

Pure Facts

Newsletter of the Feingold® Association of the United States



June, 2005

www.feingold.org

Vol. 29, No. 5

Medical freedom wins big in California

After nine years of struggle, California physicians now have the right to practice medicine without the fear of persecution.

by Shula Edelkind



Many *Pure Facts* readers have been following the story of the Medical Board of California (MBC) vs. Dr. Robert Sinaiko over the past decade. Some of you have sent donations to the Medical Defense Fund of the Progress in Medicine Foundation to help Dr. Sinaiko pay for this fight — a total of more than \$450,000 was raised and spent for his defense.

For those of you who are new, Dr. Sinaiko, who studied under our Dr. Ben Feingold, is an internist and immunologist of international renown, and is one of the medical advisers to the Feingold Association.

Beginning in 1996 he was accused of “inappropriately treating” a child with ADHD — he recommended the Feingold Program as well as treating the child with antifungal medication for documented exposure to aspergillus mold.

The complaint against Dr. Sinaiko was brought by a father engaged in an ugly battle for custody of the child. The father sought to find some way to disparage his ex-wife. (The child had improved under Dr. Sinaiko’s care.)

The Medical Board of California has a long history of silencing physicians who use what is generally called “alternative” medicine. Unlike most other doctors, Dr. Sinaiko did not choose to give in to the intense pressure and huge financial punishment the Board can, and did, dole out to him.

Continued on page 4

New study links nutrition to behavior and learning

Supplementation with Omega 3 oils led to significant improvements in reading, spelling and behavior, according to the authors.

British researchers have again shown that children who have a diet that is deficient in important fatty acids are more likely to have the symptoms of various behavior and learning disorders.

In an article that appears in the May 2005 issue of *Pediatrics*, Oxford University researcher, Alexandra Richardson, writes: “Mounting evidence suggests that a relative lack of certain polyunsaturated fatty acids may contribute to related neurodevelopmental and psychiatric disorders such as dyslexia and attention-deficit/hyperactivity disorder.” A similar report by Dr. Richardson was published in 2002.

117 children ages 5 to 12 participated in the study. While the children tested out with normal abilities, they had poor coordination/motor skills (dyspraxia). Some had other learning disabilities and behavior problems.

Half of the children were given fish oil supplements containing the important omega-3 essential fatty acids (EFAs) which are lacking in most highly processed foods. The others were given an olive oil placebo. After three months the children receiving the placebo were also given the EFAs. None of the participants knew which children received the fatty acids.

Continued on page 3

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, aspartame, and the preservatives BHA, BHT, and TBHQ.

Happy Father's Day!

No more petroleum for this family

When FAUS held a contest to name the title for our June Open House in Connecticut, the winner was Lisa Stuckey's "Got Petroleum?"

Lisa's search to help her family began when Annalicia, now 8 years old, was finishing kindergarten. While the little girl did not have any behavior issues, it was clear that school was difficult for her; she couldn't pay attention and was behind her peers in developing the skills she would need in later grades. Annalicia loved school but would cry because she was unable to do the work.

Lisa took her for a battery of tests and the diagnosis was "ADHD Inattentive Type." Added to that were: learning disabilities, dyslexia, dyscalcula, and dysgraphia. *Pure Facts* readers will not be surprised to learn that the only option suggested was medication, but Lisa was sure there had to be a better way to help her child. A search on the Internet led her to the Feingold Program. The family started the program at the beginning of June and in less than a week the improvements were obvious — Annalicia was able to make eye contact!

Just two months later:

When the private school started up in August the teachers were amazed; they said she was a totally different child. Her teacher awarded her as the most improved, both socially and academically, and her test scores rose from one to three grade levels from the end of the previous school year!

Compliance has not been a problem. Lisa explains that Annalicia "took to" Feingold immediately, and is so motivated to continue to excel in school, she will not accept any foods that are off her diet. So when a big box of natural treats arrived just before Easter the Stuckey children were thrilled. The



The prize for naming the FAUS open house was a big box of natural treats! Annalicia and Alexander check it out.

candy was delivered by the Easter Bunny, but fortunately the Squirrel's Nest Candy Shop in Delaware carries the same products, so natural goodies can be enjoyed any time of the year. (The exception is chocolate; many of the chocolate candies cannot be shipped during the hot summer months.)

