

British food giant goes back to nature

Can a major corporation offer food that is both processed and healthy? Birds Eye in Great Britain responds to consumer concerns about synthetic additives.

The country's largest frozen food corporation has apparently gone on the Feingold diet — all 130 of its frozen products will be free of artificial colors, artificial flavors and preservatives. They have adopted the slogan "We don't play with your food."

The link between diet and health problems such as obesity and heart disease has been generating attention in Europe and the U.S. Now, the recent British study linking food dyes and sodium benzoate to temper tantrums has prompted consumers and corporations to take a closer look at the additives they use.

E Numbers

Food additives in the United States are listed by their names, and synthetic dyes are easy to recognize since they use the name of a color, followed by a number. But in Europe food additives of all types are identified just by the



letter "E" followed by a number. This system, introduced to Europe in 1983, creates a great deal of confusion.

The notorious dye tartrazine is listed as Yellow No. 5 in the U.S. and as E102 in Europe. But just one number away is E101, the designation for a harmless additive (riboflavin) which is used as a coloring agent. Another natural yellow coloring, the spice turmeric, is E100. Erythrosine, the cancer-causing Red No. 3, is E127 while the red coloring from beets is E162.

It's hard for the European shopper to remember that cream of tartar (harmless) is E337 and BHT (not harmless) is E321. This has made health-conscious consumers wary of all the E numbers. As a result, some companies have begun listing additives by name and others have opted to get rid of most of them.

Birds Eye now believes, "You shouldn't find anything on the list of ingredients on the side of our packets that you would not find in your cupboards at home."

The company has removed synthetic preservatives from their foods, relying on freezing to keep the food safe. Other initiatives are the removal of modified starches (low cost fillers/emulsifiers) and a reduction in salt and saturated fats.

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Aspartame officially excluded by the Feingold Program

One of the actions taken at the Feingold Association's June meeting was to add aspartame to the list of additives eliminated on the Feingold Program. Generally, this artificial sweetener is sold under the names NutraSweet® and Equal®.

This should resolve the confusion that has surrounded the synthetic sweetener and its use on the Program. Some people have excluded aspartame because they consider it to be an artificial flavoring. Others have done so because they are aware of the long history of health problems attributed to this chemical. But others have used aspartame (and products containing it) because they reasoned that the Food and Drug Administration would not have given their ap-

proval to an additive that could be dangerous. [Editor's note: pause for laughter.]

Unfortunately, the history of aspartame is one of money, corruption, bad science and many injured consumers. Doctors who have followed this issue closely say that aspartame can affect virtually any system of the body and report that it has been found to trigger behavior and/or learning problems in some individuals.

As the Feingold Association prints new materials and updates current literature, aspartame will be specifically listed as unacceptable, along with synthetic dyes, artificial flavors and the preservatives BHA, BHT and TBHQ.

The Feingold® Association of the United States, Inc., founded in 1976, is a non-profit organization whose purposes are to support 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, aspartame, and the preservatives BHA, BHT, and TBHQ.

Montana school cleans up the playground, then the food

For the past three years a school in Montana has changed the behavior of their students by changing the food they eat.

Winter does not readily loosen its icy grip on northern Montana, but when the snow finally began to melt on the playground of his school, Principal Kim Anderson was surprised by what he saw. Buried beneath the snow were wrappers, packaging and containers of all types — testaments to the foods the children had consumed months before. Curious about the litter, he took a closer look and found that most of it had come from the school's cafeteria. Like many public schools, the Whitefish Central School does not receive any funding to run its cafeteria. It must earn money through the sale of foods, and the most profitable appeared to be those candies, chips, sodas and other "a la carte" snacks whose wrappers now littered the grounds.

The school was contributing to the behavior problems.

Parents gave their children money each morning, thinking they would eat a good lunch, Anderson observed, but for most of the students lunch consisted of foods full of synthetic additives, such as a candy bar, bag of chips and a soft drink. It was clear from the ingredient labels he studied that what the children had consumed was not nutritious. "We're just selling junk here," was the comment of one of the teachers. As the staff shared their observations they all agreed that the number of behavior problems they were seeing had increased in the past few years, and that they followed a pattern. Discipline was not a big issue in the morning; most of the referrals came in the afternoon—about 90 minutes after the end of the lunch hour.

