

Pure Facts

Newsletter of the Feingold® Association of the United States



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www.feingold.org

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Feingold parents offer mutual support

It's great to have a network of support with other families who follow the Feingold Program. Here's a story of how one such group was formed in a small town in southern Vermont.

Kathy Irion knew that her toddler's behavior changed after he ate. He would become aggressive and could not sit still. Food also brought about physical reactions; he suffered from hives and eczema, along with frequent ear infections. Preschool was just awful, Kathy recalls, and Noah's behavior always got much worse after snack time (which included crackers with yellow dye, apple sauce, plus apple and grape juice). He spent his whole preschool year in time-out.

Like most parents of hard-to-raise children, Kathy and Marty Irion received little sympathy. Noah's volatile behavior was blamed on bad parenting, but Kathy continued to try to make sense of the food/behavior connection. She saved labels from foods that she knew were triggering outbursts, and tried to understand what ingredients they had in common.

A new pediatrician offered support, and encouraged her to continue to seek a cause. When she took Noah for allergy testing, the results were astonishing. They claimed to show that he was allergic to everything except peanuts and cats! An allergy elimination diet didn't help. Eventually, Kathy suspected that Yellow No. 5 was a problem, and a friend told her of Darri Beach, whose family had been on the Feingold Program for one year, due to her son's allergy and behavioral issues.

Even Feingold "old-timers" are learning from this Fab Four and the many families they have helped. It doesn't matter where you live; with a little time and a lot of caring, parents can make dramatic changes in their community.

Darri explained the program to Kathy, who sent for the material and started the family on Feingold. Noah's kindergarten teacher saw an enormous change right away, as did everyone else who knew him. The eczema cleared up and there have been no more ear infections. As she looked over the symptom checklist in her program book, Kathy found that they fit Noah perfectly.

In addition to dramatic behavior and health effects, there were other changes. Noah no longer insisted that his clothes fit tightly. He stopped being concerned that the length of his sleeves had to come to an exact point, that his belt be tightened as much as possible, or that he wear jeans so small they looked like they belonged to his younger brother, Sam.

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Antidepressants pose risks for children

FDA panel warns doctors and parents against most antidepressants for children.

An advisory panel of the Food and Drug Administration (FDA) held hearings in February on the use of antidepressants in children. Some parents testified that the medicine helped their children, while others related tragic stories of serious side effects. Some parents blamed their child's suicide on the drugs.

Although they had not intended to release their report until this summer, the panelists felt the matter was too urgent to delay issuing their caution.



The United Kingdom has banned Paxil (sold in Europe as Seroxat) for children and teens after it was learned that the drug's manufacturer, Glaxo-SmithKline (GSK), failed to disclose information about side effects of the drug. Studies of more than 1,000 children showed that the risk of suicidal thoughts and self-harm was two to three times greater among those youngsters who were on Paxil than those on a placebo.

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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.

Mutual support, from page 1

As she used the Feingold Program, Kathy continued to learn more about her child's sensitivities. One time she bought a new brand of natural pear juice and it wasn't until she got home that she saw it also contained apple and grape juices. Kathy didn't really believe that Noah was salicylate sensitive, but ten minutes after he drank it she changed her mind. Her son went out of control.

Another episode involved a brand new tee shirt made from fabric that had been treated with formaldehyde. The chemical caused an infection in the sweat glands under Noah's arm; they swelled to the size of a tennis ball. Now, all shirts are washed before they are worn.

The Irions have also seen that their 3-year-old, Sam, will have hives and night terrors if he has the unwanted food additives. Corn syrup also bothers him.

As people saw the dramatic change in her son, Kathy received many inquiries, and was asked to do a presentation to a Mom-to-Mom group. She enlisted Darri, who is a special ed teacher, and the support group began. Then Kathy met another mom, Terry Downey, at a birthday party. Terry wondered why Kathy brought special food for Noah. Terry's son was also having problems and responded to Feingold in just

one day. The change was so dramatic his teacher asked, "Can't everyone go on Feingold?"