Lisa has been surprised by another change. Annalicia is no longer a picky eater, but is game to try new foods; one of her current favorites is fava beans — not what an 8 year-old typically digs!

Alexander, now 3 years old, was still an infant when the family stopped eating petroleum-based and other harmful additives. But although he has been "Feingold" all of his life, he has had developmental delays, sensory problems, poor muscle tone, and trouble sleeping at night. He has been helped by a variety of therapies, but the most dramatic change came when Lisa removed gluten and casein from his diet. Alexander slept well the first night he was off dairy. Annalicia is now also off of gluten and casein and Lisa has seen

that there is a link between them and her daughter's ability to focus.

It is not unusual for parents of sensitive children to see changes in themselves once the family "goes Feingold." Lisa tells *Pure Facts* that she used to have several headaches a week, and in the two years they have been on the program she has been headache free — except for that one time she ate out and wasn't selective about her food. She has also noticed that her sense of smell has returned!

Lisa's parents have told their friends about the program that has made such a difference for their grandchildren, and they helped introduce several families to Feingold. Her mom saw the note in Betsy Flagler's syndicated column asking readers to contact her if they had used a diet to help their children's behavior. Lisa posted the information on the Feingold member's board, and that led to Larisa Scarbrough's letter and the mention of the Feingold Program in the column. (See the May issue of *Pure Facts*.)

The results of the study showed no improvement in the motor skills, but the researchers report "significant improvements for active treatment versus placebo were found in reading, spelling and behaviour over 3 months of treatment...after the crossover, similar changes were seen in the placebo-active group, whereas children continuing with active treatment maintained or improved their progress."

"Food affects behaviour. If you paid attention to diet, you could really make a difference."

Dr. Richardson

Children who were taking the fish oil made 10 months' progress in their reading skills during the 3 month period of the study. The children who were given the olive oil supplements progressed just 3 months during the same period. When the second group was switched to the EFAs they also made rapid progress in their reading scores.

While none of the British children had received an ADHD diagnosis, one third of them showed characteristics of the diagnosis before the supplementation. After the three months on fish oils half of those children no longer showed ADHD characteristics.

"The Oxford-Durham study: a randomized, controlled trial of dietary supplementation with fatty acids in children with developmental coordination disorder." *Pediatrics*. 2205 May;115(5): 1360-6.

Note: It would be interesting to see what results would have been achieved if the regimen incorporated both the Feingold Program and EFA supplementation.

Remove additives or add supplements?

When you remove synthetic chemicals you are more likely to consume healthier food. Your body then receives more of the nutrients it needs to function and at the same time it has fewer harmful chemicals to deal with. Adding beneficial supplements further protects you. John Taylor, Ph.D., author of several definitive books on ADHD, calls this "tox-insulation."

Tox-insulation

Our bodies are designed to deal with a certain amount of toxins, but even a very healthy body has its limits. Children growing up in the U.S. in the 1950s consumed a modest amount of synthetic additives, but they took in important nutrients in the foods they ate. Most of them were able to deal with the occasional exposure to toxins.

Today, huge numbers of children in western countries (but especially the U.S.) live on a regimen that is more and more devoid of actual food. Their bodies lack the raw materials that enable them to withstand a steady diet of microwaved dinners, fries, soft drinks, juiceless juices, and candy at every turn, plus school lunches that are based on corn syrup, soy replacers and MSG.

A well nourished body will function better and is able to get rid of many of the toxic chemicals we encounter in our world.

Farm-raised salmon isn't a good source of EFAs since they do not have a diet of omega-3 rich sea life.



"The data [from the omega-3 study] also shows a significant improvement in concentration and behaviour. Symptoms of the sort associated with attention deficit and hyperactivity disorder (ADHD) were reduced by an order of magnitude usually achieved with stimulants such as Ritalin. Parents reported that other health problems, such as eczema and asthma, also improved, although no specific data on these other conditions has been published in the study."