Anderson began to pay closer attention to tracking the behavior of his students and found that 90 minutes after they ate lunch, many of them were "bouncing off the walls" and 30 minutes later they had trouble staying awake. The staff agreed that it looked

like behavior and learning were directly linked to nutrition and that the school was contributing to these behavior problems.

First to go were machines that sold pop, high fat and high sugar snacks. (Ironically, some of the funds from these sales had been going to support the school's health enhancement programs!) The PTA purchased their own refrigerated vending machine so they no longer have to share the revenue with a soft drink manufacturer. The machine is now stocked with milk, yogurt, pure fruit juice, peanuts, fruit leather, and string cheese, which is so popular it needs to be restocked during the day.



There have also been major changes in the food served in the school's cafeteria, based on input from both the students and teachers. Healthier foods such as fresh fruit and homemade salads, sandwiches, and burritos are among the selections they all enjoy.

Student acceptance has not been an issue.

Homemade bread pretzels are a popular snack; the cooks prepare them from scratch using commodity ingredients provided by the federal government. Although it requires labor to prepare them, they are a good option since the profit earned is so high. Principal Anderson reports that the income from their healthier food is about the same as the previous additive-laden items. Many adults believed that students would not like healthier food, but Anderson told *Pure Facts* "Our kids will eat whatever is put before them."

There are other innovations at the Whitefish Central School, which comprises the 5th, 6th, 7th and 8th grades. Now the students have recess prior to lunch. Under the old schedule they gulped down their food in order to get out onto the playground for recess and a child's lunch time was typically only 3 to 5 minutes! Now, they have recess first and then get 23 minutes to eat their lunch, which allows plenty of time to eat at a healthy pace with extra time for socializing. There has been another change in the cafeteria: the amount of food wasted has been cut in half, from 85 to 100 pounds per day, to about 45 pounds.

Food is fuel, the Whitefish staff believes, and good food helps to fuel the children for learning.

How have behavior and learning been affected by these changes?

"There has been a tremendous change in our students' behavior since we improved our food program" says Anderson. "This is our third year, and we have enough statistics to suggest that there is a direct correlation between junk food and minor disruptive behavior, especially in the hours after lunch." Anderson notes that while about 50 to 60 students were referred to him each week for behavior problems prior to the new program, the number is now down to just 4 to 8 referrals weekly.

Teachers report that they have gained between 10 and 15% additional teaching time since the children have calmed down and are more alert and able to focus. This is reflected in the fact that the school now ranks academically in the 76th percentile in the state.

"Nutrition is the missing link between academics and behavior in the classroom."

Kim Anderson

"Sweet Misery"

British toxicologist, Dr. Vyvyan Howard of the University of Liverpool, is heading up a study of the effects of E numbers on the brain. He told journalist Cahal Milmo of *Living Abroad* magazine, "My own view is that I wouldn't touch them. In a precautionary basis we should remove them from our food." He continued, "The basic reason for using additives is economic — it is to disguise otherwise poor ingredients."

With two-thirds of Britons overweight, and many now classified as obese, food companies are considering the possibility of facing huge law suits and working to head off the financially disastrous possibilities.

As encouraging as these changes are, skeptics are not impressed. Dr. Howard notes that for every reformed product there are dozens that are "loaded with horrors." He continues, "Unless you force the issue by laying down minimal standards, at least for children's food, then we'll be eating this muck for decades to come."

Have you ever wondered how an additive finds its way into our food supply, despite the obvious harm it causes? Here is a fascinating glimpse into the intrigue, politics, and payoffs that decide what Americans eat.

Cori Brackett is a filmmaker who was told she had multiple sclerosis. It turned out that the culprit was not MS, but the aspartame in the diet cola she consumed daily since 1984, one year after it was initially added to beverages in the United States.

NutraSweet® (aspartame) was an instant hit and in 1984 6,900,000 pounds of the sweetener were used in this country. 1984 also marks the beginning of a dramatic increase in brain tumors in the US, a condition that has been linked with aspartame.

Cori is recovering now that she has sworn off of aspartame. She has traveled all over the country to interview consumers who have experienced devastating health problems they attribute to aspartame use, doctors who have treated them, as well as scientists and activists who know the shocking story

behind this product.

