace and harmony.

For information call (800) 842-2846 or visit www.beckybailey.com

Parenting’s lighter moments

When things get tough and you need a good laugh, this little book will show you that other households can be even crazier than yours.

After an especially challenging day, pick up your copy of *Blow-Drying the Frog & Other Parenting Adventures*, and settle back for a respite that’s sure to lighten your spirits. The non-profit Family and Home Network has compiled a wonderful slice of life as told by other parents. The book is intended to be “a group of friends sharing the humorous aspects of their day with you. It’s that voice on the other end of the phone line reminding you that you’re not alone in facing the joys and worries of raising children, that it’s okay to lighten up. That yes, being a parent is a tough job — but it can also be pretty darn funny.”

\$12 +\$2.50 from Family & Home Network, 9493 Silver King Ct. Fairfax VA 22031 (703) 352-1072 or visit their web site at www.familyandhome.org.



School food, from page 1

There are plenty of fresh fruits and vegetables at the Los Angeles Leadership Academy, despite the fact that it is located in an urban section of L.A. Unlike many schools, the Academy has a fully operational kitchen, where the staff prepares fresh, healthy food each day. Some of the cooks are parents of students, and have been trained for the job. The food service director purchases much of their food from local farmers, and buys organic whenever possible.

The only "playground" is the building's roof, where they plan to set up gardens. The school's principal, Roger Lowenstein explained that there is very little room for athletics — just the basketball court on the roof — but the students and staff get lots of exercise since the five story building has no elevator! To learn more about the Academy, visit their web site: www.laleadership.org.



The focus of the Leadership Academy is to groom young people to become positive role models for their community. In other schools the purpose of bringing in natural food is to enhance the health of the children, and elsewhere nourishing food has been added primarily to reduce behavior problems. The good news is that a change in school foods has been found to enhance all these worthwhile goals. For the school system that is focused on preventing academic failure or substance abuse, the simple answer is that healthy, well-nourished children do not require as many expensive services. Schools don't need to sell their identity to relieve their tight budget woes, they need to look for solutions in their hallways (now crowded with junk food vending machines) and in their cafeterias.

Edible schoolyard, from page 1

Getting Started

There are many resources and web sites to help the community interested in exploring a schoolyard garden.

The Edible Schoolyard

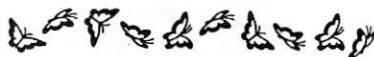
Located at the Martin Luther King, Jr. Middle School, in Berkeley, it provides a one-acre organic urban garden and a kitchen classroom.

Their web site offers resources and links for others interested in setting up a similar project in their schools.

www.edibleschoolyard.org

National Gardening Association

This non-profit organization, headquartered in South Burlington, VT, dates back to 1972. They work to renew the links between people and the Earth, and provide programs for schools and communities. (802) 863-5251 www.kidsgardening.com



Aquatic Outreach Institute

Their Kids In Gardens is a hands-on interdisciplinary education program that promotes the use of organic and integrated pest management techniques in home and school gardens. They also demonstrate how to create a schoolyard habitat for birds and butterflies, using native plants.

Educators attend 2-day workshops to learn how to establish a program in their schools.

The Aquatic Outreach Institute is located in Richmond, CA and can be reached at (510) 231-5655 or via www.aoinstitute.org

Eco Schools

This is an international organization that teaches citizens how to improve the environments of schools and their local communities.

www.eco-schools.org

Gardens for Growing People

This organization recognizes that our children will one day be voting and making the decisions about our environment. It strives to educate children about gardening in order to ensure that they will be an informed electorate.

They provide support for those working with children, plus child-size tools, books, and other supplies.

They are in Point Reyes, CA (415) 663-9433 www.svn.net/growpepl/

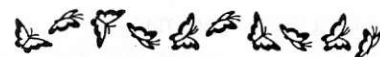
San Francisco Green Schoolyard Alliance

The group, formed in 2001, promotes healthy, environmentally sustainable learning environments in the area's schools. They work toward a future where each school operates in concert with its neighborhood and local ecology. www.sfgreenschools.org

Evergreen

Believing that "No plot of ground is too small...to sow the seeds of change," Evergreen is a Canadian based non-profit organization. They strive to bring nature to the cities. It helps people to create healthy natural outdoor spaces at schools, in a community's common grounds and through home landscaping.