*Felicity Lawrence
The Guardian*

Selecting a supplement

The FAUS Supplement List contains many products that provide the omega-3 fatty acids so essential for normal brain development. Unlike the fishy-tasting cod liver oil our grandparents were forced to swallow, there are improved options today, including capsules for the child who can swallow them, and flavorings that make the oil more palatable.

Nordic Naturals offers a highly purified oil that is flavored with lemon and is suitable for people on Stage One. It is available in a 4-ounce bottle and has a long shelf-life when it is refrigerated. See www.nordicnaturals.com.

Down the hatch

Sally Fallon, the author of *Nourishing Traditions*, described how she served her children small shot glasses of juice each morning, with the added fish oil. They would "belly up to the bar" just like the cowboys in old westerns, and swallow the mixture in one gulp, minimizing the sensation of oiliness.

Medical freedom, from page 1

Using the report of the disgruntled father, the Medical Board combed over Dr. Sinaiko's patient records, seeking some reason to stop him from practicing. They found the cases of three adults to use as "evidence." One of the patients was treated for allergic fungal sinusitis, one with a serious mold allergy and chemical sensitivity, and one with chronic fatigue and a behavioral disorder. All of these patients got better or improved under Dr. Sinaiko's care; none of them complained and none testified at the hearings. The patient with the mold allergy, unfortunately, left Dr. Sinaiko's care when he moved to another state where he became much more ill and committed suicide some years later. Amazingly, the Medical Board of California actually attempted to blame the suicide on Dr. Sinaiko.

The Medical Board of California attempted to prevent doctors from using newer, safer, and more effective ways to treat their patients.

Concerning the patient with chronic fatigue syndrome, he was accused of "treating a disease that does not exist" since the MBC insisted that multiple chemical sensitivity is not a real disorder but only a psychiatric problem. (MCS, also known as environmental illness, is a condition that typically comes about as the result of a heavy chemical exposure.)

The case is well described and outlined in a cover article that was published in the magazine *Medical Economics*. Both the article and the legal documents can be found at <http://treatmentchoice.org>.

The heart of the case is this: Does a doctor have the right to select a treatment for a patient — when this treatment is supported by good medical research and scientific studies — even if it is not generally a treatment used by other doctors in the area?

The California Medical Board maintained that a doctor does not have the right to treat a patient according to emerging information found in medical research. The MBC calls such innovative treatment "outside the standard of care." Thus, the only treatments doctors would be allowed to use are those which are currently being used by other doctors. Even if a new treatment is clearly superior to the old methods, and is supported by good research, and is beneficial for the patient...it would be illegal for a doctor to use anything new.



As far as the care of children with ADHD, the MBC invented a "ladder of treatment" that would allow only drugs and psychotherapy. The ladder would start with drugs like Ritalin, Adderall, Concerta, and as the child went up the ladder, progressively stronger drugs would be added.

This case is shameful on many levels, not the least being the blatant lies and many unethical practices on the part of the prosecution. The Medical Board and the office of the Attorney General used the laws, the money, and the resources of the citizens of California in an attempt to deprive them of some very basic rights. (This is easily verifiable when you read the legal papers.)

After many long years, the doctors and patients won. But the road has been hard for Dr. Sinaiko.

The final success did not occur in the courtroom; rather the Medical Board of California, now composed of all new members, decided they were wrong, and they would drop all charges against Dr. Sinaiko if he would just please agree not to sue them.

The Medical Board of California has a long history of silencing practitioners who use what is generally called "alternative medicine."

It almost seems anticlimactic to end the long battle so quietly, but the importance of this case cannot be overestimated. It was a catalyst, a watershed case, which has changed the history of medicine in California — and thereby the whole country. In an unprecedented move, the California Medical Association (not connected to the MBC) stood up for the rights of a doctor, opposing the authority of the Medical Board.

Several publications ran articles supporting Dr. Sinaiko and raising awareness of the criminal behavior of the MBC. There is a new law now in California which prohibits the persecution of a doctor for using alternative medical treatments.