Former aspartame users link the sweetener with everything from lupus to blindness to brain tumors and grand mal seizures. One interview took place in jail with a woman who is accused of poisoning her husband, a heavy aspartame user. But it is likely that the cause of his death was the "wood alcohol" that is a toxic by-product of aspartame.

The film includes footage of company executives stating they are unaware of any dangers; one executive is Donald Rumsfeld (the Secretary of Defense) who was brought in as president of Searle to reverse the fortunes of the company when it looked like aspartame would not win FDA approval.

"Sweet Misery: A Poisoned World" call (520) 624-9710 or visit their web site: soundandfuryproductions.com.

USDA introduces the "McVegetable"

If you have kids who don't want to eat fresh vegetables, your picky eaters may have found an ally: the U.S. Department of Agriculture (USDA).

After being pressured by the Frozen Potato Institute (representing most of the manufacturers of processed potato products), the USDA agreed that batter coated frozen French fried potatoes are a "fresh vegetable." It's more than status the potato



growers were seeking; thanks to an old law that dates back to the Depression era, they will receive financial protection if creditors default on the money they are owed.

Arguing unsuccessfully against what is being referred to as the Batter-Coating Rule, attorney Tim Elliott said that, based on the USDA ruling "chocolate covered cherries, packed in a candy box, would qualify as fresh fruit."

Turning vitamins into drugs

For a number of years, efforts have been underway in Europe and the United States to prevent consumers from continuing to have easy access to supplements. The European proposals would ban the sale of many supplements and cause the dosage of others to be reduced to a fraction of their current potency. Most supplements and alternative products would be re-classified as a "medicinal product" meaning that eventually all of the

things now being sold in health food stores would be available only by prescription and sold in very small doses (at high prices, most likely). The cost of testing to be required of these products is likely to mean that only the wealthy pharmaceutical companies would market them.

At a time when more and more evidence is showing the important role of essential fatty acids and other supplements to help people with ADHD,

depression and countless other problems, this is a tragic scenario.

The Alliance for Natural Health states: "Contrary to the unsubstantiated view of the UK's Food Standard Agency, there is a fast growing body of scientific evidence demonstrating that the nutritional quality of the average western diet is inadequate and micronutrient deficiency is widespread."

For more information see:
www.alliance-natural-health.org

Taking care of business

The Feingold Association's 29th annual membership meeting, held this past June, was a busy, exciting (and delicious) time.

Mixed in with meetings and policy-making were opportunities to enjoy the less serious side of our work, for people who share a friendship to also share in the fun. Our board, staff, and volunteers traveled to historic New London, CT from the East, the Midwest and the West Coast.

On Friday, June 18th, some of the FAUS staff drove to nearby East Lyme to participate in an open house held at Therapy Works, a facility that provides sensory therapies for children with various developmental delays.

FAUS elects a new president



At the recent meeting, Gail Wachsmuth of Colt's Neck, New Jersey was elected President. Gail joined the Feingold Association in 1980, first serving on the board of the local chapter and later as the Bylaws chair for FAUS. She has been the Association's Secretary and more recently First Vice President.

Gail will focus on increasing the volunteer opportunities for our members, noting that "when you've experienced a simple yet profound change in your life, as my family has, you want to reach out to others. With the soon-to-open volunteer pages on the FAUS web site, we will be able to offer exciting down-loadable outreach material for members to use."

The director of Therapy Works, Debra Dickson, RPT, is a leader in this field. She believes that children make the greatest progress when sensory therapy is combined with the Feingold Program.

The Association conference chairperson, Marilee Jones, was "the brains behind the operation," working months in advance to arrange for all of these events and see that the details were taken care of. Thanks to Marilee and her husband, Sid, for transporting us in so many trips to and from the airport, and for taking such good care of us all.

