

Pure Facts

Newsletter of the Feingold® Association of the United States



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www.feingold.org

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“I have bipolar disorder. Can the Feingold Program help me?”

We are receiving an increasing number of inquiries like this one. The answer is “yes.” Past issues of *Pure Facts* have described how the Feingold Program has helped people with bipolar symptoms; and new research is focusing on other effective nutritional approaches.



Why do some people behave abnormally? Typically this is attributed to either psychological factors (including childhood experiences), or some inherent disorder, particularly a malfunction in their brain. Both are valid reasons, but they are not the only reasons and do not apply to everyone.

This limited approach has failed to provide significant help for millions of children and adults who have been diagnosed with a long collection of labels, from attention deficit disorder to manic depressive disorder. The very use of the term “disorder” implies that the cause rests within the person, and that they are in some way abnormal.

Such an approach seems to ignore the fact that the head is connected to the rest of the body; our stomachs and brains do not work independently of each other. When a normal person consumes a steady diet of abnormal substances (petroleum-based additives, adulterated fats, fake sweeteners, nutrition-less ingredients) they will begin to see abnormal effects. When you add in exposure to poisons such as fluoride, mercury, wood alcohol (a by-product of aspartame), and all of the untested chemicals that fill our environment, it's a wonder we're doing as well as we are!

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Television Junk

It will come as no surprise to concerned parents, but it's now official: the majority of television food advertisements aimed at children promote products that are deficient in nutrients and high in calories. Soft drinks, candy and other sweets are most often promoted, along with fast food. Slim child actors are shown consuming the sugary, fatty foods.

Adult advertising didn't fare much better, with 57% of the ads featuring convenience and fast foods.

This data, gathered by University of Illinois researchers, appears in the September issue of the *American Journal of Public Health*.

What is “Bipolar Disorder?”

Over two million American adults are estimated to suffer from this condition, in which they experience periods of extreme excitability (mania), alternating with periods of depression. Such periods can last for days or months and the mood swings between these states can change abruptly.

The symptoms often begin in adolescence and affect men and women equally.

Unlike the normal “ups” and “downs” most people experience, the individual with bipolar disorder has symptoms that can profoundly affect their lives and relationships with others.

It is sometimes referred to as “manic depressive illness” and has generally been treated with drugs. Such treatment has had mixed results and is often discontinued because of unwanted side effects. Even if medication brings relief, it is limited to addressing the symptoms, not the underlying cause(s) of the problem. Sadly, one of the side effects of antidepressant drugs is an increased risk of suicide.

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, BHA, BHT, and TBHQ.

Special focus issue on EFAs

Depression, drugs, and deceit

Behavior can be determined by many things, including: our life experiences, our genetic inheritance, current stresses in our lives, the synthetic food additives we consume and the healthy nutrients that may be missing from our diet.

For various reasons, many people experience periods of depression that lead them to seek solutions. Some find a "solution" in alcohol, chronic gambling or illegal drug use. Some seek out a counselor to help them; others consult a doctor and are given a prescription for an antidepressant. Medicine for depression was once a daunting prospect for the layperson, but today it no longer appears scary, thanks to enormous media coverage of new "miracles" like Prozac and Paxil, plus constant exposure to ads for prescription drugs.

What the ads don't say is that an initial improvement from antidepressants may be short-lived, that increased doses may be needed to get the same effect, and that such chemicals actually cause structural changes in the brain. For some people, these changes are responsible for the violence and suicides that can be a side effect. Ironically, the drugs are advertised as a solution for a biochemical imbalance in the brain, "a theory that has not been proved, despite more than 40 years of trying" writes Gary Greenberg, a psychotherapist and professor of psychology.

Another trigger for depression is the side effect of "ADHD drugs." Medco Health Solutions has reported that the use of these drugs for adults doubled between 2000 and 2004 and there are now 1.5 million American adults on them.

Shire Pharmaceuticals took a real "hit" earlier this year when Canada banned Adderall XR due to reports of sudden death and numerous strokes. Now Shire is fighting back with their new spokesman, Ty Pennington, the hyperactive adult

star of ABC's *Extreme Makeover, Home Edition*. Pennington credits Adderall XR with transforming his life. (Then why is he still hyperactive?)



