

Pure Facts

Newsletter of the Feingold® Association of the United States



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www.feingold.org

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Jamie and the Turkey Twizzlers

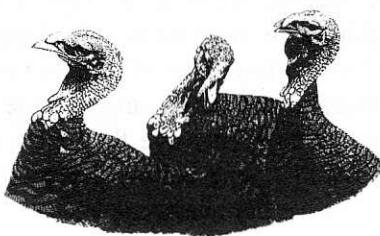
British parents and educators have learned a lot about school foods lately and the uproar has reached all the way to 10 Downing Street, the home of Prime Minister Blair.

Celebrity chef Jamie Oliver has put the spotlight on a long-kept secret -- that the food most schools provide for their students is dreadful, with the Turkey Twizzler being held up as a symbol of all that is wrong with the lunches. One nutritionist described a Twizzler as "full of mechanically reclaimed turkey, every part of the bird you wouldn't eat if you knew what it was." It has been described as resembling "the innersole of a shoe, so untextured and so tasteless that without a good deal of additives it would taste of nothing and would fall apart at the first touch."

By the time Oliver began filming a TV series on England's school kitchens the government allowance for a child's lunch was less than half of what was spent on a prisoner's meal and less than half of what France and Italy spend on feeding their children.

How did things get so bad?

Like school foods in the U.S., British school food programs started out with the best of intentions. England began a school lunch program in 1906. Years later the National Health Service promoted nutritious food for mothers and infants by providing free milk, orange juice and cod liver oil.



School foods were required to follow strict nutritional standards. When the Thatcher government came to power in the late 1970s these programs were the victims of cost-cutting. The changes were hailed under the slogans of "parental choice" and "no nanny state." The government began awarding contracts to the lowest bidder, and traditional foods were replaced by Twizzlers, sugary drinks, fries and chocolate bars. (Scotland banned Twizzlers years ago.)

Political damage-control

As Chef Oliver was preparing to show up at the Prime Minister's door with a "Feed Me Better" petition and 271,000 signatures, the government quickly assembled a package of sweeping reforms and 220 million pounds to fund them. "It's certainly very positive," Oliver commented, "Twenty years too late, but we're talking about the right sort of money."

Despite the hasty government initiatives, change might not come quickly. A school meals task force is not expected to have nutrition standards ready until September of 2007. The reforms can be delayed by long-term contracts many of the schools have with the companies providing the junky food.

Healthy initiatives

Some schools didn't wait for the Twizzler crisis to peak, but have made changes and seen positive results. Our Lady of Grace primary school in London got rid of the chicken nuggets and fries in favor of lamb casseroles and salads and find that discipline problems are way down, and test scores way up. Teachers see children who are no longer sleepy and irritable after lunch. One teacher notes "They just feel happier rather than uptight."

Children are calmer and test scores are up.

Saint Barnabas School in Worcestershire reported dramatic improvements in the students after they removed dyes and preservatives from their school food. Teachers at the Windsor High School in Halesowen have noticed that the students are calmer after they removed vending machine junk food.

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.

Taylor's fuzzy brained mice - seeing is believing

by Lauri Pratt

Science fair projects are a "hands-on" way for children to learn about the effects of synthetic food additives.

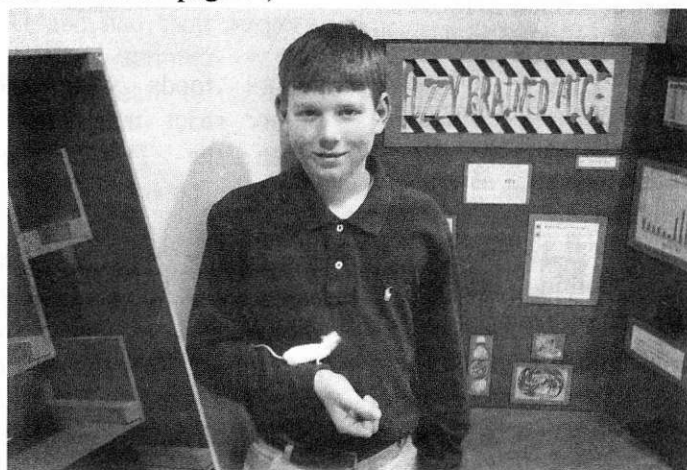
As parents, it is easy for us to see the benefit of an additive/chemical free diet. However, getting our children on board with the Feingold Program can be challenging. We can explain the scientific research and illustrate how petroleum-based dyes short circuit our brains and sabotage our personalities all day long. But those M&Ms and Skittles can look tantalizing to our children.