FAUS thanks the following companies for donating food that was enjoyed at the meeting:

Alvarado Street Bakery
American Natural & Specialty Brand
Amy's Kitchen
Annie's Homegrown
Barry's Bakery Products
Boar's Head
Bob's Red Mill Natural Foods
The Breadery
Brent & Sam's Cookies
Dagoba Organic Chocolate
Drew's All Natural
Ecce Panis
Eden Foods, Inc.
Enjoy Life Foods
Fantastic Foods
Garden Spot Distrib/ Shiloh Farms
Horizon Organics
The Humphrey Company

The award for "Above & Beyond and Then Some" goes to Nancy & Jim Kemble, who kept everyone fed (all natural, naturally!), entertained...and spoiled rotten. Nancy & Jim began work on the meeting back in January and donated food and supplies from the R. Jason Kemble Memorial fund. Many Feingold members have met Nancy over the phone when they order candy from the Squirrel's Nest in Delaware.

Special thanks go to Cindy Harrell (of PIC fame) who coordinated food donations from many of the companies on our Foodlist. Cindy was assisted by her predecessor, Donna Curtis.

Late July Snacks
Little Crow Foods
Love & Sweets
Mad Moose Organics
Mad Meals
Mexican Accents
Morningstar Foods
Niman Ranch
Nspired Foods
Odlum Group / McCann's
Rudi's Bakery
Smucker's Quality Beverage
Stacy's Pita Chips Company
Sunridge Farms
T. Marzetti Company
Van's International
Wellshire Farms
Whole Foods Markets

Gail believes that the recent attention given to the British study (on the effects of dyes on the behavior of toddlers — see the July/August *Pure Facts*) creates a positive atmosphere for our message.

"Parents are also working for constructive changes in school foods," she observes, and I'm pleased that the Feingold Association is taking a lead on improving school nutrition with our new web site www.SchoolLunch.org.

A special thank you goes to Tony, the owner of Tony D's restaurant on Huntington Street in New London. He saw two hungry Feingold volunteers looking for a place to eat lunch on a Sunday afternoon. Even though it was closed, Tony opened his restaurant and made their lunch; then he wouldn't allow them to pay for it. Looks like Southerners aren't the only ones who practice warm-hearted hospitality!

Are baby vitamins linked to asthma and allergies?

Data gathered from a government study is being interpreted to show vitamins as a culprit, but the researchers are overlooking some important factors.



The researchers found that infants who are given multivitamin/mineral preparations are at risk of developing asthma and food allergies. African American babies are at highest risk, especially if they are given the vitamins prior to 6 months of age, regardless of whether they were bottle fed or breast fed.

For all racial groups there was a high risk (70 percent increase) of developing food allergies if they were formula fed and also received the vitamin drops.

Since food allergies and asthma are typically diagnosed when children are older than 3, the number of affected youngsters could be even higher.

The study appeared in the July issue of *Pediatrics*, the magazine of the American Academy of Pediatrics.

What's wrong with this information?

Many people believe that a child who eats sweetened cereal with synthetic dyes, artificial flavor and preservatives — and becomes hyper as a result — is reacting to the “sugar.”

Similarly, the infant who is given a commercially available vitamin/mineral preparation with synthetic dyes, artificial flavoring and possibly synthetic sweeteners, and later develops asthma or food allergies, might be reacting to the additives, not the vitamins or minerals. Food dyes are a known trigger for many health problems, including asthma

Snack foods need not be junk foods



As Nicole Dawes awaited the birth of her son, she craved saltines and went to buy an organic version of the old fashioned cracker. Surprised that she was unable to find such a product, she researched the market — something that came naturally to the daughter of the man who created Cape Cod Potato Chips and Chatham Village Foods. The result was Late July Organic Snacks, named for the carefree time of year in mid-summer.

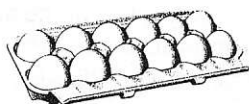
Currently, there are three Late July crackers: Classic Rich, Round Saltines and Cheddar Cheese Bite Size crackers. All are made from organic ingredients, are Feingold Stage One as well as free of hydrogenated oils and trans-fats. They are dairy free, kosher and vegetarian.

Good news and bad news on vaccines in Great Britain

As a result of pressure from worried parents, the British Department of Health has announced vaccines in that country will no longer contain mercury, which is in the preservative thimerosal. Exposure to it has been linked with autism. Mercury is “one of the most toxic elements on this planet,” said Dr. Richard Halverson, “it has no business being ingested in any form by anyone; it serves no useful purpose; it is dangerous.”