Terry joined in the outreach efforts, and so did Char Shanny, who is a pre-school teacher. They became the "Fab Four" and gave workshops for parent-teacher groups, Head Start, and child care providers. They also set up a booth at a child-wellness fair. There aren't many stores in a small town, so the flyers they posted were seen by just about everyone. Introductory meetings explained the Feingold concept to new families, and the healing continued.

Each new family that was helped seemed to echo the story so familiar to parents of chemically-sensitive kids: they are blamed for their uncontrollable children. The growing support group called itself "The Feingold Connection" and began to hold potluck dinners where the children could meet each other and enjoy all of the food on the table. These are also popular with the dads.

Recently the group held an UnTomato pot luck dinner, serving spaghetti and meat balls made with all Stage One ingredients. Kathy considers herself a 1940s woman who was born decades late. She enjoys cooking and home-making and often brings the dish that requires the most preparation. She found that using fresh vegetables gave the UnTomato sauce an especially good flavor. Other moms shared the tasks of bringing salad, garlic bread, drinks and dessert.



The busy Irion kitchen

At Christmas time they had a cookie exchange and another time there was a "build your own sundae" dessert.

Future pot luck dinners will be based on the food served at major fast food restaurants — minus the synthetic chemicals. They plan to have a dinner featuring fried chicken, cole slaw, mashed potatoes and gravy, plus biscuits. There will be a Mexican food night, etc. In addition to being free of the additives and salicylates, all of the food is made without any corn syrup since many of the children don't handle it well.

One woman arrived at a meeting wearing an especially pretty dress. When someone complimented her on how nice she looked, she got teary-eyed. She explained that before the program her child would become violent at times. She could never wear a dress when she went out with him since she didn't know if she would have to wrestle him to the floor and carry him out.

The local Mom-to-Mom group has been a big help, providing the meeting facilities and child care. Help also came from the state's Parent-to-Parent organization, which also gave the volunteers a grant to travel to the Feingold Association's fall meeting in New York.

Kathy's doctor ran an experiment with his own children, giving them a popular brand of gelatin. Two of the four children reacted dramatically. One turned from Jeckyll to Hyde, and now the doctor is a member as well.

Most of the Feingold families in the area now go to this doctor, and enjoy having the help of a physician who understands them.

Marty Irion supports his wife's efforts and has told many others about their success with the Feingold Program. In fact, his district manager, Mike Grey, has seen a dramatic change in his child, and now shares Marty's enthusiasm. Both are employed by Sodexo School Services, a

company that manages school cafeterias. They are working to educate their colleagues about the need for positive changes in the system. The company invited Kathy to give a workshop at their recent conference, bringing the whole family to their meeting/resort facility. The child-care arrangements fell through at the last minute, so both Noah and Sam were in the audience. Seeing these two calm, well-behaved children made as big an impression on the audience, as did the amazing information Kathy shared with them. Afterward, the attendees came up to Kathy and thanked her; they have already invited her to return.

Problem child or problem school?

If your child is having unexplained reactions it's a good idea to visit the school to see if you can find a cause. Be especially alert for anything that has an obvious odor or scent.

One mom posted the following note on our member's message board:

"Well, today I went to school with my 4 y.o. to try to get a handle on what is going on with him. He goes to a private preschool, and is in a class of 5 kids.

"I think we found what is setting off his reactions. First of all, they hadn't been able to play outside for the past couple of weeks because of a safety issue on the playground. When they went to play in the gym, 3 of the boys in the class started to act up. I couldn't stand how musty/moldy it smelled in there, and my nose immediately started to run. The teacher agreed and said 'no more playing in the gym!'

"Then, he played with Play-Doh. He did use Gloves in a Bottle* but clearly reacted to the Play-Doh. I guess I am going to send in some homemade play dough."