For depressed people who have not responded to drugs, the FDA has approved an electronic device that is surgically implanted in the patient to deliver mild electrical shocks to the brain. It is intended to be used as a long-term treatment for what the manufacturer calls a "life-long, life-threatening illness."

Dr. Ann Blake Tracy, director of the International Coalition for Drug Awareness, is the author of *Prozac: Panacea or Pandora?* In a position paper titled "The next generation medical guinea pigs - our Prozac, Zoloft and Paxil Babies", she calls the state of Utah the "Prozac Capital" of the nation. "Utah's suicide rate is three times the national average while [Utah's] use of these drugs is three times the national average."

Note: Doctors caution patients to never discontinue psychiatric drugs without professional guidance; abrupt discontinuation can cause serious harm.

Kiddie Drugs

Although little is known about what happens when antidepressants are given to children, this practice is increasing. Even as far back as 1994, the *Journal of the American Medical Association* reported 3,000 prescriptions were written nationwide for children younger than one year old. When Eli Lilly came out with peppermint flavored liquid

Prozac it raised howls of protest. Critics did not believe the company's claim that it was not designed for children and infants, but for adults who have trouble swallowing pills. Now, other antidepressants (Celexa, Lexapro) are also available in what is described as a "tasty peppermint flavor."

Faced with a lawsuit by the New York Attorney General, GlaxoSmith Kline admitted last year that Paxil is no more effective in treating childhood depression than a sugar pill (placebo).

Investigative journalist and medical reporter, Robert Whittaker, has documented some startling information in his book *Mad in America: An Indictment of Psychiatric Abuse and Brain Damage*. He writes that such drugs work by deliberately damaging the higher functions of the brain. For some people, he contends, the severe symptoms they develop after going on an antidepressant are actually side effects of the drug. But typically they are given additional drugs to address these side effects.

Whittaker charges that the pharmaceutical companies saw a profitable new market in children and since 1990 the use of antidepressants for children increased about seven-fold.

Editorial note

Our schools have taken many steps to prevent more shootings by disturbed students. It would be valuable to also consider that the violence could have been due in part to the side effects of psychotropic drugs the children were taking.

Bipolar, from page 1

The Feingold Program's success is no doubt due to the fact that it involves both the removal of harmful chemicals and the addition of many good foods. When a family goes on to further improve their diet they are likely to see even better results. They may eat more fruits and vegetables, start using whole grain breads, reduce their intake of sugars, or add vitamin and mineral supplements. One of the most exciting additions is the use of essential fatty acids (EFAs).

Deficiency Symptoms

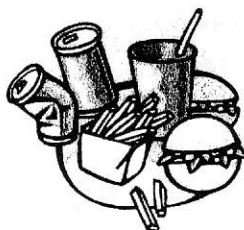
All of the cells of our body require high quality fat in order to function well. Among the many known effects of EFA deficiency are:

- rough, dry or scaly skin
- small raised bumps on the skin ("follicular keratosis")
- excessive thirst
- frequent urination
- dandruff
- dull, lifeless hair
- soft or brittle nails
- allergic tendencies such as eczema, asthma and hayfever
- visual symptoms including poor night vision, words seeming to blur on a page
- dyslexia
- attention problems
 - distractability
 - poor concentration
 - poor memory
- sleep difficulties
- emotional problems

Norman Salem of the National Institutes of Health believes that fish oil may eventually be found to reduce the alcohol-induced brain damage that comes from the depletion of omega-3s by alcohol use.

"All cell coatings are made of fats and the [omega-3] fatty acid EPA seems to help the serotonin receptors on the brain's surface function in a healthier way."