This article has been reprinted from the Feingold Association's e-mail newsletter. Its editor, Shula Edelkind, played a key role in bringing about these dramatic events. She had no special training to do this work; she simply could not stand by and watch such an injustice take place. Shula was joined by long-time Feingold volunteer, Colleen Smethers.

Help! We're on Stage One...and we're Italian!

Life without tomatoes can be hard for many families, even if it's only for a few weeks. Fortunately there are some options.



What to do about Pizza

1. Have you seen the Un-Tomato Sauce recipe in your Program Book? Yes, we understand that a sauce made from carrots and beets may not sound like it came from Roma, but the acidity in tomatoes is the most important factor in their unique taste, not the actual flavor. By adding acidity to the carrot/beet combination, you can come close. The Un-Tomato recipe is especially good to use in dishes like pizza, where only a small amount of sauce is needed.

2. Add some moisture to your white pizza by first brushing the crust with olive oil, then spreading a thin layer of Ricotta cheese over it. Cover that with your favorite cooked meats, and partially-cooked chopped vegetables, then sprinkle on mozzarella cheese.

What to do about Pasta

1. The recipe book in your new member package has a simple Alfredo sauce that is great on pasta. You can make an economical dinner in less than 30 minutes, using only one saucepan and a colander.

2. Gravy works well on pasta of all types, as well as egg noodles. Make a roux using butter and flour, then whisk in beef or chicken broth for a quick gravy.

3. Pesto sauce is very Italian. Or just use olive oil, garlic, salt and some lemon juice for a topping.

4. Some kids (the purists) prefer just melted butter and salt on their pasta.

5. Pasta is a great base for summer salads. Chop up some greens, veggies and meat or seafood, and add a creamy dressing for supper in a bowl.

Consumers fight back

A coalition of parent/consumer groups in New Zealand has presented "awards" to food giants.

These awards are in response to what critics call a relentless campaign on the part of the food industry to market unhealthy food to children.

Coca-Cola received the Trojan Horse Award for promoting their vending machines in school.

Kellogg's won the Fancy Dress Award for their Bart Simpson "Eat My Shorts" cereal.

The Pester Power Award went to McDonald's for their saturation advertising, use of sports heroes, and promotion of toys.

Last year the food industry announced it wanted to be a part of the solution to the growing problem of childhood obesity, but the coalition said "There has been no let-up in the relentless marketing of unhealthy food to children."

One exception was Heinz, which was singled out for their positive contribution by reducing salt content, producing organic baby food and excluding genetically engineered crops.

Healthy food wrap

Researchers at Oregon State University have developed an edible film that is designed to protect food from spoiling and help retain the fresh taste.

Made from a combination of chitosan (from shellfish) and lysozyme (from egg whites), it looks like plastic wrap, but that's where the similarity ends. Both of the ingredients in the wrap are natural antimicrobials, and they can be applied to food by spraying, dipping or wrapping. Since the film is so thin, it doesn't change the texture of the food.

Happy cows aren't so happy

Food labeling is often incomplete and misleading; this can even be a problem with organic foods. The Organic Consumers Association (OCA) has objected to the practices employed by Horizon, whose organic dairy products are widely distributed in supermarkets. While the cows aren't fed hormones and



antibiotics, they are not raised according to the standards that are generally associated with organic foods. Horizon cows spend most of their time confined in huge barns

and eat primarily a grain based diet, not the grass that is nature's preferred food for them. The OCA points to lax standards of what may be called "organic" and the failure of the US Department of Agriculture to monitor companies. Horizon is now owned by Dean Foods, the nation's largest producer of milk.

The fight for your health dollars

As rewarding as the outcome of Dr. Sinaiko's case is, it is only one fight in a virtual war to determine who is in charge of our health.

Drugs are incredibly profitable and many pharmaceutical companies are incredibly wealthy. (The wealthiest, Pfizer, rang up \$25.5 billion in sales in 2001.) In business, executives are rewarded for cutting costs and maximizing profits, and drugs are a business — a big one. Even the ancients knew that “power corrupts” and money is power. In many cases, the good intentions of a government agency or a politician or other public official are no match for the power of the dollar.