(*Gloves in a Bottle is a lotion designed to create a barrier between your skin and substances you touch. Sensitive children can be affected by the small amount of dye their skin may absorb from the products such as Play Doh. They can also react to the smell of the product.)

Smelly Schoolrooms

There are many things in a school environment that can trigger behavior, learning or health problems in children and adults. Of all the potential culprits, the easiest to avoid are fragrances such as plug-in devices.

One ten-year-old on the Feingold Program suddenly began having unexplained problems with her schoolwork. In class she was unable to focus, spell, or even think, but the work she did at home was fine.

When her mom visited the class she noticed a plug-in fragrance dispenser near Brittany's desk. Once the teacher saw the dramatic difference in the child's work she got rid of the plug-in.

Brittany

I ² ~~pry~~ because
Bradly asked nice
he got that book.

Please write at least 5 sentences, Brittany!

This is a sample of Brittany's work on Wednesday, the day the air freshener was brought into class. She has written "pry" for "probably."

Brittany

Spelling

1. I had a stomach ache from all that candy.
2. I helplessly gave up because I couldn't find my shoe.
3. I ran when the teacher from school chased me.
4. I exclaimed that I got a new dress.
5. At school I had to multiply three times five.
6. My teacher said it's very hard to divide.
7. I was in disbelief when I got out a skater.
8. My mom gave me a big smile when she got home.
9. Tomorrow we have an arithmetic test.
10. My friend said fractions are easy.
11. I was baffled when I did a puzzle.
12. I was giggling when my friend made some jokes.

Here's her work done at home that evening.

Brittany

Reading

Carla's trying to be
fixed

Brittany, this is not acceptable.
Please see me!

probably

Back in class on Thursday, Brittany again is suffering from the toxic chemicals in the fragrance.

A quiz for teachers

Q: What substances are used to make fragrances?

A: Fragrances were once derived from plant and animal sources. Today most are synthesized from petroleum.

Q: Are today's fragrances harmful?

A: Yes. In 1986 the US House of Representatives Committee on Science and Technology issued a report titled *Neurotoxins: At Home and in the Workplace*. The report noted that the ingredients commonly used in fragrances are capable of causing cancer, birth defects, central nervous system disorders and allergic reactions.

Chemicals used in making fragrances have been shown to cause changes in blood circulation in the brain, which can trigger migraine headaches. Asthma, now reaching epidemic proportions in children, can be triggered by fragrances, as can rhinitis and sinusitis.

Harmful chemicals routinely used in fragrances include these petroleum derivatives: Methylene chloride (cancer, autoimmune disease), Limonene (cancer), Benzaldehyde (cancer, birth defects, and central nervous system disorders).

Q: What government agency ensures the safety of fragrances.

A: None.

The US Environmental Protection Agency offers a free "Indoor Air Quality Tools for Schools Kit." It gives practical solutions at improving indoor air at little or no cost. The project is co-sponsored by the National PTA, National Education Association, American Federation of Teachers and the American Lung Association.

To order call (800) 438-4318 or log on to www.epa.gov/iaq/schools/toolkit.html

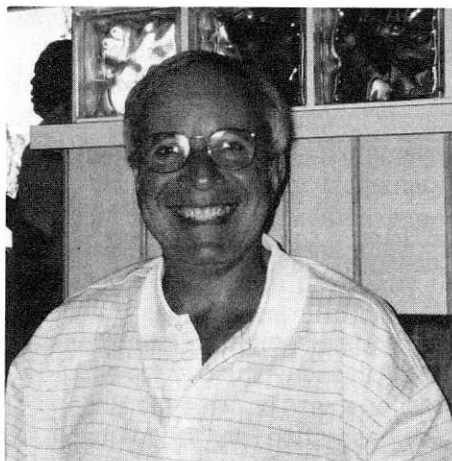
How can parents find a doctor who will support them as they use the Feingold Program?

