

# Pure Facts

Newsletter of the Feingold® Association of the United States



September, 2003

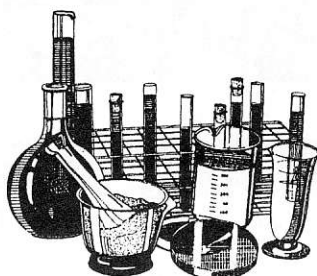
Vol. 27, No. 7

## Science for Sale

Consumer watchdog, Center for Science in the Public Interest, has accused the American Academy of Pediatric Dentistry of "selling out" to the soft drink industry. And they are just the latest in a long list of health-related organizations, according to a new report from CSPI.

Corporate money can be used in many ways to turn critics into cheerleaders. Sometimes the target is a professional organization like the American Academy of Pediatric Dentistry. Sometimes it is a support group helping people with allergies, ADHD, or psychiatric issues. And sometimes the easiest way for an industry to achieve their goal is to create a bogus "grass roots consumer group" and give it a name that obscures its real role as a public relations tool.

In addition to the American Academy of Pediatric Dentistry (AAPD), the report includes the American Dietetic Association, the International Society for Regulatory Toxicology and Pharmacology, and the Society for Women's Health Research. All receive generous financial gifts from their industry benefactors, according to CSPI.



"More than 170 disease-related charities, health-professional societies, and university-based institutes enjoy the largesse of food, agribusiness, chemical, pharmaceutical, and other corporate interests, but that generosity may exact too high a price on an important sector of American life."

CSPI

The report describes the recent gift of \$1 million Coca-Cola gave the AAPD. "Before the 2003 donation," CSPI writes, "the AAPD recognized the connection between sugary drinks and dental disease. When AAPD president David Curtis defended the Coke deal, he told reporters that the 'scientific evidence is certainly not clear' on the role soft drinks play."

Interestingly, *Pure Facts* found an abstract of a paper from May of 2002 on the AAPD web site. The paper, by Robert F. Majewski, DDS, MS, is titled "Dental caries in adolescents associated with caffeinated carbonated beverages." The author links the high use of soft drinks by teenagers with multiple cavities.

[[www.aapd.org/searcharticles/article-print.asp?ARTICLE\\_ID=175](http://www.aapd.org/searcharticles/article-print.asp?ARTICLE_ID=175)]

Since it is not unusual for a soft drink company to pay a single school more than a half-million dollars for the exclusive rights to sell their products, Coca-Cola got a bargain for their bucks.

CSPI Director, Michael Jacobson, commented, "You can be sure the AAPD will not be terribly supportive of measures to reduce soft-drink consumption. At best, it will be silent on such matters. At worst, it will support its generous new friend."

To order the report, *Lifting the Veil of Secrecy*, send a check for \$15 to CSPI, Attn: Adam Peterson, 1875 Connecticut Ave, NW, Ste. 300, Washington DC 20036.

## Tainted Science

Last year the *New England Journal of Medicine*, considered the most prestigious in the United States, announced that they were relaxing their long-standing rule of not accepting papers from researchers who had financial ties to the pharmaceutical industry. It seems there just weren't enough researchers who were free of drug money influence to supply them with articles. A few months later the *New England Journal* published an article stating that medical studies are commonly sponsored by drug companies with few safeguards so that negative results are often not published...in many cases there is no independence for the investigators and they are not given all the data.

The *Journal of the American Medical Association* has also written of the problems that conflict of interest can cause. Giving specific details of the abuses, the *Journal's* message was: don't believe everything you read...even here!

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.

## A mother's search for answers

Children are exposed to many potentially harmful chemicals, even in their own homes. One mom used the knowledge she had gained from the Feingold Program to uncover additional problems that threatened her family.

Gayla Prewitt could not understand why her three-year-old daughter's mood could change so dramatically. It wasn't until Gracie was in third grade that Gayla learned of the Feingold Program from a friend who had used it many years ago. She found an early version of the *Feingold Handbook* in her library and the list of symptoms was a real eye-opener. At age 8 1/2 Gracie's handwriting was so poor her teacher had difficulty deciphering it, and she struggled with reading. As the family stayed on the Feingold Program things changed. Gracie would go on to win an award for her beautiful handwriting, and by the beginning of her fifth grade year her reading skills tested out at college level!

Who would have thought that the children's favorite play space was making them sick?

Things went well for the Prewitt family...for awhile. Gracie's little brother, Isaac, had been on the Feingold Program nearly since birth. Then, shortly before his third birthday his normally sweet personality began to change. He would become angry for no reason, had a lot of trouble sleeping, suffered from leg aches and intestinal problems, and was tired all the time. Isaac, and to some degree his little brother Isaiah, seemed to be chronically sick. Simple colds turned into infections.

Once again, Gayla searched for answers. She says "I feel that being a part of the Feingold Association gave me the knowledge to look for physical causes when a child's behavior changes." She believed the cause was allergies and found a doctor who specializes in allergies and environmental illness. A test for heavy metals brought the shocking answer: Isaac's body levels were off the charts for



Isaiah and Isaac pretend they're fire fighters, just like their dad.

metals such as aluminum, antimony and arsenic and his brother's results were not much lower. The family's well water tested out clean but the wood on their porch (where the boys often played) did not. Gayla reports, "All of the poisons were found in the wood, with 2600 parts per million of arsenic and lesser amounts of the other metals. The doctor also found the children are low in vitamin C and glutathione, two important antioxidants, and that their livers are stressed."

