

Pure Facts

Newsletter of the Feingold® Association of the United States



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www.feingold.org

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Britain to reform school foods

Still reeling from TV exposure of the low-quality of school food, the Labour government did an about-face. Beginning in September of 2006 there will be dramatic changes. Education secretary, Ruth Kelly, announced "...from next September there shouldn't be a school in the country that serves burgers high in fat and salt, or cheap sausages, or reconstituted meat products."

The sorry state of children's food was made public with a TV series by celebrity chef Jamie Oliver, who described the infamous Turkey Twizzler, which has become a symbol of all that is wrong with cheap processed food substitutes. See the July/August *Pure Facts* for details.

Ms. Kelly noted, "We really need to remove that kind of food from our menus. It is just common sense."

Recent research at Oxford University has brought a new awareness of the diet/behavior link in the U.K. (See the June 2005 *Pure Facts*.) The *Daily Mail* reported, "Diets high in processed food are causing bad behaviour and learning difficulties in children, scientists have warned. They claim junk food stops the brain working properly, leading to underachievement and a host of disorders....**Thousands of children given medication to combat attention deficit disorder might be better off simply improving their diet, according to the research.**"

Holiday Goodies!

You can order a basket of all natural candies, cookies and snacks for your family, friends and relatives.



Wouldn't it be great if your relatives had lots of Feingold-acceptable treats on hand when you and your kids visit them? How about a special gift for that father-in-law who thinks natural food tastes funny, or your sister-in-law who thinks she can't possibly change her family's diet (even though her kids really need it)? Or maybe you'd love to sample these goodies for your own family.

The Feingold Association's holiday fund raiser may be your solution! For each donation of \$50 FAUS will send a holiday gift basket to you or the person you choose. Call our office at (631) 369-9340, or mail a check, or go to our web site to order on-line. A limited number of baskets will be available.

Survey of ADHD drug use in the US

The Centers for Disease Control and Prevention (CDC) has released the results of a survey on the number of children who had been diagnosed with ADHD as of 2003. (The report used data from the 2003 National Survey of Children's Health.) Just under 8% (4.4 million) of children ages 4 to 17 received the diagnosis and more than half that number were being treated with drugs. "Health care costs associated with ADHD are conservatively estimated at \$3.3 billion annually" according to the CDC report.

Boys are diagnosed with the condition more than twice as often as girls, and the chances of a diagnosis are highest for children from poor families.

The report raises the concern about the down sides of drug use: "...persistent and negative side effects of stimulants have been documented, including sleep disturbances, reduced appetite, and suppressed growth, which might have important health implications for the millions of children who are currently taking medication for ADHD."

Since the 2003 survey more negative side effects have come to light. A Texas study showed stimulant drugs caused DNA damage (a precursor to cancer) in all 12 of the children who had been on them for just three months. And the risk of sudden death and strokes in a small percent of people taking the amphetamine Adderall XR caused Canada to ban sales.

Adult use of ADHD drugs more than doubled between 2000 and 2004.

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.

Sean's Story

He began life as a healthy baby, but then developed more and more problems: hives, asthma, sensory issues, compulsive behaviors, and increasingly severe food intolerances.

Like so many of the stories I have read in *Pure Facts*, Sean was fine as a newborn and while he was nursing, but at around 6 months the problems began.

But as new parents we were uncertain; were we being over-concerned? Were these problems normal?

- Sean would get hives and we were told to wash his face more, or to put cream on it.
- He had breathing problems at night, and we were told he has croup (which went on for years!)
- When he threw up his food right after he ate it people said maybe he is trying to get attention.
- He fell down a lot — maybe he's a clumsy kid.
- He was very sensitive to light, sound and touch, but so was I.
- Crying about most things or having a melt-down — was that "just his age"?
- Being compulsive about lining up his toys perfectly — wasn't that just being a perfectionist?

But then Sean became really sick. He was unable to tolerate virtually any food; he was pale, spacey and quiet. During the day he wanted to be inside, to lay down on the floor and play. Many nights I spent rocking him by our front door where the fresh air seemed to ease his asthma attacks.