Prevention Magazine report on depression and omega-3 fats



The Things We Eat

Food processing techniques that are used for the majority of products sold in supermarkets rob food of important nutrients, including EFAs. The Standard American Diet (SAD) contains only one-sixth the amount of EFAs our ancestors ate a hundred years ago. Our diets have changed drastically, but our bodies have not. A brain is composed mainly of fat and new research is showing that the neurotransmitters require high quality fats in order to function well. One neurotransmitter we often read about is serotonin, which is known to help us feel "upbeat." Serotonin also acts as an inhibitor, preventing us from doing things that are inappropriate or dangerous. Dr. David Comings wrote, "Low levels of brain serotonin are associated with aggression, depression, violent suicide, alcoholism, arson, borderline personality, bulimia and other impulsive behaviors. Low brain serotonin may also cause panic attacks." (from the book *Tourette Syndrome and Human Behavior*) Serotonin also helps regulate blood vessels in the brain and is linked to migraine headaches.

Cholesterol-lowering drugs, as well as low levels of cholesterol, are believed to lower serotonin, and have been connected with an increased risk of suicide.

Dr. Alexandra Richardson of Oxford University, one of the researchers who is studying EFAs extensively, put it bluntly: "If the brain does not have the right fats, it will not be working right."

EFA Sources

Wild salmon is a good source for EFAs. They are also found in other fatty fish such as herring, mackerel, sardines, anchovies, trout, as well as caviar and eel. Other sources include: flax seed, walnuts, wheat germ, some forms of algae, pumpkin seeds and green leafy vegetables. But the simplest way to ensure you get enough of the EFAs is to use a supplemental oil. A high quality oil that has been purified will enable you to avoid the pollution that is found in many fish, especially the high levels of mercury.

Newer EFA oils have added flavorings that make them so much more palatable than the old cod liver oil our grandparents may have swallowed each morning. If you add some flavored oil to a small amount of juice it will float on the top and can be easily swallowed with very little taste and limited sensation of oiliness. EFA capsules are also a good option.

When you shop for these supplements, avoid bargain brands as it is hard to know what is actually in them. One of the companies with products acceptable on the Feingold Program is Nordic Naturals. Their lemon flavored liquid can be used for very young children and is free of salicylates. Once they are opened, liquid EFA

Continued on page 4

oils need to be stored in the refrigerator. The Nordic Naturals oils have a longer shelf-life than some other brands so you can use them up before the expiration date. They have omega-3 alone, omega combinations, and cod liver oil, which is high in omega-3s.



There is an imbalance in the EFAs we now eat

While there are many essential fatty acids, the one gaining the most attention is omega-3. Not only have the omega-3 EFAs been drastically reduced in our diet, but there has been a big increase in the amount of omega-6 fats we consume; they are found in soybean, safflower and corn oils, as well as many processed foods. Even the meat and chicken we eat today is high in omega-6, while the free range meats and chicken Americans once consumed were higher in omega-3's.

In the years between 1909 and 1999 Americans went from consuming almost no soybean oil to consuming 25 pounds per year, a 1,000-fold increase. Soy is the major oil used in processed foods and contains omega-6 EFAs. It is also used extensively in institutional foods as a low-cost meat extender. The problem is that we are getting too much omega-6 and too little omega-3. Because their structure is similar the omega-6 molecules can prevent the omega-3s from entering the brain. An ideal ratio of omega-6s to omega-3s is 1 to 1, but most people in this country have a ratio of between 20 and 30 to 1, and for some the number is even higher. (Rats exhibiting signs of depression have high levels of omega-6 in their brains, according to a study published in the *Journal of Lipid Research*, 2005;46:1093-1096.)

Other conditions treated

In recent years there has been a great deal of interest in the many ways EFAs can be used to treat all kinds of problems. Here is a sampling of some of the conditions that have been helped by omega-3 supplementation:

- bipolar disorders
- mood disorders
- irritability
- anxiety
- schizophrenia
- depression
- post-partum depression
- PMS
- heart disease, heart palpitations
- aggression
- anorexia
- epilepsy
- asthma
- arthritis
- sleep problems
- Alzheimer's
- Parkinson's

To access copies of the journal abstracts on these studies, see: www.omega-research.com



Researchers at Cardiff University in Wales have shown that cod liver oil can both slow down the destruction of cartilage and reduce pain in osteoarthritis. Omega-3 is the main component of cod liver oil, a popular supplement used by three-quarters of the people in the United Kingdom.