Even as Dr. Sinaiko and his family heal from their ordeal, other doctors in other states are being similarly targeted.

Some of the major issues

- A growing number of consumers are becoming disenchanted with the use of drugs for health problems.
- They are turning to options that were once in common use, but are now considered “alternative.” These include: diet, supplementing with vitamins, minerals, herbs, essential oils, etc., using chiropractic, acupuncture, homeopathy, and a wide range of other non-drug options.
- Consumers who do use drugs have seen prices climb to levels that impose financial hardship; many of them seek out less costly options.
- The media has reported several cases where drug companies knowingly promoted products they know to be ineffective or dangerous.
- The public has learned that FDA officials hid this information and has punished whistle-blowers in the agency.

There are many things that threaten the bottom line of what has become known as “Big Pharma.”

- Doctors who believe that patients may benefit from other approaches, in addition to drugs.
- Compounding pharmacists who create medicine tailored to the needs of the patient.
- Supplements that have been found to be superior to drugs in addressing some health issues.

European consumers are now unable to find the supplements they once used; and those that are left are very low in potency and very high in cost. Similar designs to control access to non-drugs are in place for other parts of the world, including the United States. To learn more about this see any of the following: www.citizens.org, www.healthfreedom.net, or www.nnfa.org.

Big Pharma turns to PR

There has recently been an increase in efforts to convince Americans that alternative approaches are inherently dangerous and that they should put their trust in the FDA and Big Pharma.

Last year consumers were told that taking more than a modest amount of vitamin E could be dangerous. The study that produced this has since been discredited, but not until after the message went out across the country.

Compounding pharmacists are now being targeted, and their work is being portrayed as sloppy, inexact, and potentially dangerous. Big Pharma is portrayed as scientific and sanitary. Too bad there is no media coverage of the warnings the FDA sends to pharmaceutical giants who violate good manufacturing standards.

“International bribery and corruption, fraud in the testing of drugs, criminal negligence in the unsafe manufacturing of drugs -- the pharmaceutical industry has a worse record of law-breaking than any other industry.”

Dr. John Braithwaite,
author of *Corporate Crime in the Pharmaceutical Industry*

Profitable drug stores

Not only do pharmaceutical companies inflate the prices they charge for brand name drugs, drug stores sell generics for grossly inflated costs — as much as 500,000% of what they actually pay for the drugs.

Discount stores like Costco and Sam's Club typically offer the lowest prices (and you can have prescriptions filled at Sam's Club without being a member). Compare prices at warehouse/discount stores in your area or go to Drugstore.com and Costco.com to check their prices. Neighborhood pharmacies will often match these competitive prices. Investigative reporter, Arnold Diaz, found that a prescription for generic Albuterol sold for \$54 at one New York pharmacy and the same drug cost \$8.20 at Costco. When confronted, the pharmacy agreed to match the lower price.