We told our doctor that we thought all his symptoms were linked and we really wanted to get to the bottom of it. She referred us to an E.N.T. specialist who saw Sean for maybe 5 minutes. But the doctor was unable to do an exam because our son was having a melt-down. Why? Maybe the lights were too bright, maybe his stomach was really hurting, maybe his head was ringing. I don't know. But I did not expect the E.N.T. doctor's report to our pediatrician: "Sean needed to see a behaviorist."



Sean, now 6 years old, with his little sister Anna.

Our doctor asked us if we wanted a second referral, but we said "no", that we would try some things on our own. Looking back, I don't understand how she could have even let us leave her office, considering the condition Sean was in, but I don't think she knew what to do.

For the next few weeks we read everything we could that might help. The first thing we learned was that our apartment was infested with mold so we quickly moved.

Next, we found the Feingold Program. I can't describe the relief that came over us as we slowly started to implement the program and began to see improvements. Within the next few weeks most of Sean's symptoms were gone.

One day he laughed, and we realized that was something he never did. It was music to our ears!

But some of Sean's symptoms continued and we didn't think his muscles were getting strong fast enough, and we were not able to use any salicylates. We were controlling the symptoms but not able to heal the sensitivity.

Then we found a doctor at the Center for Traditional Medicine in Lake Oswego, Oregon, who helped us with that extra boost Sean needed. He was given various supplements including essential fatty acids and acidophilus to help strengthen and heal his body. Sean now has an even more improved level of health.

Our whole family follows the Feingold Program and we have all benefited, with fewer headaches, skin problems, stuffy noses, moodiness, and we rarely get sick. When we deviate from the Program Sean still will have a reaction, but they are much less intense. That's proof to me that we need to do our best to stay away from the harmful chemicals.

Lisa Chronister

What can one person do?

Lisa told *Pure Facts* "I talk about this program to everybody and rarely find people who are not interested. I have been trying to spread the word like a rumor through my town. Maybe there will be fewer stressed-out families or one less sick kid. Even if you don't have food sensitivities, we think that everyone could benefit from the Feingold Program."

Recently their local parenting magazine carried an article about ADHD, but made no mention of diet. Lisa contacted the editor and told her that they had left out some very important information. The editor was impressed with what Lisa told her, and the information she found when she researched the Feingold Program. So impressed, that she ran the original article in the following issue, but this time she included an article about Feingold and about the Chronister family's experience.

How about your local parenting magazine?

Strattera Alert

The Food and Drug Administration (FDA) announced that it will require labels on the ADHD drug Strattera to warn of increased suicide risk.



An FDA advisory committee has investigated the use of the nonstimulant atomoxetine (Strattera), which shares some similarities to antidepressants. The panel's report was due out in February of 2006, but as a result of the negative publicity from the use of antidepressants for children, the panel released its report early.

A review of the studies on Strattera found that a small percent of children and adolescents had suicidal thoughts that were a side effect of using the drug. As a result, the manufacturer, Eli Lilly, has been required to add a "black box" warning, which is the most serious alert for potential harm. In 2004 the labels were required to add a warning about the potential for serious liver injury which could

progress to liver failure resulting in death or the need for a liver transplant. (Last year the FDA required antidepressants to carry black box warnings about increased suicide risk as an adverse side effect.)

Introduced with great fanfare, Strattera was billed as a safer alternative to stimulants and amphetamines. Last year the sales reached \$667 million for the drug which is being used by an estimated 3.4 million children and adults.

ADHD drugs reviewed

Evidence of the effectiveness of medicine for ADHD is lacking, according to a report by the Drug Effectiveness Review Project.

The Drug Effectiveness Review Project, located at Oregon State University, was established in 2003 to provide unbiased evaluations of the comparative effectiveness and safety of various drugs. Their report on those used for ADHD uncovered some disturbing information. After evaluating more than 2,000 studies on the drugs, they found:

- evidence of safety is of "poor quality"
- little to support improved school performance
- no indication that one drug is more effective than another



One of the main differences between drugs, however, is their price. A 30 day supply of generic Ritalin (methylphenidate) typically costs under \$16, Adderall is \$94, Concerta is \$104; and Strattera comes in at \$124.

The majority of studies conducted on ADHD drugs are paid for by pharmaceutical companies, and most were rejected by the researchers as unreliable. The report concluded that "evidence on the effectiveness of pharmacotherapy for ADHD in children is seriously lacking."