On the down side, the Department of Health wants to combine five vaccines in one shot. It would include: whooping cough, diphtheria, hib, tetanus and polio. Later, they propose to add a sixth vaccine to immunize against bacterial meningitis. But many parents are leery of combining so many vaccines, fearing that this will increase the likelihood of adverse reactions.

Another change will be to provide polio in a “killed” form in the vaccine, not orally in live form. Over the past 15 years the only cases of paralysis from polio were caused by the live vaccine.



We have received inquiries from our members about **Eggland's Best** fresh eggs. They are high in vitamin E and the important Omega 3 essential fatty acids. Although all fresh eggs are acceptable, the members wondered about the little “EB” printed on each egg. The color is a synthetic dye, but we do not believe it is likely to cause a problem for our members. However, we do suggest you avoid getting the coloring on your fingers when you handle the eggs.

Eggland's Best has recently begun offering cage free and organic eggs.

See: www.eggland.com

US research strengthens vaccine/autism link

This summer researchers at Columbia University found that thimerosal (which is nearly 50% mercury) caused brain abnormalities and disturbed behaviors in mice that were exposed to it.

The damage to their brains is believed to be similar to what occurs in the brain of an autistic child.



FDA rethinks its position on fats

After more than a decade of advising us to reduce our fat intake, thus creating an industry of fat-free and light foods, the FDA (Food and Drug Administration) has acknowledged that its advice hasn't worked. Americans are fatter than ever.

The agency will proceed with its plans to require package labels to list the unhealthy trans-fats, but is backing off from its position that all fats are to be avoided.

In a new book, *Politically Incorrect Nutrition, Finding Reality in the Mire of Food Industry Propaganda*, author Michael Barbee describes the origin of the fat phobia:

"The year 1924 proved to be a disaster for the science of nutrition. That year, scientists fed lots of cholesterol to bunnies whose arteries got clogged and they died. Conclusion: Feed people lots of cholesterol and they will die. Terrific science except for a couple of things. The cholesterol fed to the rabbits was already damaged (oxidized — not fresh), and rabbits have very different digestive systems from humans. They are vegetarians and have no way of dealing with dietary cholesterol. But the news was out and the vegetable oil industry took note: 'Scare the people about the cholesterol in animal fat and we'll sell them our vegetable fat.'

"Didn't they check the facts? Didn't they see that in the early part of the twentieth century — when heart disease was practically unheard of — 83 percent of the total fat intake came from animal fat? Compare that to about 58 percent today — when heart disease is rampant."

Nancy Kemble, of the Squirrel's Nest Candy Shop, is working on getting **all natural candy canes** in time for the holidays.

Visit them online at www.squirrels-nest.com or call (302) 378-1033 for a free catalog.



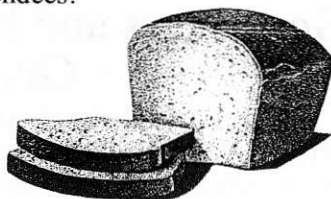
Logan, UT - Amy Fitzpatrick writes that she would enjoy meeting other members in her area. She can be reached at (435) 752-1121 or via e-mail at: amyfitzmike@juno.com.

Natural Ovens Seminar

FAUS thanks Barbara and Paul Stitt of Natural Ovens of Manitowoc for including the Feingold Association in their recent seminar that focused on improving school food.

Natural Ovens is the sponsor of the now-famous nutrition program in the Appleton, Wisconsin Alternative High School. Their story, which has traveled around the globe, describes how changing the food at the school brought about dramatic changes in student behavior and performance.

Two FAUS volunteers, Katy Wisch and Marie Miller did a wonderful job of representing FAUS; their workshop received enthusiastic praise from the attendees.



Green Festival

Washington and San Francisco will host two-day events to showcase what is being done in the areas of: Sustainable Economy, Ecological Balance, and Social Justice.

Earth-friendly food, clothing and personal products will be featured. Speakers, workshops and vendors will present the newest and latest information.

Washington, DC Sept 18 - 19

San Francisco, Nov 6 - 7

www.greenfestivals.com

To receive an admission discount
e-mail AmazonTeaLady@cox.net

Brits pay more for pumped meat

The June issue of *Pure Facts* described the U.S. practice of injecting raw meat with water and various chemicals, without clearly informing the consumer. Now British consumers are seeing this practice being used in fresh pork. The addition of water to hams has been going on for many years, but the practice is growing as stores realize they can sell water for the same price as meat. Actually, some meats are promoted as "premium" and "succulent" or as "basted" without disclosing that the premium price being charged is for water.