Pure Facts spoke with Jay Freed, M.D., a member of the Feingold Association's advisory board.

Most doctors simply are not aware of the Feingold Program, Dr. Freed explained, or if they are aware of it, they do not know of the positive studies and believe there is not enough science to support its validity. However, younger doctors are more likely to be open to the use of an elimination diet as a first step, before resorting to medicine.

But the best way for a physician to understand the value of the Feingold Program, he believes, is for them to see for themselves what a difference it can make in a child. Dr. Freed described his own experience of seeing such a change in his introduction to the book *Why Can't My Child Behave?*

He writes, "a mother came to see me with the cutest blond-haired, blue-eyed little two-year-old you have ever seen. Unfortunately her behavior was consistent with that of somebody possessed by the devil. She screamed and shrieked and was full of fright. Her mother described her as always being that way, and mom was at her wits end, crying to me about this situation. After



Dr. Freed is Full Attending Physician in Pediatrics at St. Charles Hospital in Port Jefferson, New York, and is Clinical Assistant Professor of Pediatrics at Stony Brook University.

He is in practice with six other pediatricians serving central Suffolk County on Long Island.

Dr. Freed is board certified in pediatric and adolescent medicine.

obtaining a history and performing a physical exam I determined that the child's diet may be a strong factor in her adverse behavior so I referred them to the Feingold Association. About six weeks later mom returned with her daughter and both of them gave me hugs and kisses. It was then that I knew for certain that behavior is affected by diet. Since that time I have seen countless examples of behavioral disorders that have either been ameliorated or cured by diet."

When you seek out a new doctor, don't hesitate to ask for an appointment to meet with him/her. Physicians are accustomed to having prospective patients interview them before deciding if their medical practice will fill their needs. Dr. Freed suggests parents bring in a list of questions, along with literature about the Feingold Program. [The Association's new book, *Behavior, Learning and Health, the Dietary Connection* is an ideal choice. It is available free from FAUS; please see www.feingold.org for more information.]

Toxic smells in new cars and classrooms

Chemists now have the ability to duplicate nearly any scent. Some are used for perfumes while others are added to a growing number of consumer products, including cars. Few people realize what fragrances really are — powerful chemicals made primarily from petroleum.

Most new car owners associate that special smell inside their shiny new vehicle with a positive, exciting experience. What they might not know is that the aroma is actually a result of the synthetic materials in the car's interior giving off gases, or "outgassing." There is such a thing as a "new car smell" fragrance that can be used to make used cars seem more desirable.

Now, new car buyers might have their choice of additional scents. Cadillac has been treating their leather seats with a scent they call Nuance. It's designed to replace any undesirable smells from the leather with a new one, intended to make the upholstery smell much more leathery.

Collins & Aikman, a company devoted to "aroma quality management" for cars, also offers the fragrance of wood for luxury vehicles that contain wood which does not give off any scent because it is coated with lacquer.

How dangerous are fragrances? The following was

taken from a Material Safety Data Sheet for one formula. This provides safety information for workers who are handling these chemicals.

- Wear eyeshields and protective clothing; wash clothing after every use.
- After contact with skin, wash affected area immediately with soap and plenty of water.
- In case of contact with eyes, rinse immediately with plenty of water for at least 15 minutes.
- If it is swallowed, rinse mouth with water (only if the person is conscious).
- If inhaled, remove the person to fresh air. If the person is not breathing, give artificial respiration. If breathing is difficult, give oxygen.
- To clean up spills wear respirator, chemical safety goggles, rubber boots and heavy rubber gloves. Keep people away from the evacuated area.

Antidepressants, from page 1

The company has also been accused of failing to disclose the addictive nature of Paxil for some patients. Literature from GSK stated, "Paxil belongs to a class of medications called SSRIs, which have not been shown to be associated with addiction." However, many physical and emotional side effects have been reported by individuals trying to wean themselves from Paxil.