Similar concerns about the value of the studies of these drugs were raised in a 1999 review by the Agency for Healthcare Research and Quality, which is under the US Department of Health & Human Services.

FDA Head is Out

After only two months in office, Food and Drug Commissioner Lester Crawford abruptly resigned, effective immediately. He had been the agency's acting director since 2002.

Crawford, a veterinarian, had been in the center of many controversies, including the Vioxx scandals and the disclosure that the agency had long withheld information about the potentially harmful side effects of antidepressants prescribed for children.

Senators from both political parties have asked the Inspector General of the Department of Health and Human Resources to investigate whether any financial conflicts of interest may have led to the unexpected resignation.

Antipsychotic drugs investigated

A new federally funded study on antipsychotics, which will be published in the *New England Journal of Medicine*, found that new, more expensive drugs such as Zyprexa and Risperdal are no more effective than the older ones, which sell for about one-tenth as much.

When pharmaceutical companies seek FDA approval, they are not required to compare the new drugs to existing ones, but just to placebos (sugar pills). Last year these new drugs earned about \$10 billion from sales in the United States.

Both the new and old drugs used to treat schizophrenia cause so many unwanted side effects that the majority of patients discontinue them. Like ADHD, schizophrenia can be dramatically helped using natural interventions. For information visit the web site for the International Schizophrenia Foundation: www.orthomed.org/csf/csf.htm.

Sleep

“To sleep, perchance to dream: ay, there’s the rub.” Hamlet’s dilemma is shared today by a growing number of children.

Sleep disorders are among the most common complaints heard by pediatricians. There are various things that can be to blame, including medicine used for ADHD. Food additives and salicylates can also be responsible for various types of sleep disturbances.

One such child is John, whose mom, Esther, wrote to us two years ago: “John is my oldest son and is now 4 years old. He has been on Feingold since December of last year. We decided to try it mainly because of sleeping issues. Sleeplessness has always been John’s main reaction to food additives. Like many other Feingold kids, he was the “perfect” baby; he slept great, ate great and was even-tempered and easy. But that changed when he started eating big people food.

Esther continued, “Our first clue was when he was almost 2 years old and was on antibiotics (pink bubble gum flavored) for an ear infection. He went without sleep for over 24 hours. He bounced off the walls and was unable to even stop and eat. I discussed it with the pharmacist and she suggested he could have a sensitivity to the food dye in the medicine. I will forever be thankful for her advice. After changing to a white antibiotic and getting the food dye out of his system, John went to sleep and slept for 18 hours.

“It was an eye-opening experience and we removed food dye completely from his diet after that.”

“It made a big difference, but there were days I would swear he’d had food dye and could find no evidence of it. I paid close attention to his diet and saw that he also seemed to be sleepless when he’d had sodium benzoate. I removed that but still we would have sleepless nights and cranky, wild days.



“I learned of the Feingold diet through research online and we started it in December 2002. We used the information in the Handbook and stuck to the Stage One section of our *Foodlist*. After 3 days, it was apparent that this was our answer. He was calm, even-tempered, easy to discipline, sleeping great, and suddenly became interested in drawing, writing and coloring. He is still an active little boy, but has no problem now sitting and writing for up to an hour. Academically he has excelled and wants to learn to read now. I am so grateful to the Feingold organization for this program. It has allowed our son to be the wonderful little boy that we have always known he could be.”

Esther recently updated us on their progress. She writes: “John is now 6 1/2 years old, in the first grade. He is very bright and has no problems with sleep or with concentrating on his work.”

Note: After two successful nights, Esther had posted this on the Feingold member’s bulletin board: “My DS (dear son) has climbed into bed for the past 2 nights and gone to sleep without help and without getting up once!! He has not done this since he was 13 - 14 months old and only eating homemade baby food! Why did it never occur to me then that it was the food?”

Dream Journeys, the Magic Carpet

This is a CD designed to help children fall asleep more easily. For details, see www.beclevergirl.com or call (765) 497-7082.