Critics are calling for better labeling which would make it clear to the shopper that his pork roast might be only 87% meat.

Aspartame in Europe

The European Parliament will be taking a closer look at the use of aspartame. Delegates are especially concerned about the increased exposure to the breakdown products, including methanol and formaldehyde.

Attention will also be focused on stevia, a no-calorie sweetener that has a long history of safe use in many countries, but is not allowed to be used in foods in Europe or the United States.



The FAUS Membership Office now has a new home, just down the street from our previous location. It is:

540 East Main St., Suite N
Riverhead NY 11901

The phone number will remain the same: (631) 369-9340

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 HOMEGROWN ORGANIC* Alfredo Chicken (MSG/HVP), Butter & Herb Pasta, Cheddar Broccoli Rice (MSG/HVP), Creamy Tuna Spirals (MSG/HVP), Parmesan Pasta, Shells & Real Aged Wisconsin Cheddar, Shells & White Cheddar Family Size
ANNIE'S HOMEGROWN TOTALLY NATURAL* Deluxe Elbows & Four Cheese Sauce, Deluxe Rotini & White Cheddar Cheese Sauce, Microwavable Mac & Cheese Real Aged Wisconsin Cheddar Single Servings
ANNIE'S HOMEGROWN TOTALLY NATURAL* Baked Snack Crackers: Ranch Bunnies (MSG/HVP), Whole Wheat Bunnies (MSG/HVP)
BARBARA'S BAKERY* Cereal: Honey Rice Puffins, Peanut Butter Puffins; Organic Wild Puffs Cereals: Caramel Crunchy Corn, Original Puffed Wheat
BARBARA'S BAKERY* Snacks - Organic Go Go
Grahams: Chocolate, Cinnamon, Honey, Lemon Ginger; Puffins Cereal & Milk Bars: French Toast, Peanut Butter Chocolate Chip
BIO ALLERS* Allergy/Sinus Nasal Spray
www.bioallers.com
BLAIREX Broncho Saline, Sterile Saline Solution Aerosol-Buffered, Wound Wash Saline 800-252-4739
BOB'S RED MILL* 10 Grain Pancake & Waffle Mix & Quick Mix; 10 Grain Bread Mixes: Irish Soda Bread, Rye Bread, Wheat Free Biscuit & Baking
BOB'S RED MILL* All Natural Cornstarch, Dry Active Yeast
EDEN SPRING* Artesian Water
EDEN* Organic Flax Rice Spirals, Organic Small Vegetable Shells, Organic Soybean Oil, Organic Yellow Popcorn, Dry Roasted & Salted Pumpkin Seeds (bulk & 4 oz snack packs), Sauerkraut (jars)
GLUTANO* Gluten Free Wholemeal Sliced Bread; Par Baked: Baguette, Rolls, White Sliced Bread
HOMEMADE GOURMET (distributor) Mixes: Basic Bread, Breakfast Pastry Puff, Buttercream Chocolate Frosting, Cool Lemonade Cheesecake (CS,SB); Cookie Mixes: Awesome Oatmeal, Champion Chocolate Chip (CS); Garlic Basil Seasoning Mix www.homemadegourmet.com
LUNDBERG* Honey Nut Nutra Farmed Rice Cakes; Organic Rice Drink: Original, Vanilla
MISS ROBEN'S* Mixes: Animal Cookie, Cakelike Donut, Corn Free Pizza Crust, Mock Graham Cracker, Tortilla
www.missroben.com 800-891-0083
NEWTON 4 KIDS Homeopathics: Allergies 1 oz. Liquid, Bowel Discomfort, Teething & Colic 1 oz. Liquid
www.newtonlabs.net

Product Alert!

All of the following products are being removed from the Foodlist & Shopping Guide because they now contain TBHQ. NANCY'S Broccoli Cheddar Quiche 6oz, Crab Imperial, Florentine Petite Quiche, Florentine Quiche 6 oz, Fromage Puffs, Monterey Petite Quiche, Quiche Lorraine (regular & mini), Roasted Vegetable Tartlets, Seafood Crab Cakes - frozen, Veggie Spirals, Mushroom Turnovers.