**Arsenic is a silent, pervasive killer.**

At about the time Gayla began to question the lumber in their porch, *Pure Facts* carried an article about the use of chromated copper arsenate, or CCA, as a preservative in lumber. The arsenic and other toxins in it are very hard on our bodies. They block the absorption of the needed vitamins and minerals and they use up what supplies we already have. The Prewitts have torn down the porch and the children are receiving treatments to remove the harmful substances, especially arsenic. Gayla has already seen a huge improvement and has her sweet little Isaac back. But she is concerned

about the other families who are dealing with the silent, pervasive effects of arsenic exposure. It doesn't cause fast, dramatic symptoms; it just quietly accumulates in the body and taxes the organs so the child slowly deteriorates.

Even though most residential uses of CCA will soon be discontinued, there are countless porches, decks, and playground equipment made with tainted wood, and children who are exposed to it will be harmed.

Gayla reports, "We are working to detoxify our children (now ages three and four) and hopefully prevent them from developing cancer or other major health problems. I would like to see other parents have this same information, to know that they can have their children screened if they have been exposed to CCA treated lumber."

"In two weeks, an average 5-year-old playing on an arsenic-treated playset would exceed the lifetime cancer risk considered acceptable under federal pesticide law," according to Renee Sharp of the Environmental Working Group

## The arsenic business

Commenting that “poisons and playgrounds don’t mix,” Florida state representative Larry Crow tried to pass a bill that would make it illegal for arsenic-treated wood to be used in public playgrounds in the state, but his efforts were defeated by a collection of state and industry representatives and lobbyists. The \$4-billion-a-year wood-treatment industry won the battle but later lost the war. It will be banned from most residential uses beginning January 1, 2004.

A group of six doctors selected by the Florida State Department of Health testified that they couldn’t find any documented cases of children getting sick from the wood and that parents should not worry.

The issue of arsenic in pressure-treated wood received wide publicity from a series of articles in the *St. Petersburg Times*, spearheaded by journalist Julie Hauserman. Because of the state’s hot, humid climate, wood used in Florida is especially vulnerable to damage from insects and rot. The *Times* ran a scathing editorial after the Crow bill’s defeat: “The arrogance and greed that have come to grip the Florida Legislature were on full display Tuesday in Tallahassee. There, lawmakers siding with big-business lobbyists killed a bill to outlaw arsenic-laced wood from Florida’s public playgrounds....Lawmakers should be ashamed for putting the \$4-billion wood-treatment industry before the health of Florida’s children.”

But the pressure from parents, environmental groups and the press eventually began to have an effect. So did the class action suits being brought against major retailers Lowe’s and Home Depot. One environmental group ran ads asking Home Depot why they think the wood is safe for kids when many zoos ban it, considering the product to be too toxic for animals. The producers began putting better warning labels on lumber, while the industry trade group continued to maintain that their arsenic treated wood was not harmful. The labels include cautions for anyone working with the lumber to wear gloves, a dust mask, and wash their hands and clothes after working with it.

Children, however, are at greater risk than adults for a number of reasons. They tend to spend more time

exposed to the wood, particularly playground equipment, their body weight is less, making them more vulnerable, and they are notorious for putting their hands in their mouth.

Eventually the tide turned and the Environmental Protection Agency ordered a ban on arsenic-treated wood for residential use. It will still be allowed in plywood, structural wood used in houses, siding, shingles and various non-residential uses.



Chromated copper arsenate, or CCA, the pesticide used to treat lumber, has been around since the 1940’s. It is what gives pressure-treated wood a greenish tinge. U.S. companies also offer lumber with non-arsenic preservatives, but most of it is exported to countries that ban CCA.

America no longer produces its own arsenic, discontinuing production when the facility was found to be polluting the Tacoma, Washington region. Today nearly all of it is imported from China and costs only 35 cents a pound. Its source is the powdered residue from poisonous arsenic gas that is a by-product of copper production.

Even older wood continues to leach out arsenic, and contaminate the soil. Children playing in the area will be exposed to it, and foods grown in contaminated soil absorb arsenic, posing a threat if they are eaten. The good

news is that there is a plant that pulls arsenic out of the soil; it is a fern, called “Edenfern.” To learn more about how to get these plants, contact Edenspace Systems, 15100 Enterprise Court, Suite 100, Dulles VA 20151 (703) 961-8700 [www.edenspace.com](http://www.edenspace.com).

Sealing CCA-treated wood with paint helps, but is not a sure answer. Disposing of the wood is another problem. Burning it is extremely dangerous, and relegating it to landfills is not safe either. The *St. Petersburg Times* reports that the wood in landfills contains enough toxic chemicals to rank as hazardous waste, but the industry won a special exemption from politicians during the 1980s, allowing it to be put into unlined landfills. This poses a problem for groundwater.