Sleep and bedwetting

In response to this post, another mom wrote: “My 6 year-old son slept in our bed every night until we started Feingold 4 weeks ago! He loves his own bed and has stopped having to wear pull-ups as well...isn’t this program great!? You are lucky to have started before school; we are in kindergarten now and are playing a little catch-up.”

Twitching, night terrors

At age two-and-a-half, Aiden had never slept through the night. He slept very lightly and woke up, crying, several times each night from night terrors. He also suffered from “myoclonic jerks” (twitching) that woke him frequently throughout the night. Aiden’s mom, Megan, has posted his full story on our web site. Once the family got on the Feingold Program his sleep problems and many other issues disappeared.

Sleep and ADHD

Many of the children who are being diagnosed with ADHD and prescribed drugs might have better results by simply getting more sleep.

Israeli sleep researcher, Giora Pillar points out what parents have long observed: when young children get over-tired they often get over-active, cranky, and even aggressive.

Researchers at Brown University Medical School and the University of Massachusetts report that middle and high school students who are believed to have “ADHD” may just be reacting to sleep deprivation.

As children reach puberty their internal clock changes. Their desire to stay up late and sleep later is a normal change, not a character flaw.

Parents and teachers have reported that when schools start an hour later the student’s grades improved, as did their behavior and self-esteem.

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Junk food is having a tough time in England

With one British teen in four overweight, and the recent announcement on school food reform, others are proposing additional reforms.

Twenty food writers, broadcasters and celebrity chefs have written to Britain's Prime Minister, asking him to ban junk food advertising on children's TV programs.

They have requested Prime Minister Blair support the Children's Food Bill which calls for several reforms:

- * junk food advertising would be banned on children's TV programs, especially the use of cartoon characters in food ads.

- * schools would expand their curriculum to teach teens how to prepare healthy food, so they would enter adulthood knowing more than "how to open a packet or a tin."

The bill has wide support from more than 200 members of Parliament on both sides, and from 150 national organizations, including the Royal College of Nursing. Its sponsor, Mary Creagh, commented: "parents are tired of being pestered to buy unhealthy foods at supermarkets because their children recognize Bart Simpson or Shrek on the packet."

The junk food industry in Great Britain could be dramatically impacted by the school food reforms that will be put in place next year. Children are a big part of their market. But with the number of obese school age children having doubled since 1992, many schools are already removing or reforming vending machine snacks.

The Verdin High School in Winsford began changing its food last December. Headteacher Martin Howlett explained, "We did a study looking at the impact of food on learning and concentration and the transformation since has been incredible."

The school now has a salad bar, and serves pasta, rice, tortilla wraps, baked potatoes, fruit juice and fruit

smoothies. The food supervisor reports that the children's response has been great, "The salad bar is the most popular serving station every lunchtime. The way the children have reacted to the changes has been fantastic — they absolutely love the healthy options."

At the Harford High School, the headteacher Mike Holland, explained that the school has been "chip and burger free for the last 16 months, and we haven't sold chocolate in school for the same length of time! All the evidence suggests that healthy eating produced better behavior and better pupil performance."



Pop Tarts problems, and crackers too!

Due to the new trans-fat laws that all companies must implement by January 1, 2006, Kellogg's/Keebler has changed formulations on many of their products. Some of their products which appear on Feingold *Foodlists* now have oil that contains TBHQ so they will need to be removed. Among the products to be removed are:

Kellogg's Pop Tarts

- Low Fat Frosted Brown Sugar Cinnamon
- Brown Sugar Cinnamon
- Frosted Brown Sugar Cinnamon
- Frosted Chocolate Fudge
- Frosted Chocolate Vanilla Creme

Keebler Crackers

- Toasted: Onion
- Cinnamon Graham Selects
- Townhouse: Original, Reduced Sodium, Wheat
- Club Crackers
- Wheatables: Seven Grain

Please note: If you find older packages that do not yet say "no trans fats," and do not list the new oils with TBHQ, they should be acceptable to use. So far we are not aware of other Kellogg's/Keebler products that contain TBHQ; we encourage you to keep checking their labels before you buy them.

Let us know when you discover product changes we have not yet seen. Even though we do not agree with Kellogg Company's decision to use oil with TBHQ we appreciate the fact that they have always been reliable about disclosing their ingredients.

Unhappy with these changes?