Pharmaceutical companies have long refused to share information on the studies that are unfavorable to their products, a practice that is legal. They consider such information to be trade secrets.

Age of Onset

Depression was once an affliction of the elderly, but the age of onset has steadily declined. A generation ago it was typically a problem for people in their early 30s, but today it is the teens, with a growing number of children being diagnosed. In some cases the depression is a side effect of using stimulant drugs for attention and behavior problems.

According to the National Center for Health Statistics the number of suicides in children ages 5 to 19 has more than tripled between 1962 and 1995. FDA reports that more than 10 million children and teens under the age of 17 took antidepressants in 2002.

Bipolar Disorder

For the person with bipolar disorder, episodes of depression are alternated with periods of excessive energy and unrealistic euphoria.

An adult with bipolar disorder tends to go from manic behavior to depression over a period of months, while the child who is considered to be bipolar will experience wide mood swings in the period of a single day, according to Dr. Demetri Papolos of the Juvenile Bipolar Research Foundation. The Feingold Association has received many parental reports that children who once had these symptoms no longer have them when they follow the Feingold Program.

Critical Quote

"Any time a child reads a little more slowly, we're talking learning disability and administering Ritalin. Or any time a kid acts up a bit, instead of giving him detention we're drugging him...and I've never met a drug yet, including aspirin, that didn't have some side effects."

*Arthur Caplan, Chairman
Department of Medical Ethics
University of Pennsylvania
School of Medicine*

Commenting on the fact that 90 percent of the stimulant drugs in the world are consumed by Americans, especially children, Dr. Caplan said, "If we have four or five times the learning disability or depression or other neurotic illnesses that the Europeans do, then either we got a really bad gene pool through immigration, or we're over-medicating"



New Drugs

Mental disorders have long been treated with powerful chemicals, but the older drugs caused many distressing side effects. Although they also have side effects, the newer formulations are an improvement.

New Markets

The use of prescription drugs changed in 1997 when the Food and Drug Administration allowed pharmaceutical companies to market prescription drugs directly to consumers. This has led to a big increase in sales and a financial bonanza for these companies.

Selling Happiness

Paxil first went on the market in 1992 as a treatment for anxiety disorders, but this was later expanded to include panic disorders, obsessive-compulsive disorders, and more recently: social anxiety disorder, generalized anxiety disorder and post-traumatic stress disorder. Following the September 11 terrorist attack Paxil ads promoted the drug as a way to alleviate anxiety.

Paxil's product director, Barry Brand was quoted in the magazine *Advertising Age*: "Every marketer's dream is to find an unidentified or unknown market and develop it. That's what we were able to do with Paxil."

Conflicts of Interest

In his testimony before the FDA panel, Dr. Lawrence Diller, a pediatrician and author of books on ADD, objected to "the extremely intimate link between researchers and the drug industry."

Another critic, Dr. David Antonuccio of the University of Nevada Medical School, was a member of a panel that evaluated studies of antidepressants for children. He called the advantages of the drugs to be "so small and so trivial as to be clinically insignificant." He and his colleagues found placebos were nearly as effective as drugs in treating childhood depression.

"The U.S. psychiatric establishment largely supports the use of antidepressant medicines in children, with many arguing that abandoning the drugs would lead to more suicides in children with depression. But its critics, including consumer advocates and some psychiatrists, question whether mainstream psychiatry is biased by widespread financial ties to the pharmaceutical industry."

*Shankar Vedantam,
Washington Post*

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Adverse Reactions

The Food and Drug Administration learns of problems from drugs when doctors report such events, but the majority of doctors, it has been found, do not feel they can give the time required or get involved in the red tape that goes with such reports. The FDA devotes about \$290 million to approval and monitoring of new drugs, and only \$15 million to tracking adverse reactions.