This year, however, a science experiment changed the way our son, Taylor, views those pretty dyes. After reading an article in *Pure Facts* about an experiment done by another sixth grader, Taylor wanted to do his own yellow dye #5 challenge on some mice. We were a little hesitant to agree to the experiment he appropriately entitled, "Fuzzy Brained Mice" because we were unsure of how it would turn out. Nevertheless, we headed out to the pet store and purchased four mice.

Fortunately, we already had two cages, water bottles, and wheels for hamsters that we had previously owned. The only obstacle was how to build a maze. We searched online for maze construction plans, but my husband decided to design one with Taylor, using graph paper. They built the maze with a plywood base. After drawing the plans onto the wood they hot-glued the fiberboard walls into place. All the wood was cut by a very generous man at Home Depot. Once it was completed Taylor announced that it must be painted his favorite color, orange. Thus father and son sprayed it a cool fluorescent orange and green. The construction was completed in one afternoon.

Taylor separated his mice into two groups of two, and initially fed and watered them equally while he trained them to run the maze. After about three weeks of training, all four mice were running the maze with similar times of about twenty seconds.

Then, he gave one set of mice 3 ml of yellow dye #5 in their bottle of water. We waited anxiously the next morning to see what the results would be. Would there be a change in one day? The results were dramatic. The two mice who received the dye in their water had increased their maze time from twenty seconds to over one hundred seconds! Their performance continued to deteriorate significantly over the next two weeks until they reached a maze time of almost two hundred seconds. Even though they had previously known the maze route as well as the pure water mice, after the introduction of the dye they were confused and took dead-ends continuously. Additionally, one yellow dye mouse became aggressive and attacked its cage mate. (See the chart on page 3.)



After documenting the poor performance of the "fuzzy brained mice" Taylor removed the dye from the water and gave the impaired mice pure water again for one week. He then retested all four mice, and the two yellow dye mice's performance once again was about twenty seconds like the other two! Their brains had retained the information as to how to run it, but the dye had so disabled their ability to think clearly and accomplish this task.

We were ecstatic to see a very easily measurable difference in the two groups of mice. It has been especially helpful for my son to actually see for himself the result of what dye can do to anyone's brain. After all, he is the one who loves brightly colored candy. It has encouraged me when I hear him explain to friends and classmates the detrimental effects dyes have on us. It also gave him a tremendous feeling of accomplishment and an A for his project.

So next time you hear the words "science fair project" don't groan inwardly and wonder what on earth your child will do. View it as an opportunity for your child to witness first-hand the detrimental effects of dye on the brain. Perhaps the next time he or she is offered a package of M&Ms, they'll say "No, thank you!"

Gourmet school lunches

David Lucas, a chef with prestigious Cordon Bleu training, has transformed the food at the Icknield High School in Bedfordshire, England.

As a result the faculty has seen Academic achievement rise and behavior problems diminish. The school's head teacher, Chris Dean, reports improvement both in the students' ability to concentrate and the energy levels of the teachers. "Everyone seems happier and there are very few discipline problems." Dean's experience with the diet/behavior link will expand as he conducts studies on the diets of British children with bad behavior.

A local butcher prepares hamburgers for the school kitchen. They are 78% meat, whereas the hamburgers previously used were only 38% meat.

Work begins early in the school kitchens, and by lunch time students

The students enjoy healthy, freshly prepared food that costs the school only 38p a day (less than 75 cents in US money).



will find the same type of freshly prepared foods that may be served at the exclusive hotel where Chef Lucas trained. They include: salmon bonne femme, beef bourguignon, mussels, duck, and even pheasant. Some of the students' favorite dishes are roast pork, pasta and vegetable bake, cheese and egg flan, filled baked potatoes, and apple crumble with custard.

Astonishingly, these freshly prepared foods cost less than the turkey twizzler meals served in most other schools.