Some of the older wood ends up as mulch. One Arizona family found that their “Playsafe” brand of mulch contained a tag from the original treated lumber, warning of cancer risks and birth defects!

The National Academy of Sciences reports that arsenic can affect every system of the body. Even in very small amounts it is known to cause skin, lung and bladder cancer and is linked to diabetes, heart disease and other health effects. Like lead and mercury, arsenic attacks the body’s mitochondria, the tiny power generators in cells. Every cell in the body is damaged by exposure to heavy metals, and children are especially vulnerable.

Additional information about CCA treated wood is available from the following organizations:

Children’s Health Environmental Coalition, [www.chechnet.org](http://www.chechnet.org)

Environmental Working Group, [www.ewg.org](http://www.ewg.org)

Healthy Building Network, [www.healthybuilding.net](http://www.healthybuilding.net)



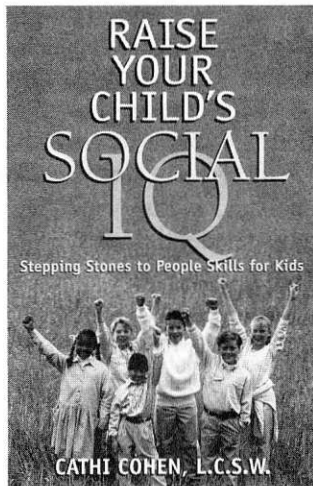
## Social Skills, the important lessons that are seldom taught

Even after you change your child's diet, and there has been a dramatic improvement in behavior and school performance, there may still be a major deficit.

Of all the challenges a chemically-sensitive child faces, the hardest might be learning how to get along with other children, especially those his own age. Neither parents nor teachers are trained to teach social skills; most children simply absorb them. But for the child who has difficulty making and keeping friends, instruction is just what is needed.

Cathi Cohen has had many years of experience addressing such challenging issues in the workshops she conducts to help these children and their families. She shares her insight and practical suggestions in the book, *Raise Your Child's Social IQ*.

Both her professional training and experience as a parent come across in Cathi's work; she understands how it feels for a parent to suffer as they watch their child's daily struggle, and she empathizes with the distress experienced by the socially awkward child. In the box below the author describes the problem.



One's social IQ is generally acknowledged to be the most important factor in determining if a person will be successful, both in the workplace and in life.

### Social skills and the Feingold Program

While most small children are learning how to interact with each other, the chemically-sensitive preschooler is at a disadvantage. If his body is in constant motion, there's a good chance his brain is on fast forward as well. Or if she is wrapped up in her own world, she might fail to notice the important lessons going on around her. These children seem to miss the subtle skills that are learned in the sandbox and on the swing set, the lessons that serve as social tutors for children who are able to focus on them. Feingold volunteers have observed that if a child begins the program before the age of 5 there is a good chance he or she will avoid the social awkwardness that typically continues to be a problem for those who do not begin the Program until they are older.

A child with a high "social IQ" is one who has acquired the skills necessary to make and keep friends. This is a child who gets along easily with others, has high self-esteem, actively listens when spoken to, and resolves conflicts using nonviolent means. Instinctively understanding what is expected of him, the child with a high social IQ can effortlessly size up a social situation. This child easily can join a group of children playing and "go with the flow." The socially competent child doesn't have to learn these skills. They seem to come quite naturally.

But not all children are so fortunate. For children who struggle in social situations, there are very few opportunities available to learn social skills. Our schools don't commonly teach such subjects as cooperation, empathy, conflict resolution, managing emotions, and communication skills. Our society assumes that all children learn how to get along with others by just observing how others behave. Not true!

This book addresses the subject of teaching social skills, breaking it down into bite-size pieces. Parents are instructed about their role and led in a logical progression, beginning with teaching your child how to approach another child and what to say. It goes on to more complex issues like anger management and conflict resolution. The age range is very wide; Ms. Cohen suggests that children as young as 4 and as old as 18 can benefit from these

lessons. (And some of us adults notice that we and our spouses can pick up a few pointers too.) Although it is addressed to parents, the book would serve as a valuable guide for teachers, counselors, or any adult who works with children.

*Raise Your Child's Social IQ* may be ordered from amazon.com via the FAUS web site. FAUS receives a commission if you order it through [www.feingold.org](http://www.feingold.org).

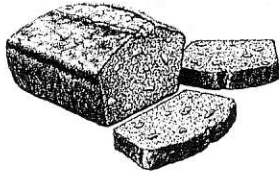
### Asperger's syndrome

In recent years a new definition has emerged that fits many socially awkward children. The individual with Asperger's syndrome is smart, but has difficulty recognizing the impression he or she is making on others and lacks the flexibility to adapt. With good coaching they can make progress. The 1998 book that has become a classic on the subject is *Asperger's Syndrome, A guide for parents and professionals* by Tony Attwood.

## The Breadery

Wouldn't it be nice to enjoy freshly baked bread that is wholesome and delicious, without having to do it yourself? Eight varieties of fresh-milled breads are available online and at The Breadery, located in Ellicott City, Maryland.