In addition to Paxil, the agency has announced that it is reviewing the use of other drugs used to treat depression in children. These drugs are: Prozac, Zoloft, Remeron, Serzone, Effexor, Wellbutrin, Celexa and Luvox.



Are there other options besides drugs?

There are many techniques that have been successfully used to treat depression in children and adults. They include:

- The Feingold Program
- Full-spectrum lighting
- Amino acids and beneficial fats (described in *The Diet Cure* by Julia Ross)
- Fish oil and omega 3 supplements (used in clinical studies at Harvard)
- Vitamin and mineral supplementation.

Canadian researcher, Bonnie Kaplan and colleagues have published studies showing the beneficial effects of mineral supplements and of vitamin & mineral combinations in treating depression and bipolar disorders

In 1999 Italian researchers published their findings that the depression being experienced by three patients was caused by untreated celiac disease. All of them quickly improved when gluten was removed from their diet.

Am J Gastroenterol 1999
Corvaglia et al

New paper investigates the link between vaccines, autism and ADHD

This work could explain how a vaccine preservative may affect a child's development.

"According to new research from Northeastern University pharmacy professor Richard Deth and colleagues from the University of Nebraska, Tufts, and Johns Hopkins University, there is an apparent link between exposure to certain neurodevelopmental toxins and an increased possibility of developing neurological disorders including autism and attention-deficit hyperactivity disorder. The research — the first to offer an explanation for possible causes of two increasingly common childhood neurological disorders — is published today in the April 2004 issue of the journal *Molecular Psychiatry*.

"Though some speculation exists regarding this link, Deth and his colleagues found that exposure to toxins, such as ethanol and heavy metals (including lead, aluminum and the ethyl mercury-containing preservative thimerosal) potentially interrupt growth factor signaling, causing adverse effects on methylation reactions. Methylation, in turn, plays a significant role in regulating normal DNA function and gene expression, and is critical to proper neurological development in infants and children. Scientists and practitioners have identified an increase in diagnoses of autism and ADHD in particular, though the reasons why are largely unknown."

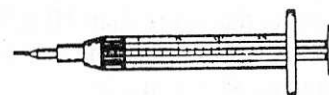
from a press release issued by Northeastern University

Professor Deth noted, "Scientists certainly acknowledge that exposure to neurotoxins like ethanol and heavy metals can cause developmental disorders, but until now, the precise mechanism underlying their toxicity has not been known. The recent increase in the incidence of autism has led us to speculate that environmental exposures, including vaccine additives, might contribute to the triggering of this disorder."

According to the researchers, thimerosal "acts by inhibiting the biosynthesis of the active form of vitamin B12 (methylcobalamin), which is of particular interest because doctors treating autistic kids are having good success with the administration of methylcobalamin."

Thimerosal came into use with the introduction of multi-dose vaccines, particularly with the DPT shots. Those which are packaged for one-time use do not require preservatives. With the exception of the flu vaccine, the amount of thimerosal has been reduced in most vaccines used in the United States. But it is still found in multi-dose vials, often shipped to third world countries.

Thimerosal is 49.6% mercury by weight. Infants receiving vaccines from multi-dose vials can receive 62.5 micrograms of mercury per visit. For an average size child this represents 100 times the daily exposure considered safe by the Environmental Protection Agency.



Another concern for some parents, doctors and researchers, is the practice of combining multiple vaccines, a change which began in the late 1970's and early 1980s, according to Bernard Rimland, Ph.D, director of the Autism Research Institute.

In Great Britain fears over the safety of the MMR vaccine combination have led parents to seek out single measles vaccines. In the past three years the number of such vaccines imported into the country rose 1,000 percent.