Their Learning Grounds program brings communities together to transform barren asphalt and turf school grounds into natural outdoor classrooms. www.evergreen.ca



Lasagna Gardening

This delightful book by a master gardener shows you how to quickly create a garden without the hard work of tilling the soil. It can be located almost anywhere and is created from newspaper, kitchen scraps, leaves, lawn clippings and peat moss, built in layers, just like a dish of lasagna. It provides directions for all types of gardens, including butterfly gardens.

Softback book from Rodale Press, \$15.95 www.rodalestore.com (800) 848-4735

No space for a garden?

One company has developed a unique solution for growing food without a garden. The Earth Box enables even apartment dwellers to grow big plants in a small space, using their containers, and an automatic feeding and watering system.

Earth Box (800) 821-8838
www.earthbox.com

Frustrated with fragrances

Two moms on the message board share their experiences with those smelly culprits.

"I wrote on my son's medical card that he is not to be around artificial colors, flavors or preservatives. I forgot to add fragrances but the school nurse asked me and I said 'yes' and she specifically wrote it in on his medical card.

"Well, blow my mind! Last week I went to my son's classroom to meet his teacher, and what to my wondering eyes do I see? A lighted scented candle! I ask him, 'Is it lit every day?' He replies, 'Yes, she only blows it out when it's time to go home for the day.'

"He says other kids have asked her to blow it out and she says she's not going to until they leave. Who in their right mind has a lighted candle around 24 children and a room full of paper? Where is the principal, the superintendent, the fire marshal?"



"The children have been doing so well lately. Well, stupid, stupid, Mommy here put on perfume yesterday!!! My son turned into a Mexican jumping bean, daughter turned into a whiny wreck and now my dear husband has a migraine!!!

"Perfume is EVIL ... just say 'no' to perfume!"

Perfume for Mom this Mother's Day? Think again.

Are the fragrances being sold today safe for consumers? Peter Cadby of the International Fragrance Association says they are. He writes, "In recent years it has become fashionable to criticize the use of fragrances in our society, suggesting that this use is associated with a variety of negative effects." However, he goes on to say that "an adequate review and testing mechanism exists to assure the safety of fragrance materials, and their combination in mixtures, for the consumer of fragranced products."

Carrie Loewenherz of the New York Committee for Occupational Safety and Health disagrees. She says that 95 percent of the ingredients used in perfumes are made from petrochemicals and that they give off powerful fumes referred to as "volatile organic compounds" or VOCs. This is why your clothes smell odd after they have been dry cleaned, and why you will notice the odor of fresh paint. New carpeting, cars, buildings, clothing and furniture all give off fumes that can cause harmful side effects. People who know they are sensitive to synthetic chemicals, as well as those with respiratory problems, should be especially cautious about exposure to VOCs, whether they smell pleasant or unpleasant. But no individual is likely to be unaffected by breathing in petrochemicals, so most of the fragrances sold as perfumes and used in countless household and personal products aren't a good idea for anyone.

Fragrances also may use phthalates, believed to be hormone disrupters and linked to sperm damage and birth defects. (See the March 2003 issue of *Pure Facts* for more details on phthalates.)

The non-profit Human Ecology Action League (HEAL) offers in-depth information on perfumes and their negative effects in their book *Fragrance and Health*. It is available from HEAL, PO Box 29629, Atlanta GA 30359 (404) 248-1898. The cost is \$12 for HEAL members, \$24 for non-members. Contact HEAL for the cost to send the book outside the United States.

Who's in charge?

Perfumes and cosmetics are regulated by the Food and Drug Administration (FDA), but "regulated" might be a misnomer. Drugs are substances that affect the body's functions, but the FDA does not consider that cosmetics have such an effect. (Try telling that to an asthmatic!) The FDA allows the fragrance industry to conduct its own testing...if they so choose.