The Breadery is a small bakery, the work of bread enthusiast Michael Lanasa. Each day wheat is ground into flour right at the bakery, using a stone mill to preserve nutrients. The whole grain breads are made without any synthetic chemicals, and they don't even contain sugar or oils.

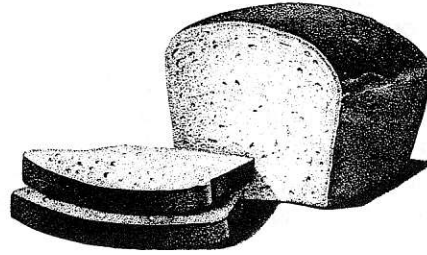


It takes seven hours from the beginning to the finished loaf, and despite the fact that most of the varieties are made entirely with whole grain flour, they are very light in texture. Michael refers to it as "the bread that needs no spread." (The Breadery does offer a few breads made with white flour and other "special order" versions.)

The breads keep well at room temperature for about a week and in the freezer for several months. "Air is the enemy of bread," says the Breadery's Janice Church. She recommends double or even triple wrapping it in plastic, squeezing out all the air possible to prolong freshness.

### "HealthRaisers" money for your school

Like the Natural Ovens of Manitowoc, which has been a mentor to the Breadery, this is a business that is deeply involved in schools in their community. HealthRaiser is a program for schools to raise money by selling finished loaves or bread baking kits. It's a refreshing alternative to the junk food often promoted by schools. Schools located in Maryland, the District of Columbia or Northern Virginia are close enough to the Ellicott City bakery to participate. For details, see [www.HealthRaiser.com](http://www.HealthRaiser.com) or call Janice Church at (301) 725-1800, extension 113.



### "Breadmake" a popular school workshop

The Breadery also offers an innovative program to bring good nutrition to elementary schools in the area. Breadmake is a 90-minute workshop offered by Gloria McAdams. All ingredients and materials (even the aprons) are brought to the school, and children from grades K-5 are shown how to measure ingredients, use yeast, knead the dough and create their own delicious breads. Gloria's experience as a teacher is evident as she makes this a delightful event for children, who are encouraged to "push and smush," and to "smash and bash" this edible form of "play dough."

The bread rises as it travels home with the children. Then they bake it and get to share their accomplishment with the rest of their family.

To learn more about the Breadmake visit [www.Breadmake.com](http://www.Breadmake.com), or e-mail Gloria at [Breadmake@aol.com](mailto:Breadmake@aol.com), or call her at (410) 531-5911. Schools can purchase a Breadmake kit, complete with aprons, bowls, pans, measuring cups, yeast, and honey. You supply the flour, oil and whipping cream. A 90 minute videotape is also available to guide you through the workshop.

### Sad but true!

Commercial bakers can now use a synthetic additive called "Entrapped Natural and Artificial Bread Type Flavor #822425" as well as "Artificial Yeast Flavor Powder #822461."

The Breadery is located at 9251 National Pike (Rt. 40) west of Ellicott City, MD. It's across from the Chatham Station shopping center, and in the same building as Starbuck's. They are closed Monday and open from 7am - 6pm Tuesday through Friday, 8am - 5pm Saturday, 8am - 2pm Sunday. (410) 203-2221. The Breadery products are also sold at Roots in Clarksville, Common Market in Frederick, David's Natural Foods in Columbia and at area Whole Foods Markets. Shoppers in Northern Virginia and the District of Columbia can request their store managers carry it. Also, look for it at the Laurel, Maryland Farmers' Market.

### Ordering Online

Most of The Breadery's sales are from Internet customers via their web site: [www.TheBreadery.com](http://www.TheBreadery.com). The breads are baked daily and guaranteed to arrive fresh.

You can also order fresh-milled, additive-free breads in gift-wrapped baskets to be sent to lucky friends.

The bread (shrink-wrapped) has been successfully shipped to troops in Iraq and has even been sent to China.

The Breadery tells FAUS they do not use any of the additives we remove or note in our Foodlists, but thus far only these varieties have been researched:

#### Stage One

Honey Whole Wheat  
5-Seed  
Grains Galore  
Whole Grain Spelt  
Garden Herb  
Montana White

#### Stage Two

Cinnamon Raisin Walnut  
Orange Cranberry Pecan

## *Eating out is not for sissies*

When it comes to the ingredients in restaurant food there are few rules, little oversight, and no guarantees for the chemically-sensitive diner.

A member wrote about her son who was "being obnoxious for the last week and a half, and worse. When I'd try to discipline him he just didn't care and got very nasty. He was with my ex a lot of the time and they had been eating **EINSTEIN BROTHERS** Everything bagels which, according to the Fast Food Guide, don't contain corn syrup (CS).

"Curious as to why only two of the bagels don't contain CS my ex asked the worker to check. It seems ALL of the bagels have CS! I'm looking forward to having my reasonable son back in a couple of days. How did we survive pre-Feingold?"

*Pure Facts* contacted the headquarters for Einstein Brothers/Noah Bagels and were told that the Everything bagels contain sugar, not corn syrup. We were told that the product ingredients listed on their web site are current and accurate, although they will be making changes in the near future, removing trans fats from all of their bagels.