"Populations consuming large amounts of fish have low rates of major depression."

Writer Jean Carper, quoting a researcher at the National Institutes of Health

Behavior and Learning Problems in Children

Research on the use of fatty acids for children with behavior and learning problems has been carried out in the United States and Great Britain for some time. The Hyperactive Children's Support Group, our sister organization in England, found beneficial oils helped some children. Here in the U.S. Laura Stevens and colleagues at Purdue University found "a greater number of behavior problems...temper tantrums, and sleep problems were reported in subjects with lower total omega-3 fatty acid concentrations."

Our bodies cannot make essential fatty acids; we have to obtain them from the things we eat.

In the June issue of *Pure Facts* we described the latest study by Alexandra Richardson of Oxford University, showing that supplementation with omega-3 oils led to improvement in reading, spelling and behavior of children who have many ADHD symptoms. In just three months on the oil, they made 10 month's progress in their reading skills.

Autism and Asperger's syndrome

A blend of omega-3 from fish oil and omega-6 from borage oil, plus vitamin E, was found to improve language and learning skills in children with autism and Asperger's syndrome. The study was published

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Halloween Strategies

October 31, the High Holy Day for the chemical candy industry, will be here soon. You can help your children have a great time, but without the Halloween Hangover that others experience.

Be sure you have an assortment of appealing treats on hand for your children so it will be easier for them to pass up the additive-laden junk. Last month's *Pure Facts* listed some favorites that are available in supermarkets, drug stores and discount stores.

The **Squirrel's Nest Candy Shop** in Delaware can ship treats for both big and little people, but get your order in early! Their insanely delicious chocolate covered marshmallows are once again available; see the PIC Report on page 7. For a listing of all their Halloween candies see www.squirrels-nest.com.

Homemade Goodies

This year you can not only make orange colored frosting for cookies and cupcakes, but there are several different brands available.

INDIA TREE, the company that makes naturally colored sugars, now has a package of three small bottles of Stage One natural liquid colorings: red, yellow and blue. From these primary colors you can mix countless other colors.

They are available from the Squirrel's Nest and from Miss Roben's (www.allergygrocer.com).

Miss Roben's also carries these liquid food colors: Bubble Gum Pink and Alfalfa Green. Despite its name, the Bubble Gum Pink is from a natural source, radish juice (but it doesn't taste like radishes). Both are on Stage One.

The new **Cup-A-Cake** plastic container will hold a frosted cupcake securely, without smooshing, even if it is jiggled, bounced or turned upside down. They sell for \$2.99 each from Miss Roben's.



Your family's new favorite cookie

This is a rich, satisfying cake-like cookie with a homespun taste. Don't worry about them spoiling; they won't be around long enough for that. Makes 3 1/2 dozen cookies.

COOKIE

- 1/2 cup firmly packed brown sugar
- 1/2 cup (1 stick) butter, softened
- 1/4 teaspoon pure vanilla extract
- 1/8 teaspoon pure maple extract (optional)
- 2 eggs
- 1 1/2 cups unbleached flour
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt

FROSTING

- 1/3 cup semi-sweet chocolate chips
(check your Foodlist for an acceptable brand)
- 3 Tablespoons milk
- 1 Tablespoon butter
- 1 cup confectioner's (powdered) sugar

1. In your electric mixer bowl, combine the brown sugar and the stick of softened butter; beat until light and fluffy.
2. Add the vanilla and maple extracts and the eggs. Beat well.
3. Lightly spoon the flour into a measuring cup and level it off.
4. Add the flour, baking soda, and salt to the dough and mix well.
5. Cover the dough with plastic wrap and refrigerate for about an hour to make it easier to handle.
6. Heat the oven to 350°.
7. Grease cookie sheets.
8. Shape rounded teaspoons of the dough into balls and press lightly onto the cookie sheet. Bake for 10 to 12 minutes till lightly browned around edges.
9. Immediately remove the cookies and allow them to cool on a rack.
10. Place the chocolate chips, milk and butter in a small saucepan and melt over low heat, stirring constantly till smooth. Remove from heat and stir in the powdered sugar. Add more sugar if needed for spreading consistency.
11. Frost the cooled cookies; allow the frosting to set before storing them.