One of our Feingold volunteers, Shula Edelkind, had an interesting conversation with the scientist at the FDA who is the agency's authority on the subject of fragrances. Shula was checking to learn if the perfume ingredient Musk AETT was still allowed to be used. After it was shown to cause many harmful effects* on animals the industry voluntarily stopped using it, but was never required to do so by law. She was told that there had been no change, that the chemical could still be used if the fragrance industry wished.

The scientist acknowledged that the agency does not do any safety testing of these chemicals, but asked, "Why would a company use a harmful ingredient — they would open themselves up to law suits?" Shula replied, "The manufacturer is not required to tell anyone what ingredients they use. How could anyone sue when the company is not required to disclose the ingredients?" His response: "Oh, yeah. But why would a company use something that is harmful?" Shula: "Why do companies sell cigarettes?" FDA scientist: "Ohhh, yeah."

*Effects of Musk AETT: The initial reaction of animals was hyperactivity, irritability and a tendency to bite. This was followed by limb weakness, discoloration of internal organs and the nervous system, and degeneration of central nervous system neurons. The end result was deterioration of the brain, spinal cord and nerves, and permanent brain damage.

Source: Spencer, Peter S., & Bischoff, Monica C. Skin as a route of entry for neurotoxic substances. In Francis N. Marzulli & Howard I. Mailback (eds.), *Dermatotoxicology*. 1984; 3rd edition, pp 629-630. Washington, DC.

Democracy at work

Protection from forced drug use on children

1999: The Colorado State Board of Education passed a resolution directing educators to find solutions for learning and behavior problems that did not rely on pressuring parents to use psychotropic drugs for their children.

The National Black Caucus of State Legislators passed a resolution calling for a national examination of the use of psychotropic drugs for children.

2000: Texas State Board of Education passed a resolution encouraging the use of effective non-drug options for children with academic or discipline problems.

Georgia created a commission to investigate the use of drugs for children and improve monitoring the rate of prescriptions.

Washington called for tracking of children being placed on psychiatric drugs.

2001: Connecticut and Minnesota passed laws to prevent school personnel from coercing parents to give their children drugs as a condition for attending school. North Carolina and Utah also addressed the issue and the legislature.

Hawaii called on the state departments of Health and Education to research non-medication alternatives for children with learning or behavior problems.

2002: Illinois passed a law similar to Connecticut's and called for the prohibition of disciplinary action being taken against parents or guardians who refuse to administer psychotropic or stimulant drugs to children. Virginia passed a similar law.

The National Foundation of Women Legislators called on the federal government to pass a law that requires public schools to protect children from unnecessary drugging as a condition for receiving federal funding.

The American Legislative Exchange Council proposed two pieces of legislation; one would prevent schools from recommending drugs to parents and the other would prohibit invasive psychological testing.

2003: The following states introduced related bills and resolutions: Alaska, Arizona, Colorado, Hawaii, Indiana, Kentucky, Massachusetts, Michigan, Mississippi, New Hampshire, Nevada, New York, Texas, Vermont and West Virginia.

In March of this year the House Committee on Education and the Workforce of the U.S. House of Representatives introduced a bill called the **Child Medication Safety Act of 2003**. It reads as follows:

As a condition of receiving funds under any program or activity administered by the Secretary of Education, each State shall develop and implement policies and procedures prohibiting school personnel from requiring a child to obtain a prescription for a controlled substance in Schedule II under section 202(c) of the Controlled Substances Act as a condition of attending school or receiving services.

To keep tabs on federal legislation visit the government web site called "Thomas" maintained by the Library of Congress. See: <http://thomas.loc.gov>

US Senate repeals Georgia Organic Exemption

Last month *Pure Facts* reported on a last minute provision added to federal legislation that would allow livestock producers to label their meat as "organic" even if the animals were not fed organic grains.

This first assault on the Organic Standards Act came from Georgia Representative Nathan Deal, at the request of Fieldale Farms Corporation of Georgia, who wanted to be able to label chickens organic when they were not.

Vermont Senator Patrick Leahy successfully led the effort to repeal the exemption. It was supported by organic and environmental groups and by the administration. The House of Representatives is expected to vote for approval of the repeal.