For the full press release from Northeastern University, go to www.newswise.com/articles/view/503041/NewsWise

PIC Report

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

Stage One

BELLA CUCINA Artichoke Lemon Pesto, Basil Pesto, Chestnut Honey Mustard, Preserved Lemon Cream 800-671-3136

FRONTIER* Seasoning Blends: Herbes De Provence, Gourmet Peppermill Blend (SF), Gumbo File, Seafood Seasoning 800-669-3275

FRONTIER* Salt Free Seasoning Blends: Garlic N Herb, Italian Seasoning & Organic Italian Seasoning, Lemon Pepper, Organic Lemon Pepper

GAIA'S CHILDREN Bum Oil, Cough Syrup for Dry Coughs, Ear Drops, Throat Formula (not throat spray, which is Stage Two), Tummy Tonic, Warming Vaporous Rub (contains strong-smelling natural ingredients) www.gaiaherbs.com

GOOD SENSE Roasted & Salted Jumbo Cashews

HEINI'S Amish Farmers Cheese, Lacey Baby Swiss, Marble Cheese; Semi Soft Part Skim Cheese: Amish Milk Can Cheddar, Weight Checker 330-893-2131 www.heinis.com

LOACKER Pemium Wafer Cookie: Quadratini Chocolate Creme (CS), Quadratini Lemon (CS)

MCCANN'S Instant Irish Oatmeal: Maple & Brown Sugar, Regular (CS)

OETKER* Whip It Stabilizer for Whipping Cream (CS)

ORGANICA FOODS Iced Shortbread Cookies: Chocolate Chunk with Vanilla Icing, Cinnamon Spice Shortbread with Cinnamon Icing, Simply Shortbread with Lavender Icing www.villageorganics.com

OUR FAMILY FARMS* Crackers: Field Friends Baked Wheat

SANTA BARBARA OLIVE CO. Medium Pitted Black Olives www.sb.olive.com 800-624-4896

SOYCO* Rice Butter (CS), Rice Shreds Mozzarella Flavor Cheese Alternative (CS), Veggie Butter (CS)

SHILOH FARMS* Basmati Brown Rice, Basmati Wild Rice, Brazil Nuts, Chive 'n Jack Goat Cheese, Organic Cocoa Powder, Medium Shredded Coconut, Couscous, Feta Goat Cheese, Hazelnuts, Just Jack Goat Cheese, Dried Mango, Organic Papaya Spears, Pecan Halves, Pine Nuts, Sea Salt, Organic Raw Redskin Peanuts www.gardenspotsofinest.com 800-829-5100

STACY'S Pita Chips: Cinnamon Sugar, Parmesan Garlic & Herb, Simply Naked; White Cheddar Thin Crisps; White Cheddar Twisted Pasta 800-431-4081 www.pitachips.com

VAN'S MULTIGRAIN Gourmet Waffles (CS)

WHEAT MONTANA 100% Whole Wheat Bread: Cracked 9-Grain (CP,CS), Golden Whole Grain (CP,CS)

Product Alert!

DELIMEX Beef Taquitos — Only the 60 count box sold at Costco and Sam's contain BHA, BHT or TBHQ. Please make a note in your Foodlist to avoid this product.

Stage Two

AMY'S* Baked Beans (cider vinegar, tomatoes), Refried Beans with Green Chiles (bell peppers, tomatoes), Refried Black Beans (bell & chili peppers)

BEST CHOICE All Natural Pasta Sauce with Mushrooms (CS,SF,red peppers, tomatoes)

BUMBLE BAR Chai with Almond, Original with Almond (www.bumblebar.com)

FANTASTIC FOODS* Classico Risotto (tomatoes), Sloppy Joe Mix (red, green & chili peppers), Tabouli (chilli peppers), Taco Filling (tomatoes, chili peppers), Big Soup Noodle Bowl: Chicken Free Ramen (red peppers, tomatoes), Spicy Thai (bell peppers), Spring Vegetable (bell peppers, tomatoes); Big Soup Com & Potato Chowder (red pepper, tomato, paprika)