Lucas explained that a chef learns to understand raw ingredients and use them wisely. "You can make delicious meals out of quite cheap joints of meat if you know how to cook them." The vegetables he used for hotel meals might have been more elegant than the cauliflower and broccoli he now incorporates into school menus, but the taste is not compromised. Costs are kept low by seeking out local products and by the fact that the number of meals served each day (800) is so high. This volume gives the school a tremendous bargaining advantage.

Average daily maze time in seconds.

Here are the results for Taylor's mice.

*Yellow dye was added to water for mouse 1 and 2 on 11/7.

DATE	MOUSE 1	MOUSE 2	MOUSE 3	MOUSE 4
11/1/2004	48	56	47	65
11/2/2004	34	39	39	52
11/3/2004	35	32	33	23
11/4/2004	32	38	25	32
11/5/2004	21	34	25	20
11/6/2004	18	17	21	17
11/7/2004*	109	105	20	16
11/8/2004	145	157	23	23
11/9/2004	129	123	23	18
11/10/2004	173	184	25	19
11/11/2004	205	205	20	16
11/12/2004	195	193	19	17

Another science fair project

The April 2005 issue of *Pure Facts* described another prize winning science fair experiment by one of our Feingold teens. Chris Jones grew five groups of plants from lima beans. One group received pure water, and each of the other groups received water that had a different color dye added. The pure water plants grew to be sturdy and produce normal beans. The other plants grew abnormally, some producing no beans and others sprouted deformed beans.

Omega-3s

Nutritionist Patrick Holford, has been lobbying the British government to improve school foods. He noted, "The average person today eats only a sixth of the Omega-3 fats found in the diet of people living in 1850. This is mainly due to modern food processing. It purposely takes the essential fatty acids out of foods in order to give them a longer shelf-life."

The uproar over children's food has led one British company to develop what it dubs a "supermilk" that is high in Omega-3 fatty acids. The fatty acids come from incorporating oily fish into the cows' diets, but apparently this does not change the taste of the milk. This development was prompted both by the deplorable state of school lunches, and the new research showing that Omega-3 deficiencies lead to behavior and learning problems. (See the June 2005 *Pure Facts* and the article on page 4.)

Fish oil helps toddlers' behavior and concentration

Preschool children showed impressive improvements in behavior and learning in just three months when they were given a daily supplement of Omega-3 oils.

Even children who enjoy a nourishing diet made impressive gains, according to the researchers in Durham, England. The lead investigator, Dr. Madeleine Portwood, said "We saw children whose learning skills went from being six months below their chronological age to absolutely normal in just three months." Dr. Portwood continued, "Some two-year-olds went from having a vocabulary of 25 single words to being able to use whole sentences, while others were able to sit down and concentrate for the first time in their lives."

The study of 60 children ages 20 months to 3 years, will continue for nine more months.

Correction

Sally Fallon, author of *Nourishing Traditions*, writes:

Dear Folks at Feingold, I appreciate all the good work you are doing and enjoy receiving your newsletter. However, there was a statement in your last newsletter that must be corrected. On page 3 of the June 2005 newsletter it says that I "served her children small shot glasses of juice each morning, with the added fish oil."

I never gave my children fish oil and I do not recommend fish oil. I think it is a worthless supplement. I gave my children cod liver oil, not fish oil. There is a huge difference. Cod liver oil provides the critical fat-soluble nutrients, vitamins A and D, which fish oil does not."

Editor's note: We acknowledge the differing opinions concerning fish oil vs. cod liver oil, but at this time we do not favor one variety over another.

Concerta & other ADHD drugs

The Food and Drug Administration (FDA) will be strengthening the warning labels for drugs being given to children.

Hallucinations, suicide risk and violent behaviors are potential side effects from a group of drugs based on methylphenidate; this includes Concerta and Ritalin.

After reviewing the adverse reaction reports for children taking Concerta, the FDA's Pediatrics Advisory Committee felt the label warnings were not strong enough. Current label warnings suggest that the adverse reactions are likely only in children who have already displayed the above reactions, but the newer labels will reflect the potential risk for children who have not previously shown these behaviors.

The FDA review covered the period from the end of 2003 until early 2005, during which nearly 8 million prescriptions were written for Concerta.