Warrenton, VA

Visit the Natural Marketplace at 5 Diagonal Street for great food and information on natural alternatives for treating ADHD from Feingold mom, Alice Maher. (540) 349-4111.

Matching Donations?

Please check with your place of business to see if they have a program to match the donations employees give to non-profit organizations such as the Feingold Association.

CD offered to help autistic children

A small country church in Belmont, Ohio is trying to help autistic children get the care they deserve. A group of friends has recorded a bluegrass gospel CD with all profits to benefit autistic children. The group has collected enough donations to pay the expenses, and eagerly anticipate collecting enough to help several children.

A bluegrass gospel CD may be mailed to you or a friend with a donation (typical donations are \$14, shipping included). Checks may be made payable to Chestnut Level Christian Church. Please address your correspondence to the Mehl Family, 42390 High Street, Belmont, OH 43718.

Miracle Whip?

FAUS has been trying to learn the source of the "artificial color" now listed on the labels of the original Kraft Miracle Whip. By law, if a synthetic FD&C dye is included (such as Yellow No. 5 or 6) it must be specifically named. A coloring from a natural source (annatto, carotene, etc.) can be simply listed as "artificial color." Because of the importance of this information we want to be absolutely sure. We have been in daily contact with Kraft, who has promised to respond.

Unfortunately, as *Pure Facts* goes to press they have not given us an answer. Please watch www.feingold.org and your next *Pure Facts* for any new information.

TOM'S OF MAINE Stage One Products

Anti-Perspirant/Deodorant

Natural Anti-Perspirant: Unscented Roll-On

Natural Deodorant: Unscented Roll-On

Floss

Natural Anti-Plaque Flat Floss: Spearmint, Unflavored

Natural Anti-Plaque Round Floss: Unflavored

Mouthwash

Natural Mouthwash: Cinnamon, Gingermint with Baking

Soda, Peppermint with Baking Soda, Spearmint

Shampoo

Natural Antidandruff Shampoo: Rosemary

Natural Baby Shampoo: Honeysuckle

Natural Moisturizing Shampoo: Unscented

Soap

Natural Deodorant Bar Soap: Unscented

Natural Glycerin Bar Soap: Refreshmint, Unscented

Natural Glycerin Liquid Soap: Refreshmint, Unscented

Natural Moisturizing Bar Soap: Lavandin, Unscented

Fluoride-free Toothpastes

Natural Antigingivitis Toothpaste, Fluoride-Free: Anise, Peppermint

Natural Anti-Plaque Plus Whitening Clear Gel Toothpaste, Fluoride-Free: Peppermint

Natural Baking Soda Toothpaste: Homeopathic Style Fluoride-Free Unflavored

Natural Sensitive Toothpaste Fluoride-Free: Fennel (N)

Natural Tartar Control Plus Whitening Toothpaste Fluoride-Free: Fennel, Peppermint

Natural Toothpaste with Propolis & Myrrh Fluoride-Free: Cinnamon, Fennel, Gingermint, Peppermint, Spearmint

Toothpastes with Fluoride

Natural Anticavity & Dry Mouth Fluoride Toothpaste: Fennel

Natural Anticavity Fluoride Toothpaste with Baking Soda: Gingermint, Peppermint

Natural Anticavity Fluoride Toothpaste: Cinnamon, Fennel, Spearmint

PIC Report

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

Stage One

AURA CACIA Cocoa Butter

BERLIN NATURAL BAKERY* Spelt Breads: Flax Seed,

Rye, Spelt, Sprouted, Sprouted Biblical Bread, White

BERLIN NATURAL BAKERY* Spelt Buns: Hot Dog,

Spelt Burger, White Burger (www.speltbread.com)

BIERY CHEESE Provolone

BRENT & SAMS All Natural Cookies: White Chocolate

Macadamia Nut, Chocolate Chip Pecan

(www.brentandsams.com)

DA VINCI* Vanilla Syrup: Classic (SB, SF), Natural

DIETZ & WATSON Black Pepper Ham (CS,N),

Comed Beef Brisket First Cut (N), Grill 'N Serve

Breakfast Sausage, Roast Beef (CS), Roast Sirloin of

Pork, Rosemary Ham (N), Scrapple, Gourmet Lite

Breast of Turkey

DIONIS Moisturizing Goats Milk Lotion (skin cream)