EFAs, from page 4

in *Autism-Asperger's Digest* Jan/Feb 2005. The researchers, Louise Patrick and Ronald Salik, note that "children with attention deficit, autistic, and related disorders have been shown to have significantly lower levels of EFAs in their red blood cells."

More Help for Autism

Developmental pediatrician, Mary Megson, has used natural vitamin A from cod liver oil to help autistic children improve eye contact, socialization skills and language use. Because the vitamin is essential for healthy vision it enabled children to look at people and objects directly, not "sideways," as many such children do.

Details of Dr. Megson's work can be found at www.omega-research.com

Healthy fats are needed before birth

Children whose mothers took omega-3s during pregnancy had higher scores in mental processing, psychomotor development and eye-hand coordination than those who did not. DHA (decosahexaenoic acid from omega-3) is the "predominant structural fatty acid in the central nervous system and retina and its availability is crucial for brain development" according to a study published earlier this year in the *Indian Journal of Pediatrics*. The study author, M. Singh, found that "intake of EFAs and DHA during preschool years may also have a beneficial role in the prevention of attention deficit hyperactivity disorder and enhancing learning capability and academic performance."

People who are under medical care should check with their doctor before using fish oil supplements, especially if they have a compromised immune system or are on blood thinning medicine.

In January of 2003 *Pediatrics* published a study showing that cod liver oil supplementation in pregnancy and post-delivery improved a child's intelligence. (*Maternal supplementation with very-long-chain n-3 fatty acids during pregnancy and lactation augments children's IQ at 4 years of age.*)

Women who have low levels of DHA are at risk of experiencing postpartum depression. The developing fetus will use its mother's supply of DHA and if her diet is not rich in fatty acids or is not supplemented, she is at risk. Researcher J. R. Hibbeln of the National Institutes of Health found that women who consumed high amounts of seafood and whose milk was rich in DHA were less likely to suffer depression. (*J Affect Disord*, 2002;69(1-3):15-29)

Healthier Treats

Looking for a way to add more omega-3 EFAs in your food? With a food processor you can grind up walnuts into a "meal" and use a portion of it in place of flour in your favorite cookie or muffin recipe.



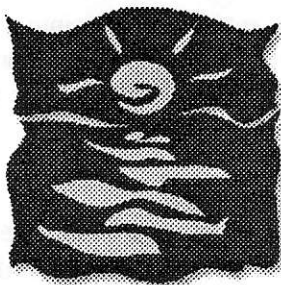
You can also use walnut oil in baking to add more nutrients. But it is not suitable for frying and sauteing.

Olive oil does not contain omega-3 EFAs but it is beneficial because it assists the body in using them.

Nordic Naturals

Joar Opheim was born in Norway, where fish is a major part of the diet. When he moved to the United States to complete his studies he was surprised that Americans consumed so little fish and fish oils. He developed a product that uses wild fish from northern Norwegian waters (arctic cod, mackerel, sardines, and anchovies) that are low on the food chain to avoid contaminants. The oils are distilled to ensure purity and packaged in an oxygen-free environment with added natural antioxidants to prevent rancidity. Fruit essence is added to make the oils more pleasant to use.

To date the following Nordic Naturals products have been researched and are acceptable for use on the Feingold Program:



Stage One

Omega-3 Formula (liquid & softgels, lemon flavor)
Complete Omega (liquid and softgels, lemon flavor)
Omega 3, 6, 9 Jr.
Omega Women
Kosher Omega Liquid Lemon Flavor
Arctic Cod Liver Oil - plain or lemon

Stage Two

Berry Keen Cod Liver Oil (strawberry)
Arctic Cod Liver Oil Natural Orange Flavor
Children's DHA Formula (strawberry)