The "Everything" bagel ingredients are identical to those listed last year, when the *Fast Food Guide* was compiled. The only change is that they now use bleached flour in place of unbleached.

The ingredients are: enriched bleached flour (bleached flour, malted barley flour, reduced iron, niacin, thiamine mononitrate, riboflavin), water, malt, sugar, salt, molasses, yeast, soy oil, vital wheat gluten, ascorbic acid, enzymes, L. Cysteine (an amino acid), poppy seeds, sesame seeds, onion flakes, caraway seeds, garlic flakes, pretzel salt.

The Asiago Cheese bagel does show a change, and now includes corn syrup.

Three varieties of bagel continue to indicate they **do not** contain CS. In addition to the Everything bagel, the Chopped Garlic bagel lists sugar and the Honey Whole Wheat bagel lists honey as the sweetener.

This highlights the difficulty in researching fast food. Unlike the items on our Foodlist, fast food is much harder to research. There are likely to be frequent changes and since they are not required to print ingredient lists, as is the case for packaged foods, this is generally not a high priority. Instead of having this task in the hands of a Quality Assurance department, it might be handled by a dietitian or someone who is not specifically trained in this area.

It is not unusual for us to get conflicting information from different people in a company, and for those few chains that provide printed ingredient lists, these are not always totally accurate. As with the Foodlist brands, a company is not legally obliged to give us any information and their decisions in all areas, not just in the use of different sweeteners, often seem illogical to us.

We had a similar report from a member who found that the spices added to **DOMINO'S** cheese-covered Breadsticks and Dots contain Yellow dye in the form of a "lake" (unacceptable on the Feingold Program). A representative of Domino's acknowledged that the shake-on seasoning used on the regular and cheesy breadsticks and dots contains the dye, but the cinnamon bread sticks are free of it. You can request that they leave off the seasonings, or opt for the cinnamon sticks and dots.

Please re-read the disclaimer on the front of the Fast Food guide. It's a wild world out there in restaurant-land, not for the faint of heart or for the very sensitive Feingolder. For those who are willing to take your chances, we hope that what information we can offer will at least give you a fighting chance, but we encourage you limit your intake of these foods.

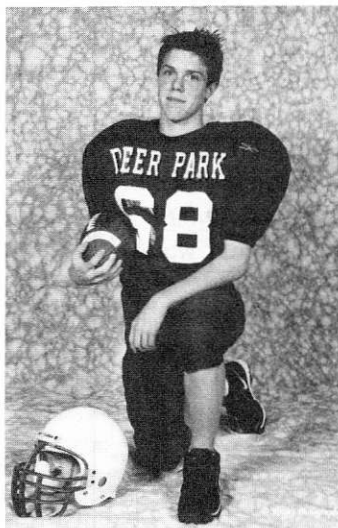
### **"Finding Joshua"**

*Pure Facts* readers first met Joshua Stevenson in our July/August 2001 issue.

Enclosed with this newsletter is a one-page summary of his story and an update on the progress of this exceptional young man.

We invite you to photocopy this article and distribute it to every teacher, coach, counselor, doctor, or individual you know who cares about kids.

The number of children, teens and their families who are living through a similar nightmare is staggering. You could be the person to make the difference for one of them.



### **ADHD Seminars**

Dr. John Taylor will be presenting his outstanding workshops this fall.

In October he will be in cities throughout WA, PA, DE, MD and OR. In November it will be CA, TX, and NM. December will take him to FL and GA. In January he will be in AL, GA, and FL, and then on to TN in February.

These day-long seminars, provided as inservice training for teachers, are also valuable for parents. Dr. Taylor's lively, energetic presentations keep his audience laughing while they are learning. His knowledge of the science is deep and his empathy for parents is rare in this field. He understands the essential role that nutrition plays, and offers practical, child-tested techniques he honed during his years in private practice.

Dr. Taylor's recognition of the role of Dr. Feingold's work dates back to the 1970s. In a field crowded with self-proclaimed "experts", he's the real deal.

Call (800) 847-1233 for more information, or see [www.add-plus.com/schedule.htm](http://www.add-plus.com/schedule.htm)



# Finding Joshua

Behind the tormented behavior was the wonderful boy he is now.

**M**y son, Joshua, was plagued with social and behavioral problems. He was asked to leave two private schools, rejected from several local day care facilities, and finally placed in a program for “severely emotionally handicapped” children and put on medication for ADHD — all before the age of five!

He was in a class of six children and three teachers to deal with the behavioral challenges these children presented. Throughout the years my son was diagnosed with severe ADHD and ODD (oppositional defiant disorder), along with traits of obsessive compulsive disorder, Tourette’s syndrome, and mood disorder syndrome. These years proved to be more difficult than I could have ever imagined.

Even before they’re born, parents have so many hopes and desires for their children. I felt as though my dreams turned to nightmares and it seemed like I’d never wake up.

Even though testing indicated that Joshua was extremely gifted, his emotional and behavioral problems kept him labeled as emotionally handicapped.