PIC Report

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

Stage One

365 (Whole Foods) Sugar: Dark Brown, Light Brown, Turbinado
BIONATURAE* Gluten Free Pasta: Elbows, Fusili, Penne, Spaghetti
CALBEE SNACK SALAD Snapea Crisps Original Flavor
EMPIRE KOSHER Frozen Ground Turkey, Frozen Ground Turkey Roll, Ground Turkey, Ground Turkey B Grade, Ready to Cook Chickens for Rotisserie, White Ground Turkey Extra Lean; Blintzes: Cheese (CS), Potato (CS); Egg Rolls: Large, Miniature; Fully Cooked Ready to Serve Turkey Salami Deli Case Roll (N); Turkey Salami Packaged Deli Slices (N)
ENJOY LIFE FOODS* Cocoa Loco Snack Bar
GLUTEN FREE FORTITUDE Homestyle Golden Coatings; Casabe Rainforest Crackers: Garlic, Original; Cookies: Ginger & Spice, Lemon & Vanilla
www.fortitudebrands.com (866) NO-GLUTEN
GLUTEN-FREE SAVONNERIE* Castile Bar Soap, Classic Bar Soap, Premium Bar Soap
www.gfsoap.com - (888) 6GF-SOAP
LAND O' LAKES Spreadable Butter with Canola Oil
MISS ROBEN'S* Cocoa Powder, Corn-Free Confectioner's Sugar, Potato-Based Baking Powder
www.allergygrocer.com (800) 891-0083
MONKEY SUDZ Unflavored Soy Lip Balm
www.monkeysudz.com
NASOYA Tofu: Extra Firm, Firm, Silken, Soft
NATURAL OVENS BAKERY (all contain CS) Bagels: Brainy, Golden Cumch, Hearty Grains & Onion, Whole Grain; Breads: Golden Crunch Lo-Carb, Health Max, Mild Rye, Original Lo-Carb, Soft Wheat Lo-Carb; Buns: Best Burger, Hearty Sandwich; Carob Chip Cookies; Pumpkin Chip Muffins
NATURE BAKE (only in WA and OR) 100% Whole Grain Bread: 4x5 Multigrain, Multi Grain Spelt, Oat Bran, Spelt; Organic Bread: 9 Grain, Double Bran, Honey Sprouted Wheat, Oats & Honey, Omega Flax, Original Surviva, Stone Ground Wheat, Sunflower
NATURE'S TURN Threelac Natural Lemon Flavor Probiotic (powder)
NUSALT Salt Substitute
PROZONE Nutritionally Balanced Drink Mix 30.30.40: Vanilla Bean (CS), Chocolate (CS), Vegetarian Vanilla Bean (CS) www.nutribiotic.com
SORELLA BAKERY* Gluten Free Biscottines: Chocolate Chip, Cinnamon Swirl, Vanilla - www.sorellabakery.com
SOYFEE* Soy Coffee: Original Roast, Dark Roast, Houseblend - www.soycoffee.com
ST.CLAIRE'S* Organic Aromatherapy Pastilles Tummy Soothers (lozenges) - www.econaturalsolutions.com

Product Alert!

The bad news: MISS ROBENS Crunchy Chocolate Chip Cookie Mix now contains vanillin and needs to be removed from your *Foodlist & Shopping Guide*.

The good news: MISS ROBENS has just developed a mix to take its place: Stage One Soy-Free Chocolate Chip Cookie Mix. Item #3320

EDWARDS & SON'S Premier Japan Soy Sauce (Tamari) Ginger variety now contains apple cider vinegar so it needs to be moved to the Stage Two section of your *Foodlist*.

Stage Two

365 (Whole Foods) Tomato Ketchup (paprika, red peppers)
365 ORGANIC (Whole Foods) Ketchup (paprika, red peppers)
505 SOUTHWESTERN Fajita Marinade (chili peppers), Red Enchilada Sauce (chili peppers); Green Chili Sauce: Hot, Medium, Mild (tomatoes in all); Salsa: Hot, Medium Chunky Chile, Medium, Mild (tomatoes, chili peppers in all) - www.505chile.com
ALVARADO ST. BAKERY* Organic Grinola with Raisins; Bagels: Wheat Granola Crunch (raisins); Bread: Essential Flax Seed (raisins), Sprouted Wheat Cinnamon Raisin - www.alvaradostreetbakery.com
APPLEGATE FARMS Antibiotic Free Turkey Bologna, The Joy Stick Meat Snack (paprika)
www.applegatefarms.com
BLACKSTAR DAIRY Yogurt: Wild Blueberry, Raspberry Strawberry
FOOD FOR LIFE* The Original II Natural: Low Carbohydrate Bread (almonds); Wheat & Gluten Free Bread: Bhutanese Red Rice (peaches), China Black Rice (peaches), Rice Almond (peaches)
HERITAGE ACRES* All Natural: Italian Sausage (paprika), Wiener (paprika)
LET'S DO ORGANIC* Fruity Gummi Feet (CS, apples, apricots, currants, cranberries, elderberries)
MADHAV* Honey Blasters (cherries, grapes, oranges, strawberries)
NATURAL OVENS BAKERY (all contain CS) Honey Nut Granola Bar (apples, almonds), Paul's Oat Cereal; Cinnamon Raisin Bagels; Glorious Cinnamon Raisin Bread; Cookies: Gourmet Almond, Gourmet Chocolate Chip (almonds), Gourmet Walnut Spice (almonds), Oatmeal Raisin; Muffins: Carrot Nut (raisins, plums, apples), Cherry Almond (plums), Cranberry (almonds, plums)
PROZONE Nutritionally Balanced Drink Mix 30.30.40: Cappuccino (CS, coffee), Strawberry (CS)
ZIPS NATURAL SPORT* Scab Dab Antiseptic Salve (grapes, rosehips) - www.indigowild.com
ZUM RUB* Moisturizer: Tea Tree Citrus (grapes, citrus blend proprietary - may contain traces of oranges or tangerines)