Heart problems, stroke

The agency is also investigating the possibility that Concerta and other ADHD drugs are associated with a risk of stroke, high blood pressure, heart arrhythmia and racing heartbeat. The label warnings for another ADHD drug, Adderall XR, have already been strengthened to warn of the risk of heart damage and sudden death.

Cancer

A small study linking Ritalin with increased risk of cancer has attracted the interest of the FDA. Officials from the agency, as well as from the National Institutes of Health and the Environmental Protection Agency traveled to Texas to examine the work that showed children who took **Ritalin** for 3 months had a tripling of abnormal chromosomes, which is a predictor of cancer. New studies are planned to see if similar results will be found.

Drugs for children

Over the past few years there has been a dramatic increase in the use of drugs for young children. Spending on ADHD drugs for children under the age of five increased a whopping 369% between 2001 and 2004. During that same time there was a 21% increase in prescriptions for antidepressants and a 71% rise in drugs being given to autistic children.

Can aspartame cause cancer and obesity?

Aspartame (sold as NutraSweet, Equal, etc.) received more bad publicity this summer with the announcement of two studies on its effects.

- Researchers at the Ramazzini Institute for Cancer Research in Italy published the results of a study conducted on 1,800 rats during their life span. They found the female rats had a significant increase in risk of lymphomas and leukemias (two types of cancer) when they consumed aspartame at amounts that would correspond to what humans might be expected to use.
- In San Antonio, TX, researchers at the University of Texas Health Science Center presented their findings based on a study of 1,550 people over eight years. They found that the more soft drinks a person consumed the greater their chances of becoming obese — no surprise. But they found that those who consumed diet sodas were at even greater risk of becoming obese: a 41% increase in risk for every can/bottle of diet soda consumed each day.

San-J Tamari Soy Sauce

Tamari soy sauce is a protein-rich seasoning made from an ancient recipe that requires 5 to 6 months of brewing. The San-J company still makes soy sauce the same way it has for more than 200 years. To learn if a soy sauce is created using traditional methods, check the ingredient labels; if they include additives like caramel coloring, MSG or sodium benzoate it will tell you that the product was probably created in a few days and the additives are substituted for the rich flavor it lacks.

San-J Tamari Soy Sauce is available throughout the United States. Look in the Asian food section of your supermarket or in the natural food section.

Here's a delicious Stage One recipe that's ideal for indoor or outdoor cooking.

Hawaiian Grilled Chicken

- 1/2 cup unsweetened pineapple juice
- 1/4 cup San-J Tamari Soy Sauce
- 1/4 cup honey
- 4 boneless chicken breasts (or substitute any other chicken parts)

Combine the pineapple juice, soy sauce and honey in a small saucepan. Simmer for a few minutes. Cool and refrigerate if you will be using it later; or for immediate use place the chicken in a bowl and pour the marinade over it. Grill the chicken, brushing frequently with leftover marinade, for about 5 minutes on each side or until the meat is no longer pink inside; turn the meat only once. Remove chicken from the grill and allow it to stand for a few minutes before serving to help hold in juices. Discard any leftover marinade (or bring it to a boil if you will be reusing it).

The recipe makes 4 servings.

Sparkling Pineapple Drink

For a delicious refresher, use pineapple juice to make a natural soda. Fill a glass about 1/3 full with pure unsweetened juice and pour in about the same amount of carbonated water. Add lots of ice and you will have a healthy soft drink – with no synthetic colors, flavors, sweeteners, or high fructose corn syrup!

For other flavored sodas, experiment with the ratio of sparkling water to fruit juice. More intense flavors, such as grape (stage two), require less juice.



Two cool Internet shows promote healthy foods

Store Wars

The star-studded cast comes from your neighborhood supermarket in this clever piece that features: Ham Solo, Cuke Skywalker, Princess Lettuce, Obi Wan Cannoli, Chewbroccoli, Tofu D2 and C3 Peanuts as they fight Lord Tater. See www.storewars.org

The Meatrix

An award-winning animated piece on the evils of factory farming, this show contains a wealth of links to many resources. One of them, Eat Wild, can direct you to everything from locally raised free range meat to farmer's markets to healthy restaurants around the country. See: www.themeatrix.com



“Close, but no cigar” for McDonald’s

The fast food giant almost pulled off a healthy sounding new option. They now feature a fresh fruit salad with candied walnuts. But, unfortunately, the walnuts contain: TBHQ and/or BHT as well as artificial flavor.