During the next four years he was on three medications, totaling nine pills a day. It seemed necessary to keep him medicated 24 hours a day, every day. Symptoms that were treated with one medicine caused him to have trouble sleeping, so he had to take an additional medication for that, and yet another for the endless anxiety resulting from the issues he faced daily with social and behavioral problems. He had huge problems with opposition, defiance, aggression, anger, and impulsivity. The doctors tried different dosages and combinations of the medicines but without success.

He was kept medicated 24 hours a day and the problems only got worse.

Toward the end of his fourth grade year Joshua was placed in an outpatient facility for depression, leaning towards suicidal. Children typically attended this facility for a week at the most, just enough time to be evaluated, receive recommendations for therapy, medication, behavior modification and family counseling. However, Joshua’s behavior was such that he continued for five weeks.

None of the many professionals we saw were able to help him.

Time passed and problems remained despite medication and continual counseling. Two other medicines were recommended, in addition to the three he was on, but I couldn’t bring myself to give my ten-year-old 5 different drugs. Towards the end of his fifth grade year he was placed in a children’s psychiatric facility after he threatened to kill others and tried to hurt himself. Joshua had reached the end of his rope.

I was told that I could not see him or call him for the first 24 hours he was at the facility. As I said “good-bye” there was so much hurt behind his beautiful blue eyes, so much uncertainty of “Where do I fit in, why am I like this? When will my life be normal, and when will I feel at peace inside?”

The immense pain I felt for my child left me numb and hopeless. I wanted so badly to take him in my arms, hug him and tell him that everything would be okay, but I didn’t know that to be so. I would go to the ends of the earth for him but felt as though I was already there and didn’t know where to go from here. Despite all the avenues I took, all the endless hours of searching, every year continued to grow darker and darker.

My immense pain for my child left me numb and hopeless.

After several days Joshua was released from the hospital. Since the medicines were not helping, his doctor recommended we remove them all and start on a different regimen. For the remaining weeks of school he was in a homebound program where the teacher came to our home.

The doctor assured me that by weaning Joshua off the medicines slowly there would be no problems with withdrawal. The opposite was true! We went through three weeks of severely out-of-control behavior. Several times Joshua became extremely violent and I came close to calling 911 for help.

His reaction to withdrawal from the many drugs was a nightmare.

Next, I tried allergy treatments at a clinic and they helped somewhat. Still searching, I learned of the Feingold Program and that’s when my son’s recovery began in earnest. [[www.feingold.org](http://www.feingold.org) / (800) 321-3287]

Joshua has a severe behavioral reaction to certain synthetic food additives.

Joshua has traveled down a difficult road filled with hurt, disappointment and fear for as long as he can remember, which is a long time. He has lost much of his childhood to this journey, but because of Feingold Joshua has a new beginning.

We are now on our third year that he does not carry the label “emotionally handicapped.” After thorough testing and review, this label was permanently removed from his school records.

*continued*

This is the third consecutive year Joshua's teachers have told me he shows respect and cooperation without any opposition. This is the third consecutive year Joshua has managed to keep his anger under control when things don't go his way. (This feat alone was like a mountain to conquer.)

Josh no longer has trouble controlling his behavior. He is thriving in school and in all areas of his life.

His teachers view him as pleasant to be around as well as a good student. This is the third consecutive year Joshua is able to remain seated for an extended period, has been capable of thinking before acting, has not been in some type of behavioral therapy. This is the third consecutive year I have not been called to come pick him up at school because he's out of control and disruptive. Joshua has been able to attend events through the school or sports where I was not required to stay "just in case there's a problem."

This is the third consecutive year Josh went from being medicated 24 hours a day with three medications (totaling nine pills a day, for 365 days a year), to only one pill on school mornings, along with a good diet.

Joshua is finally forming healthy friendships. This list could go on but the bottom line is...since Feingold this is the first time I like my son, and best of all HE likes who he's become.

Our life finally feels, and is, "normal." This is what we have both hoped for.

I know my son's "transformation" did not occur due to maturity, changing schools, peer pressure, a reward system, or anything of the sort. The changes in Joshua came as a result of the simple changes we made in the food we eat.

A few months after we began seeing success on Feingold Joshua wanted to do what he called "an experiment." I allowed him to eat the synthetic chemicals for a week because I knew his cooperation is essential for this to work. On the fourth day he began having rage attacks, showing opposition and defiance, just like before. He shouted at his teacher, threw a book across the room at another student, and spent a day in the principal's office.

When he went back to eating the synthetic chemicals, the old behaviors returned in four days. It was a humiliating experience for my son.

He embarrassed himself terribly in front of his peers and came home asking to ditch the experiment. This validated the fact that the diet was truly the key to his happiness and success.

During Joshua's seventh grade year he became involved in athletics and I watched with admiration as he showed dignity and self-control with each competition. Josh demonstrated a wonderful balance with athletics and academics. In football he was cool under pressure and always showed good sportsmanship. As a basketball player, he illustrated great coordination and superior instincts handling the ball. He was awesome on the court, scoring a majority of the points at nearly every game. In track he surprised everyone when he went to district in pole vaulting and won 1st place. This was a sport he'd never attempted, yet he was smooth with style and grace. On the swim team he enjoyed the meets and swam his heart out, going to district with his team and placing 2nd in several relays.