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

Antidepressants and Children

In April the European Medicines Agency cautioned parents and doctors that some of the drugs being used for depression and ADHD pose potential risks for children and teens. The Agency's scientific committee found that children and adolescents who took the drugs were more likely to experience suicidal behaviors (suicide attempts and thoughts) and hostile behaviors (aggression, oppositional behaviors) than those who took placebos.

Benefits of Zinc

A study of 400 children diagnosed with ADHD has shown that zinc sulfate decreased the symptoms of hyperactivity and impulsiveness, and improved socialization. Zinc is involved in both the production and regulation of the important neurotransmitters serotonin, dopamine and norepinephrine. It has also been found to help the body metabolize essential fatty acids.

The study, by M. Bilici et al, was published in the January 2004 issue of *Progress in NeuroPsychopharmacology and Biological Psychiatry*.

Dr. Bernard Rimland, director of the Autism Research Institute, commented: "The improvement seen in these children in just 12 weeks is particularly remarkable given that hyperactive children who are deficient in zinc are likely to be deficient in other nutrients, such as magnesium, as well. Giving these children adequate supplements of all essential nutrients is likely to be vastly more beneficial than merely giving one nutrient, and should be tried in place of drug treatment." (as quoted in *Crime Times*)

Note: A 1997 study by N.I. Ward showed that hyperactive children lose zinc when they consume the yellow dyes No.5 and No. 6.

The products are: Paxil, Celexa, Lexapro, Zoloft, Effexor, Remeron, Cymbalta and Prozac. Most are not licensed for use in children, but doctors may prescribe them.

One of the drugs on the cautionary list is **Strattera**, which is licensed to be used for children and is prescribed for ADHD and OCD (obsessive compulsive disorder). Last month *Pure Facts* reported on Strattera's link to liver injury and death in some patients.



Ear infections: Vaccine problems

In 2000 Wyeth Pharmaceuticals introduced Prevnar, a vaccine to prevent ear infections. The company sought to have every infant in the U.S. injected at ages 2, 4, 6 and 12 months of age. When Wyeth failed to comply with government purity standards, an employee, Mark Livingston, attempted to stop the unsafe practices. This resulted in his being fired.

Antibiotic problems

In an article just published in *Medical Hypothesis* (2005: 64,312-315) researcher Dr. Joan Fallon found a strong possibility that the antibiotic Augmentin, given to children for ear infections since the late eighties, is a key factor in autism. She reports that the children studied suffered from ammonia poisoning resulting from the fermentation of the drug.

Information from *New Developments*, the newsletter of Developmental Delay Resources. www.devdelay.org

Pure Facts

Editor: Jane Hersey

Contributing to this issue:

Lorraine Cordo
Donna Curtis
Markey Dokken
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.

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+ \$11 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, 554 East Main St., Suite 301, 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

2005 by the Feingold Association of the United States, Inc.

Permission to reprint

You are welcome to circulate articles that appear in *Pure Facts*. This can be in the form of photocopies to share with others, or the reprinting of articles in another newsletter or in an Internet newsletter or on a web site.

When you reprint, please use the following acknowledgment:

Reprinted from *Pure Facts*, the newsletter of the Feingold® Association of the United States (800) 321-3287, www.feingold.org

The next Pure Facts will be our combined July/August issue.