See www.nordicnaturals.com

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 ORGANIC (Whole Foods) Tahini Butter;
Peanut Butter: Creamy, Crunchy
365 ORGANIC (Whole Foods) Shoyu Soy Sauce
BLUE SKY* All Natural: Cola, Grapefruit, Lemon Lime,
Natural Root Beer - *all contain CS*
BOB'S RED MILL* 13 Bean Soup Mix, Wild Rice and
Brown Rice Blend
CROCODILE! Herbal Insect Repellent: Roll-On, Cream;
Four Season Skin Care Silky Smooth Moisturizing
Cream - www.dancingroots.com
EDEN* Organic Rice & Pinto Beans - canned
EDEN* pastas: Organic Kamut & Buckwheat Rigatoni;
Kamut Elbows; Spelt & Buckwheat Gemelli
ENVIROKIDS* Animal Cookies: Chocolate, Honey
Graham (CS), Vanilla; Amazon Frosted Flakes Cereal
FISHER Peanuts: Roasted in Shell, Salted In Shell
HONEYBAR* 100% Organic Bars: Hemp & Flax, Peanut
Butter, Sesame, Sunflower - www.honeybar.ca
ORGANIC VALLEY* Cultured Lowfat Buttermilk
ROBERTS AMERICAN GOURMET Peace Puffs, Tings
Crunchy Corn Sticks
SAN-J Lemon Tamari Soy Sauce
SEAGATE* Olive Leaf: Nasal Spray, Unflavored Throat
Spray - www.seagateproducts.com (888) 505-4283
SQUIRREL'S NEST Dark Chocolate Butter Creme, Dark
Chocolate Covered Marshmallows, Dark Chocolate
Pecan Butter Crunch (CS), Milk Chocolate Covered
Marshmallows, Peanut Butter Bark; Clusters: Dark
Chocolate Cashew, Dark Chocolate Coconut (SF),
Dark Chocolate Pecan, Milk Chocolate Cashew; Milk
Chocolate Butter Cremes - www.squirrels-nest.com
STRAUSS FAMILY CREAMERY* Mint Chocolate Chip
Ice Cream; Yogurt: Organic Maple Nonfat, Organic
Maple Whole Milk, Vanilla Nonfat, Vanilla Whole Milk
www.strausmilk.com
TINY TRAPEZE CONFECTIONS* Marshmallows: Simply
Vanilla, Truly Chocolate www.tinytrapeze.com
(800) 844-8469
TRADER JOE'S (Trader Joe's) Gourmet Macadamia Nut
Popcorn Clusters (CS), Joe Joe's Ginger Sandwich
Creme Cookie, Peanut Butter Filled Pretzels
WHOLE CATCH (Whole Foods) Lightly Breaded Key
West Pink Shrimp; Fish Fillets, Fish Nuggets, Fish
Sticks
WHOLE KIDS ORGANIC (Whole Foods) Quack N' Bites
Organic Cheddar Crackers
WHOLE PANTRY (Whole Foods) Soy Sauce: Lemon
Tamari, Reduced Sodium Lemon Tamari
WHOLE RANCH (Whole Foods) Franks: Beef, Chicken,
Turkey
WOODSTOCK FARMS* Sundrops candies

Product Alert!

NABISCO Wheat Thins – Multi Grain need to be removed from your *Foodlist & Shopping Guide* since they now contain BHT in the packaging.