Today he is cool under pressure and treats other people with respect.

During these athletic events he demanded much of himself but was still a solid team player with a friendly approach to his teammates and competitors. He has a lot of respect for the rules and for his opponents. At the end of the school year I had the joy to see him presented with the 110% Award from his coach. This was one of the two top awards given to athletes at his school. It represented sportsmanship, hard work, self-control, dedication, respect towards coaches and peers, and overall athletics. The coach described how Josh was at every practice with a smile on his face and a determination to do his best, with an attitude that was hard to surpass as he showed a tremendous amount of cooperation towards being a team player. That award meant even more to us. It signified a 110% turnaround from his oppositional defiance and lack of self-control he displayed daily in previous years, and the very behavior that would have prevented such an accomplishment.

Joshua was singled out for a top honor from his coach, receiving the "110% Award."

Seventh grade went so well that when we went to the annual meeting required for all students that receive "special services" they announced that since Joshua had completed two consecutive years without any behavioral or academic problems they would have to close out his nine year special needs folder. He no longer exhibited any signs of needing help in any form. This was truly a victory!

Joshua will grow up to be a man of strong character and will exhibit a zeal for life that will make everyone around him a little bit better for having known him. My heart beams with pride when I see the young man he's becoming and leaps with joy as I marvel at his future.

I am hoping this story will help others become aware of the importance diet has on behavior. Perhaps it will result in giving other children a chance to live a happy "normal" life like my son now has.

*Taunya Stevenson*



## PIC Report

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

### Stage One

ANNIE'S\* Alfredo Shells & Cheddar, Arthur Macaroni & Cheese, Shells & White Cheddar (7oz & 12oz)  
ANNIE'S\* Organic Pastas: Gemelli, Penne, Rotini, Spaghetti, Whole Wheat Penne, Whole Wheat Spaghetti  
BALDWIN HILL\* Certified Organic Bread: Golden Rye (800-721-4057)  
CLOVER STORNETTA Chocolate Milks: Regular, Lowfat, Nonfat; Butter: Salted, Unsalted; Fat Free Plain Yogurt; Lowfat Yogurt: Lemon, Plain; Natural Vanilla Lowfat Yogurt (available in AZ and CA only)  
DIETZ & WATSON Gourmet Breast of Chicken; Breast of Turkey: Classic, Gold 'N Brown, Gourmet Lite No Salt; Turkey Breast: Cook-N-Serve, London Broil style (CS)  
DREYER'S Grand Light Fudge Tracks Ice Cream (CS) (This product was previously called Peanut Butter Cup.)  
DREYER'S Homemade Ice Cream: All-Natural Chocolate (CS), All-Natural Mint Chocolate Chunk (CS), All-Natural Vanilla (CS)  
EDY'S Grand Light Fudge Tracks Ice Cream (CS) (This product was previously called Peanut Butter Cup.)  
EDY'S Homemade Ice Cream: All-Natural Chocolate (CS), All-Natural Mint Chocolate Chunk (CS), All-Natural Vanilla (CS)  
GLEN OAKS FARM Tropical Fruit Drinkable Yogurt (CS)  
KASHI\* Seven in the Morning Cereal, Baby & Me Seven Whole Grains & Sesame Cereal  
KASHI\* Go Lean Honey Vanilla Yogurt Bar (CS)  
KEEBLER Crackers: Seven Grain Wheatables (not original) (CS,SF), Club (CS,SF), Toast & Peanut Butter (CS); Town House: Regular (CS,SF), Reduced Sodium (CS, SF), Wheat (CS,SF); Cinnamon Crisp Graham Selects (CS,SF); Sunshine Hi Ho Crackers; Toasteds: Onion (CS,SF), Sesame (CS,SF); Zesta Saltines (CS)  
PHILIPPINE BRAND Dried Mango (SF)  
SAN-J Organic Shoyu; Miso Soup: Dark, Mild; Organic Wheat Free Reduced Sodium Tamari Soy Sauce  
SKINNY\* Corn Chips: Original, Sour Cream & Onion; Original Yellow Corn Tortilla Chips  
ST. CLAIRE'S\* Organic Sweets: Cinnamon, Cocoa, Ginger Snaps, Lemon Tarts, Licorice, Peppermint, Spearmint  
ST. CLAIRE'S\* Organic Tarts: Lemon, Watermelon  
[www.econaturalsolutions.com](http://www.econaturalsolutions.com)  
STOP N SHOP (Stop N Shop) Creamy Peanut Butter (CS,SF) Stores are located in the Northeast.  
THE SPICE HUNTER Risotto in a Cup: Three Cheese (CS), Wild Mushroom (CS, MSG/HVP)  
TUMARO'S\* Organic Crispy Crunchy Puffs

## Product Alert!

PROGRESSO has changed the name of their Cream of Mushroom Soup to Creamy Mushroom Soup and added TBHQ to the soybean oil. This product should be removed from your Foodlist.

### Good news for those on Stage One

GLEN OAKS FARM'S Tropical Fruit Drinkable Yogurt is made without any salicylate fruits, which is very unusual for a product like this. The fruits are: pineapple, guava, papaya and passion fruit. It is sold in the southern states.