We encourage you to contact Kellogg via e-mail, phone or letter.

Send your e-mail comments by visiting their web site at <http://www.kelloggs.com/us/>. At the top of the page click on the small "contact us" and when the new page comes up go to the small box at the lower right side. You must insert a name of one product for each e-mail — go ahead and send them 12 e-mails! If they received enough of them we might find that they will again change their ingredients. Your effort can make a difference!

You can **telephone** Kellogg's at 1-(800) 962-1413 or **write to:**
Kellogg's Consumer Affairs, CAMB
Battle Creek, MI 49016

Echinacea for Colds

Did you recently read news reports about a study at the University of Virginia that showed the herb echinacea is not effective in preventing colds?

Writer/editor Larry Trivieri pointed out some of the flaws of the study that were not mentioned in the news reports.

- The echinacea used in the study was prepared by the researchers; they did not use the same products available to consumers.
- The dosage used was less than one third the amount recommended by herbalists.
- The study subjects were healthy young adults, not typical of the average consumer.

Even the *New England Journal of Medicine*, which published the report, did not take a critical look at the study design, nor did the journal editors consider the thousands of positive studies on the use of this herb.

This is the latest example of the publicity efforts designed to discourage consumers from considering alternatives to drugs.

Organic Food, Supplements Under Fire

A bill before the House of Representatives (H.R. 3156) would give the Food & Drug Administration broad power to arbitrarily ban any herb and other non-drug alternative that they believe does not meet their standards for risk/benefit.

At the Department of Agriculture there is renewed effort to destroy organic standards. The Senate is expected to add a rider to the 2006 Agriculture Appropriations Bill that would compromise the organic label.

To learn more about the latest federal attacks on products that pose a threat to Big Pharma, and Agri-Business, visit the non-profit Health Action Center at www.healthactioncenter.org.

ADHD and Iodine

A mother's deficiency can affect her unborn baby.

Children born to mothers whose diet is deficient in iodine are at greater risk of developing attention and behavior problems, according to a new study. We ingest this important trace mineral when we eat seafood and plants grown in soil that contains iodine. It is also added to salt.

The study compared two groups of Italian women. One group lived in an area where the soil is known to be rich in iodine and the other group lived in an area that has iodine deficient soil.

None of the children born to women living in the first area were later diagnosed with ADHD. But in the iodine poor area 88% of the children were later considered to have ADHD.

Iodine deficiency can lead to hypothyroidism and symptoms that include fatigue, easy weight gain and depression. Pregnant and nursing women require higher levels of iodine to maintain health.

[The study was published in the *Journal of Clinical Endocrinology and Metabolism* 2005;89:6054-60.]

Antidepressant and Birth Defects

More woes for Big Pharma: now it's Paxil that is getting additional cautions.

GlaxoSmithKline is warning doctors that their antidepressant Paxil is more likely than other similar drugs to cause cardiovascular (heart) malformations when it is taken by pregnant women.

The warning is the result of a survey that examined health records of more than 3,000 women who took Paxil or other antidepressants during the first trimester of the pregnancy. They found a 25% greater chance of the defect in their baby if they were on Paxil.

What can one person do?

Pure Facts readers first met Larisa Scarbrough and her son, Cooper, when their story appeared in the May 2005 issue. Larisa had responded to a request from a columnist who wanted to know if a change in diet had affected a child's behavior. This led to an article that included information about the Feingold Program.

Recently, Larisa has been sending copies of Feingold press releases to other area newspapers and several of them will be publishing our information.

In addition to press releases, which are often used alone, local newspapers and magazines like to publish articles about families in their community. If you have found that the Feingold Program has helped your child, and if you want to share this information with others, we can help you do this.

Contact the editor of your local publication and suggest they cover the link between diet and behavior/learning. Tell them how your child has benefited, and let them know that the Feingold Association can provide articles, documentation of the medical research that supports our work, and press releases they can use.

E-mail jane@feingold.org for more information.

Another option is to write a letter to the editor and talk about the diet/behavior link. Chances are your local paper carries articles about school food, or kids with various problems, or the high cost of education (due to the enormous number of children who need special services). All of these issues, and more, have a link to the poor quality of food that most Americans eat.