Stage Two

365 (Whole Foods) Caribbean Mix Frozen Fruit Bar
(CS, strawberries)
ARICO* Almond Cranberry Cookie Bar -
www.aricofoods.com (866) 98-ARICO
EDEN* Organic Apple Cinnamon Sauce: 25 oz jars
and single-serve
EDEN* Organic: Rice & Lentils (red pepper),
Rice & Cajun Small Red Beans (tomatoes,
red peppers), Rice & Caribbean Black Beans (paprika,
cayenne pepper)
FISHER Roasted Salted Almonds
FRUNOLA Plum/Cranberry Fruit Bar (apples, raspberries)
HONEYBAR* 100% Organic Bars: Granola (almonds,
raisins), Mixed Sesame (almonds, raisins), Soya Mix
(almonds, raisins), Granola (almonds, raisins),
Mixed Sesame (almonds, raisins), Trail Mix
(almonds, raisins)
KETTLE VALLEY Real Fruit Bars: Fraser Valley
Cranberry (apples), Okanagan Organic Blend
(apples, apricots, cherries, nectarines, peaches),
Organic Blueberry (apples), Organic Cherry (apples),
Organic Strawberry (apples), Raspberry (apples),
Rocky Mountain Berry Blend (apples, blueberries,
cranberries, strawberries), Strawberry (apples),
Wildberry (apples, blueberries, blackberries, cherries,
raspberries, strawberries) - www.kettlevalley.net
SANTA CRUZ ORGANIC* Juice Box: Lemon Drink from
Concentrate (grapes)
SEAGATE* Olive Leaf Raspberry Spearmint Throat Spray
www.seagateproducts.com (888) 505-4283
SQUIRREL'S NEST Apricots in Dark Chocolate (SF);
Dark Chocolate Almond Clusters - squirrels-nest.com
(302) 378-1033
STRAUSS FAMILY CREAMERY* Organic Coffee Ice
Cream - www.strausmilk.com
STRETCH ISLAND* Fruit Leather 100% Fruit Snack:
Organic Apricot (apples)
TRADER JOE'S (Trader Joe's) Honey Nut O's cereal
(almonds)
WELLSHIRE FARMS* All Natural: Country Sage Sausage
Links (red pepper), Country Sage Sausage Patties
(red pepper)
WHOLE FOODS (Whole Foods) Canola Mayonnaise
(apple cider vinegar)
WHOLE FOODS (Whole Foods) Jam: Apricot (oranges),
Blackberry (oranges), Boysenberry (oranges),
Raspberry (oranges), Strawberry (oranges),
Wild Blueberry (oranges)
WOODSTOCK FARMS* Milk Chocolate Malt Balls
(CS, grapes)

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.

Omega-3 Mania

Watch for food manufacturers to promote foods of all kinds with added fish oils so they can claim to be healthy. One company is adding omega-3 DHA to their pizza which is designed for use in school lunches.

Healthy Chocolate?

Mars, Inc., who bring us M&Ms, claim their new Coco Via chocolate covered granola bars are "a delicious way to promote heart health." Chocolate has recently been in the news because of the beneficial "flavanols" that are found in bitter, dark chocolate. But in order to make the chocolate palatable, additional fat and sugar are added, making the claim as a healthy food somewhat questionable. *Pure Facts* was not able to learn if Mars also adds vanillin (imitation flavor) to the product.

Designer Beans

Want to pay almost \$16.00 for a pound of jelly beans? No, these are not natural candies we're describing; they're "Sport Beans" from Jelly Belly, who claims their candy will "energize the body" during exercise. They are larger than their other jelly beans, and have added vitamins and electrolytes. They also have: sugar, corn syrup, yellow #5 and blue #1. The suggested retail price for the one-ounce serving bags is 99 cents, that's just shy of \$16.00 a pound!

Scary Candy

As if Halloween were not scary enough, a new line of candy has been developed based on the TV series *Fear Factor*. The manufacturers are going for the "gross-out factor" with slimy, sour candy that looks like octopus. Even worse are the cheddar cheese flavored *real* freeze-dried worm larvae.

Child Medication Safety Act

Last year a Federal law was passed to prohibit school personnel from forcing parents to use medication as a condition for a child to attend school.

A new bill (HR 1790) has been introduced by Congressman John Kline of Minnesota that would expand on the law. It would include any drug "intended to have an altering effect on perception, emotion or behavior."



Health Freedom Expo

Healthkeepers Alliance, Inc., is a non-profit organization that provides information on issues that can affect our choices in health care.

They will be holding Expos in:

Dallas, TX Nov 4-6, 2005

Richmond, VA Dec 2-4, 2005

Long Beach, CA Feb 24-26 2006

Visitors will:

- learn about the latest research on alternative health
- discover who wants to eliminate health freedom and how to take action
- network with other like-minded people
- Learn about natural options for maximum health

www.healthfreedomexpo.com

FAUS thanks Nordic
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of our mission.

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.

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