FRONTIER NATURAL BRANDS Lanolin

GHIRARDELLI Dark Chocolate Square with White Mint

Filling (CS), Double Chocolate Candy Making and

Dipping Bar, Milk Chocolate Bar, Milk Chocolate

Squares

GOOD NEIGHBOR SOAP Soaps: Basic, Buttermilk,

Bwannpa's Bee, Calendula, Cocoa Butter/Palm Oil,

Exotic, Goats Milk, Green Clay, Lanaloe, Milk, Nettle,

Oatmeal, Olive Oil Castile, Pure, Red Clay Mask,

Rose Clay, Salty Jim's, Scotch Porridge, Scrubby,

Shea Butter, Tie One On Beer, Two Brothers, White

Clay available via www.goodneighborsoap.com

KAAS STRENGELS Dutch Cheese Straws (CS)

POMPEIAN Extra Virgin Olive Oil

YOUNG PECAN Golden Sweet Pecans

Stage Two

BERLIN NATURAL BAKERY* Spelt Bread: Raisin

DEL MONTE Tropical Fruit in Lightly Sweetened Fruit

Juices (apples, peaches)

DIETZ & WATSON Cajun Eye Round Roast Beef

(paprika, green pepper), Ham Capocollo (CS,N,cloves,

paprika, red pepper), Italian Style Roast Beef

(CS, paprika), Pepper & Onion Italian Sausage

(bell peppers), Premium Cooked Ham (CS, N, cloves),

Tomato & Basil Ham (N), Black Forest Cooked Ham

(N, cloves), Gourmet Lite Ham (N, cloves)

FRUTIOS All Natural Fruit Snacks (CS, apples, cherries,

grapes, oranges, tangerines)

GOOD NEIGHBOR SOAP Soaps: Java Mama Kitchen

(coffee), Oatmeal Almond

The Feingold® Associations do 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.

Childhood Asthma

The Environmental Protection Agency (EPA) has reported on the constant increase in childhood asthma. Between 1980 and 1995 the rate rose from 3.6% to 7.5%, and by 2001 it had further increased to 8.7% of the children in the United States.

Why do more than twice as many American children now have asthma as in 1980? Neither the EPA nor other public health officials have an answer, but they continue to study exposure to environmental factors, including: cockroaches, dust mites, tobacco smoke, pesticides, ozone and soot.

How productive are these studies? Well, let's take a look at cockroaches. If they play a part in the rapid increase of childhood asthma, they are probably either increasing dramatically or they are new to the scene. There's no evidence to indicate they are increasing in our country, and as far as being new to the scene — fossil remains of these tough critters date back at least to the Carboniferous Period, which is about 200,000,000 years ago.

Dust mites are ancient as well. We can blame Sir Walter Raleigh for much of our tobacco problems, but he's been out of the picture for several hundred

years and the use of tobacco in this country has continually declined in the past few decades.

Soot is something our ancestors knew a lot about, especially if they lived in the Appalachian states where coal dust filled the air both indoors and out. All of these pollutants, plus pesticides and ozone can certainly trigger asthma, but they don't account for the drastic increase in this country. However, medical research shows a link between certain food additives and asthma.

Maybe the asthma epidemic is related to the continuing increase in the use of synthetic food additives.



They've done *WHAT* to seeds?

Time to get back to nature, time to experience the joy of seeing beautiful things grow, of raising your own vegetables without harmful chemicals. Wait a minute! Check that package of seeds to be sure they have not been coated with poisons.

Pesticide-coated seeds are dyed bright pink to catch your attention and remind you to not allow young children to handle them, to use care not to touch your eyes or mouth if you have handled them, and to remind you to make sure you thoroughly wash your hands before you prepare food. Well, so much for getting back to nature.

(Shop for un-dyed, untreated seeds.)

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 including Recipes & Two Week Menu Plan, regional Food-list 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.

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Last Call for Calendar Photos

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

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