Fast Food Guide Product Alert!

McDonald's Baked Apple Pie, which has been included in the Feingold Association's Fast Food Guide for a long time, now contains artificial flavors. It also has artificial coloring but we do not know if the coloring is from a natural or synthetic source.

Product Alert! Panera French Toast Bagels

An article in the May issue of *Pure Facts* suggested that Panera's French Toast Bagels might be tolerated by Feingold members. We have recently learned that they contain imitation vanilla flavoring.

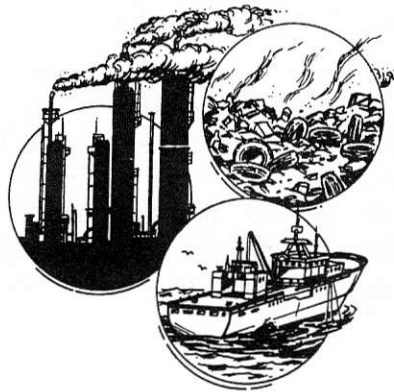
Toxic Bodies

The US Centers for Disease Control and Prevention (CDC) has issued the results of the largest study ever conducted to measure the amount of harmful chemicals Americans have in their bodies. The levels of lead and chemicals from secondhand tobacco smoke have declined. But toxins that pose serious problems include cadmium, mercury, pyrethroids (found in household pesticides), and phthalates (in nail polish and other beauty products as well as in soft plastics).

"We have fouled our own nest," commented Dr. Jerome A. Paulson, a professor of pediatrics who specializes in children's environmental health.

Toxic Wombs

Even unborn babies are not safe from a mix of harmful chemicals, according to a report recently issued by the Environmental Working Group. A sampling of blood taken from umbilical cords found an average of 287 contaminants, including mercury, fire retardants and pesticides. These chemicals have been linked with cancer, brain and nervous system damage, birth defects and abnormal development.



More toxins coming our way?

The Natural Resources Defense Council (NRDC) is accusing the Bush administration of attempting to protect major industries from having to comply with clean air laws and to allow aging power plants to continue to emit mercury pollution. The NRDC has created a petition directed at the White House and Senate and is initiating a lawsuit to prevent the proposed violations against the Clean Air Act. For details see www.nrdc.org.

"Deadly Immunity"

Robert F. Kennedy, Jr., who is working on the NRDC lawsuit described above, has stepped into another controversy, uncovering information that is enraging parents and politicians — both liberals and conservatives.

His article, "Deadly Immunity," describes the efforts of pharmaceutical companies and government agencies to prevent the public from learning about the link between vaccines containing mercury and the epidemic of autism. It was published in *Rolling Stones* magazine.

He writes, "Before 1989, American preschoolers received eleven vaccinations — for polio, diphtheria-tetanus-pertussis and measles-mumps-rubella. A decade later, thanks to federal recommendations, children were

Child Safe Chemicals Act

Senators Frank Lautenberg and James Jeffords have introduced legislation to begin the process of identifying and removing harmful chemicals, particularly those that pose the greatest threat to children.

The Feingold Association has signed on as one of the supporters of this legislation. Although FAUS rarely takes a stand on political issues, the link between environmental toxins and learning/behavior problems is undeniable. Synthetic food additives would be among the chemicals that would be evaluated.

The legislation has five main goals:

1. Protect kids by requiring manufacturers to prove health and safety information prior to distributing a chemical in consumer products, instead of using kids and others as guinea pigs by presuming a substance is safe until proven dangerous.
2. Recognize kids' special vulnerability to toxic exposures by establishing a standard of safety that accounts for children's unique sensitivities.
3. Close the knowledge gap in our understanding of chemical safety risks.
4. Prioritize chemicals to make sure the worst chemicals are examined first.
5. Incorporate the Precautionary Principle so that where there is a significant threat of serious or irreversible damage, the lack of full scientific certainty will not be used as a reason to postpone measures to protect kids.

The bill is designed to help create a non-toxic environment for children, workers, consumers, and sensitive sub-populations. The legislation places the burden for proving that a chemical substance is safe on manufacturers, establishes a standard of safety to protect children's health, and reinforces the public's "right-to-know" about the effects of toxic chemicals on human health and the environment.

receiving a total of twenty-two immunizations by the time they reached first grade. Under the expanded schedule of vaccinations, multiple shots were often administered on a single day: At two months, when the infant brain is still at a critical stage of development, children routinely received three inoculations that delivered 99 times the approved limit of mercury."