AMY'S KITCHEN, INC. Pocket Sandwich: Broccoli & Cheese needs to be moved to the Stage Two section of your Foodlist. This product now contains paprika.

Stage One, continued

NEWTON HOMEOPATHICS Homeopathics: #43 Hives, #56 Dust, Mold & Animal Dander, #59 Hyperactivity, #62 Morning Sickness, #63 Rosacea Relief
NORBEST Silver Label: Oven Roasted Turkey Breast (CS)
NUTIVA* 100% Organic Extra Virgin Coconut Oil, Flax Chocolate Bar, Hemp & Date Bar, Non Organic Hemp Oil - 12 oz., Organic Hemp Oil - 8 oz www.nutiva.com
PAULA'S CHOICE All Bases Covered Foundation SPF 15 (SB), Almost the Real Thing Self Tanning Gel (SF), Barely There Sheer Matte Tint SPF 20, Best Face Forward Foundation SPF 15, Brow Hair Tint, Completely Non-Greasy Moisturizing Lotion, Epic Lengths Mascara, Exfoliating Treatment, Extra Strength Blemish Fighting Solution, Final Touch Toner, Healthy Finish Pressed Powder SPF 15, No Slip Concealer, Oil Absorbing Facial Mask, One Step Facial Cleanser (SB), Skin Recovery Cleanser (SB), Smooth Finish Conditioner, Soft Pressed Powder 800-831-4088
www.paulaschoice.com
SIMPLY SALINE Nasal Mist 800-252-4739
SNOQUALMIE FALLS LODGE Oatmeal, Old Fashioned Pancake & Waffle Mix (CS)
SYMTEC* Allergy & Sinus Nasal Spray
www.bioallers.com

Stage Two

HORIZON ORGANIC* Low Fat Egg Nog (citrus pectin)
RED PACK Tomato Ketchup (CS)
TAZO TEA* Filterbag: China Green Tips Varietal Green Tea, Darjeeling Organic Varietal Black Tea, Envy Organic Green Tea, Tazo Chai Organic Spiced Black Tea (cloves)
NEWTON HOMEOPATHICS #13 Headache (coffee, oil of wintergreen), #30 Tobacco Addiction (tea)
SHELTON'S* Shredded Turkey (cloves, red & chili peppers, tomatoes), Turkey Breast with Homestyle Gravy (red peppers, tomatoes, paprika), Turkey Meatloaf (chili peppers, tomatoes); Spicy Dogs: Smoked Uncured Chicken Franks (red & chili peppers)

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 540 East Main Street, Suite N, 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 (631) 369-9340 if you would like more information.

Editorial comments

Milk gone amok and all the other odd things done to our food — how the American food industry has created its current problems and what they need to do to turn things around.

As consumers search for ways to improve school foods and to have a healthier diet many people are eliminating entire food groups. It might be red meat, or all meat; it might be milk or all dairy products. Carbonated beverages are high on the hit list for many who are concerned about the products sold in school vending machines.

Perhaps fewer consumers would feel the need to eliminate entire groups of food and perhaps industries could win consumers back if they considered what Birds Eye in Great Britain is trying to do. Go back to the business of offering simple, wholesome food.



An industry can make money by selling meat that is not filled with flavor enhancers and low-cost extenders. Hamburgers made with 100% meat can be profitable, as the fast food chains have found.

Dairy products might not be such a common source of food allergies if they were not so adulterated. Today's dairy cow is a milk producing machine that is a far cry from her cousins of 50 years ago. Go back to the traditional Jersey and Guernsey cows our ancestors prized; let them eat real grass in green fields and get rid of the antibiotics and bovine growth hormones.

Milk was once considered a perishable product. What kind of technology have you used to extend the shelf life to 2 months? The reason many people have unpleasant effects from consuming dairy could be due to all the things they have done to this basic food.

Pure Facts

Editor: Jane Hersey

Contributing to this issue:

Lorraine Cordo

Donna Curtis

Shula Edelkind

Cindy Harrell

Barbara Keele

Gail Wachsmuth

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.

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