### Still spending time in the sun? Going South this winter?

CALIFORNIA BABY has a Stage One product you may want to pack: SPF30+ Sunblock Stick - No Fragrance. Look for the stick, not the lotion. On Stage Two, you can use CALIFORNIA BABY SPF30+ Sunscreen - No Fragrance (tea). They can be purchased at health food stores, or by calling (877) 576-2825.

### Congratulations, Trader Joe's!

It was voted the all around favorite food store by *Consumer's Reports* readers. Right behind it was Raley's, Wegman's, Publix and Whole Foods Market. See the September issue of the magazine for details.

### Stage Two

CLOVER STORNETTA Yogurts (all contain pectin from apples and oranges) Lowfat: Strawberry, Banana, Apricot-Mango, Cherry Vanilla, Mixed Berry, Raspberry, Strawberry; Natural Fat Free Yogurt: Apricot-Mango (peaches), Mixed Berry (peaches), Cherry Vanilla (peaches), Strawberry (peaches) (They are available only in AZ and CA.)  
DIETZ & WATSON Rotisserie Style Breast of Chicken (paprika), Buffalo Style Chicken Breast (CS, paprika, red peppers, tomatoes), Italian Style Turkey Breast (CS, paprika), Pastrami (CS,N, paprika)  
FARMLAND Hot Dogs (CS,N,paprika), Black Angus Beef Jumbo Beef Franks (CS,N,MSG/HVP, paprika), Deli Style Jumbo Beef Franks (CS,N,MSG/HVP,paprika), Original Hot Dogs (CS,N, paprika)  
GLEN OAKS FARM Drinkable Yogurt: Raspberry (CS), Strawberry (CS), Strawberry Banana (CS)  
SKINNY\* Nacho Cheese Corn Chips (CS, paprika, tomatoes), Lime Chili Yellow Corn Tortilla Chips (apples, paprika, chili & red peppers, tomatoes)  
ST. CLAIRE'S\* Organic Sweets: Cherry (black currants), Wintermint (oil of wintergreen); Organic Cherry Tarts (black currants) (305) 527-1554  
THE SPICE HUNTER Risotto in a Cup - Spinach & Garlic (CS, red peppers)  
TUMARO'S\* Organic Krispy Crunchy Cheddar Puffs (CS, paprika) [www.tumaros.com](http://www.tumaros.com)

The Feingold® Association does not endorse, approve or assume responsibility for any product, brand, method or treatment. The presence (or absence) of a product on a Feingold Foodlist, or the discussion of a method or treatment, does not constitute approval (or disapproval). The Foodlists are based primarily upon information supplied by manufacturers and are not based upon independent testing.

## School Year Calendars

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



### A perfect gift for your child's teacher

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

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

Calendars are mailed out bulk rate (in the United States) based on our current mailing list. If you would like to order one, please contact the FAUS office in New York at 127 East Main Street, Riverhead, NY 11901. The suggested donation is \$10. Proceeds help us to fund many of our programs and to better serve you.

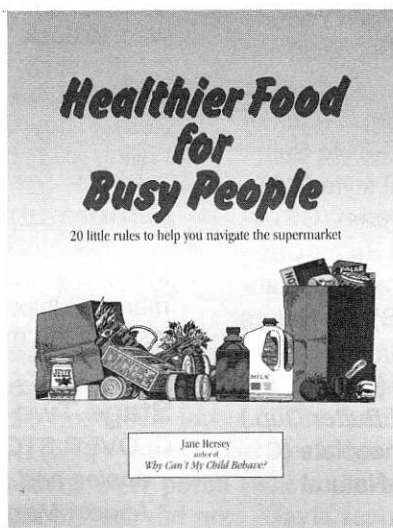
### Another Way to Help

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.

## Baltimore area members have a unique opportunity

FAUS has received a grant to pay for the distribution of a book to nurses, teachers, counselors, physicians, social service agencies, schools and day care facilities located in the Baltimore, Maryland area. You can request a free copy of *Healthier Food for Busy People* for these individuals/agencies; contact FAUS via: [help@feingold.org](mailto:help@feingold.org), (703) 768-3287 or by mail at P.O. Box 6550, Alexandria, VA 22306.



### A simple introduction to the Feingold Program

*Healthier Food for Busy People* is a simple, entertaining introduction to a better diet for anyone, even folks who believe that "cooking from scratch" is a cake mix and a can of frosting.

It fills a need that is ignored by most books, articles and nutrition professionals — a few simple first steps for the beginner. Using large print, few pages and lots of humor, it is designed to amuse while teaching the simple basics of how to find good food in almost any place, including the Quickie Mart at your local gas station!

Send copies to the relatives who bring additive-laden food for holiday meals and can't understand why "one little bite" is not harmless.

You can order copies of the book from FAUS for \$5 each plus \$1 shipping for each book. When you order four books the fifth is free! Larger quantities may be purchased at the wholesale price; ask FAUS for details.

## Pure Facts

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Membership provides the Feingold Program book which include Recipes & Two Week Menu Plan, a 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 plus bulletin board access is \$38/year when ordered separately.

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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