PIC Report

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

Stage One

BAKEHOUSE FOODS INC. Fat Free French Vanilla
Gourmet Meringue Cookies
BLUE SKY ORGANIC SODA Ginger Gale, New Century
Cola, Prime Lime Cream, Root Beer Encore
CLOUD NINE* Peppermint Pattie; Chocolate Bar: Coconut
Dark Chocolate, Peanut Caramel (CS)
GRACE HARBOR FARMS (retail only in Washington)
Goat Milk, Goat Milk Feta Cheese, Goat Milk Yogurt,
Goat Milk Soap: Fragrance Free, Tea Tree Oil with
Lavender www.graceharborfarms.com
HANSEN'S Natural Soda: Creamy Root Beer (CS),
Ginger Ale (CS), Grapefruit (CS), Key Lime (CS),
Vanilla Cola (CS)
INDIA TREE* Nature's Colors Natural Decorating Colors:
Blue, Red, Yellow (liquids)
LATE JULY ORGANIC Crackers: Cheddar Cheese
Sandwich, Peanut Butter Sandwich
MISS ROBEN'S* Blue Food Color (liquid)
www.allergygrocer.com (800) 891-0083
NAMASTE FOODS* Mixes: Blondies, Brownies,
Chocolate Cake, Cookies, Muffins, Pizza Crust,
Sugar Free Muffins, Vanilla Cake,
Waffle & Pancake Mix
www.namastefoods.com (866) 258-9493
RAPUNZEL* 100% Organic Cocoa Powder, Organic
Bittersweet Baking Chocolate, Organic Semisweet
Chocolate Morsels, Organic Ladybug Truffles,
Organic Semisweet Baking Chocolate,
Tiger Instant Cocoa Drink Mix
RAPUNZEL* Bars: Milk Chocolate, Milk Chocoate with
Hazelnuts, Milk Chocolate with Nut Truffle Creme,
Semisweet Chocolate, Semisweet with Hazelnuts
www.rapunzel.com (800) 238-8090
TRADER JOE'S (Trader Joe's) Organic Butter;
Organic Mini Pretzels-Fat Free;
Reduced Fat Cheese Crunchies; Canned Crab Meat
with 15% Leg Meat; Cereal: Frosted Shredded Bite Size
Wheats, Joe's O's Toasted Oat Cereal
TRADER JOE'S (Trader Joe's) Flour Tortillas -
No Preservatives, No Lard
WELEDA Children's Tooth Gel www.weleda.com
WESTERN BAGEL BAKING Preservative Free Plain
Bagellettes (CS)
WHOLE KITCHEN (Whole Foods) frozen Cream of
Mushroom Soup
WHOLE SOY & CO Cream Cheese Style Soy Spread:
Garlic & Herb, Original; Frozen Cultured Soy:
Chocolate Hazelnut, Creme Caramel, French Vanilla,
Lemon Ginger, Swiss Chocolate
WHOLESOME SWEETENERS Organic Dark Brown
Sugar, Organic Light Brown Sugar

Product Alert!

COMET Sugar Cones now contain artificial
flavoring. Please remove them from your *Foodlist &*
Shopping Guide.

SWISS MISS Chocolate Pudding in 4 oz cups
needs to be removed from your Foodlist as it now
contains vanillin (artificial flavor).

These items contain salicylates; please move
them to the Stage Two section of your *Foodlist &*
Shopping Guide:

365 Brown & Serve Sausage Links and Patties -
Sage variety (red peppers)

WELLSHIRE FARMS All Natural Country Sage
Sausage Links and Patties (red peppers)

BLUE SKY NATURAL SODAS: Cherry Vanilla
Creme, Raspberry

SANTA CRUZ ORGANIC Juice Box - Lemon
Drink from Concentrate now contains grape juice