FRONTIER* Seasoning Blends: Bombay Veggie Blends (chili & red peppers), Cajun Seasoning & Organic Cajun Seasoning (paprika, red peppers), Dash O' Dill (oranges), Jamaican 'Jerk' Blend (tomatoes, red peppers), Mexican Seasoning (chili & red peppers, paprika), Organic Garlic Pepper (CS,bell peppers)

FRUITFULL Blueberry Yogurt (CS)

GAIA'S CHILDREN Cough Syrup for Wet Coughs (cherries), Throat Drops (cloves, oranges), Throat Spray for Children (grapes)

HOWLER* Organic Sorbet: Dark Forest Chocolate (oranges), Mango (oranges), Mayan Blackberry & Ginger (oranges), Passion Fruit (oranges), Rainforest Raspberry with Acai (oranges, palmberrries, blueberries), Tropical Tangerine with Caja (oranges)

LUNA BAR Cherry Covered Chocolate (plums, tea), Chocolate Pecan Pie (tea), Lemon Zest (tea), Nutz Over Chocolate (tea), Peanut Butter & Jelly (apples, cranberries, strawberries, tea), Smores (tea), Sweet Dreams (tea) www.lunabar.com

MONIN Organic Raspberry Syrup www.moninstore.com

SANTA CRUZ ORGANIC* Juice Box: Organic Grape, Organic Orange; Root Beer Spritzer (oil of wintergreen)

SHILOH FARMS* Organic Pitted Bing Cherries, Wild Organic Blueberries, Organic Cranberries, Organic Sour Red Cherries

WHOLE KIDS ORGANIC (Whole Foods) Spreads: Mixed Berry (apples,oranges, blackberries, strawberries, blueberries, raspberries), Strawberry (apples, oranges)

WHOLE KIDS ORGANIC (Whole Foods) Organic Honey Nut Morning O's Cereal (CS,almonds)

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.

Students take the lead in creating healthier schools

The four areas addressed by student activists are: indoor air quality, non-toxic products, recycling, and integrated pest management — using non-toxic or less toxic methods for pest control.

Called the Green Flag Program, it teaches children to become environmental detectives by investigating potential hazards in their school, such as pesticide use, cleaning products made from hazardous chemicals, and toxic mold. If dangerous substances are found the program encourages the students to work with teachers, administrators, custodians, parents, businesses and community members to make their school environment safe and healthy.

Before Erin Brockovich, Lois Gibbs was changing the rules that determined how industries are held accountable for the damage they cause.

Schools around the country have been recognized with awards from the parent organization, The Childproofing Our Community Campaign, created by Lois Gibbs. Lois is the mom who became famous in the 1970s when she discovered that the families in her New York community were being poisoned by toxic waste illegally buried in Love Canal. Gibbs and her community pressured local and state officials to evacuate Love Canal families and buy out their homes. Her case sparked the creation of the Superfund law which forces polluters to pay for clean-ups and makes them more cautious about handling waste. Gibbs has since worked to ensure that all communities have the support they need to overcome situations like Love Canal.

For more information see www.greenflagschool.org.

FAUS thanks Dr. Jay Freed and Eden Foods for helping to sponsor this edition of our newsletter.



Send us your kids!

It's time to send photos of your children and teens, to be included in the 2004 - 2005 Feingold School Year Calendar. Send informal shots, but no portraits or school photos please. (Either black & white or color pictures are fine as long as the image is clear.)

Each year FAUS publishes a calendar providing tips on using the Program and information on hard-to-find products. It is mailed 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: Jane Hersey at 6808 Stoneybrooke Lane, Alexandria, VA 22306. Please put your child's name and address on the back; the photos will be returned to you once the calendar is printed.

Thank you!

to the Kleiber family for representing the Feingold Association in an interview with the Connecting With Kids Network (www.kids-md.com). Tina and her children, Derek and Brandi, starred in the segment titled "Food Coloring Problems."

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 & 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.

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