Stage Two

BLUE SKY ORGANIC SODA Black Cherry Cherish,
Orange Divine
EMPIRE KOSHER IQF Breaded Boneless Chicken
Tenders (CS, paprika); Turkey Bologna Deli Case
Roll (N, paprika); Blintzes: Apple-Raisin (CS),
Blueberry (CS), Cherry (CS, almonds); Cooked
Chicken in Barbecue Sauce (paprika); Fully Cooked
Breaded: Boneless & Skinless Chicken Breast (CS,
paprika), Boneless Chicken Tenders (CS, paprika),
Chicken Breast Nuggets (CS, SB, paprika), Chicken
Cutlet (CS, MSG/HVP, paprika), Chicken Drumsticks
& Thighs (CS, paprika), Split Chicken Breasts (CS,
paprika); Fully Cooked Ready to Serve Turkey in
Barbecue Sauce (paprika); Packaged Deli Slices:
Chicken Bologna (N, paprika), Turkey Bologna (N,
paprika)
ENJOY LIFE FOODS* Cookies: Chewy Chocolate Chip
(apples, grapes, dates), Snickerdoodle (apples,
grapes); Cranapple Crunch Granola Cereal (apples,
cranberries); Snack Bar: Caramel Apple, Very Berry
(cranberries, raspberries) www.enjoylifefoods.com
MISS ROBEN'S* Blueberry Pancake & Waffle Mix
www.allergygrocer.com (800) 891-0083
NAMASTE FOODS* Spice Carrot Cake Mix (cloves)
www.namastefoods.com (866) 258-9493
OH NATURAL* 12 Pizzetta 3 Cheese Mini Pizza
(tomatoes, bell peppers)
PERKY'S* Cereal: Nutty Flax (raisins), Nutty Rice
(raisins) www.perkysnaturalfoods.com
SORELLA BAKERY* Gluten Free Biscottines:
Chocolate Almond, Hazelnut Anise (oranges)
www.sorellabakery.com
ST. CLAIRE'S * Organic Aromatherapy Pastilles Throat
Soothers (menthol); Organic Tarts: Grape (blueberry),
Green Apple, Peach www.econaturalsolutions.com

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

Stay safe in the sun

A study at the University of Florida found that when some brands of sunscreen are used along with insect repellants that contain DEET, the sunscreen will cause the DEET to be absorbed three times faster than normal.

This is another good reason to stay away from DEET (diethyl-metaltoluamide). It is a pesticide that is effective in deterring insects, but can be hazardous to humans, damaging the liver, nerves, skin, as well as the reproductive and respiratory systems. Citronella-based products such as Buzz Away are DEET-free alternatives and can be found in health food stores.

Why not just get rid of the bugs?

Gothic literature fans know that garlic is a good way to get rid of vampires. But this pungent food is also effective against other predators, including mosquitoes. An inexpensive product called Mosquito Barrier is an ultra strong liquid garlic that is designed to be diluted and sprayed on lawns, parks or any grassy areas.

A few minutes after spraying the odor of the garlic will not be apparent to humans. But mosquitoes are thousands of times more sensitive to smell and it will cause them to go away and stay away. The natural sulfur in garlic is also effective in deterring ticks, gnats and fleas without harming pets, birds, or butterflies. Some municipalities add oil to the garlic juice and spray standing water to suffocate mosquito larvae.

Farmers have long sprayed plants with garlic compounds and now home gardeners use it as an organic pesticide for their plants. Others claim that the product deters rabbits and deer.

See www.mosquitobarrier.com.

Sunshine & vitamin D

New studies show that vitamin D helps protect against several types of cancer. Most of the vitamin D we have is made by our bodies when they are exposed to sunlight, but sunscreen blocks this process. For years dermatologists cautioned us to use sunscreen in order to prevent skin cancer, but the new evidence is causing the American Cancer Society to rethink their position.

The proponents suggest about 15 minutes of sun a few times a week, but do not recommend overdoing the sun, or using tanning salons.

Other research found that people who underwent surgery for early-stage lung cancer had a better outcome if they had ample amounts of vitamin D and had their surgery during the spring, summer or fall when they had exposure to the sun.



Children's Expo planned for 2006

Work is underway for the first Whole Children Whole Planet Natural Parenting and Family Expo to be held at the Los Angeles Convention Center on April 22-23, 2006. See www.wcwpexpo.com for details.

FAUS thanks the San-J Company for their support of our mission.

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+ \$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.

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www.feingold.org

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