PIC Report

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

Stage One

Any laundry detergent without added dyes and fragrances is acceptable; these are often labeled as "free and clear."

ARKOPHARMA* AlerBlock + Allergy Relief

AUBREY ORGANICS* Aloe Vera Gel, Calal Calamine-Aloe Lotion, Natural Spa Unscented Massage Oil, Natural Translucent Base, Nature's Balance Hand & Body Lotion (SB) www.aubreyorganics.com

BABY'S ONLY* Essentials" DHA & ARA Fatty Acid Supplement, Organic Toddler Formula: Dairy Based Iron Fortified, Soy Iron Fortified www.naturesone.com

BREADS FROM ANNA (formerly known as Manna From Anna) Bread Mixes: Gluten Corn Dairy Soy and Rice Free; Gluten Soy and Rice Free; Gluten Yeast Corn Dairy Soy and Rice Free www.glutenrevolution.com

CHEW-ETS (Note: This version will not be sold until January 1st) Peanut Chews Original Dark (CS)

CRYSTAL FARMS cheeses: Low Moisture Part Skim Natural Mozzarella Slices, Swiss Deli Slices

DEL VALLE Guava Nectar (CS), Mango Nectar (CS)

ENER-G* Seattle Crackers www.ener-g.com

EPIC* All Natural Euphoria Xylitol Sweetener; Gum: Cinnamon, Peppermint, Spearmint; Peppermints

EPIC* Natural Flavor Spearmint Oil Rinse (SB); Toothpastes: Xylitol & Fluoride, Xylitol Spearmint www.epicdental.com

GATORADE Lime Ice (CS) - available in some Pepsi machines

GEORGE'S Always Active: Aloe Gel (SB), Aloe Ointment (SB), Mentholated Rub, Spray Mister

GUS Dry Meyer Lemon Grown Up Soda

HEALTH FROM THE SUN* Mosquito Stick (SB), My-Grastick Roller Stick Headache Relief

JULIES ORGANIC* Ice Cream: Vanilla Ice Cream and Dark Chocolate Bar, Vanilla Ice Cream Sandwiches

MARY'S GONE CRACKERS* Wheat Free Gluten Free Crackers: Black Pepper, Herb, Onion www.marysgonecrackers.com

MRS. MAY'S NATURALS All Natural Peanut Crunch, All Natural Pumpkin Crunch www.mrsmay.com

PESKY POTIONS Herbal Insect Repellent for Pets www.dancingroots.com

REAL FOODS Corn Thins: Flax & Soy, Multigrain, Original, Sesame

SEAGATE* Earache Remedy www.seagateproducts.com

SNAPPLE ON ICE Ice Pops: Mango Madness (CS), Lemonade (CS) only sold in combination pack with Stage One and Stage Two flavors

STREMICKS HERITAGE FOODS Organic Milk: Fat Free, Low Fat, Reduced Fat, Vitamin D

TREE HUGGIN TREATS* Peanut Butter Crispy Cat, Peppermint Phatty These are free of wheat/gluten/dairy.

Product Alert

TRADER JOE'S Chunky Chicken Pot Pie now contains paprika and needs to be moved to the Stage Two section of your *Foodlist & Shopping Guide*.

Stage Two

APPLE & EVE 100% Juice No Sugar Added Juice Box: Fruit Punch (apples, cherries), Grape (apples), Strawberry Kiwi (apples), Very Berry (apples, raspberries, strawberries), White Grape Raspberry (apples)

APPLE & EVE 100% Juice No Sugar Added: 100% Apple Juice, Cranberry Grape (apples), Cranberry Juice & More (apples, aronia berries), Cranberry Peach Mango (apples), Cranberry Wild Berry (apples, blackberries, blueberries, grapes, strawberries), Sesame Street Bert & Ernie's Berry (apples, aronia berries, raspberries, strawberries), Sesame Street Big Bird's Apple, Sesame Street Elmo's Punch (apples, aronia berries, cherries), Sesame Street Grover's White Grape (apples)

AUBREY ORGANICS* JoJoba Meal & Oatmeal Mask (rosehips); Aloe Essence Regular Hold Hairspray (oranges)

BABY'S ONLY* Essentials: Oral Electrolyte Maintenance Solution Apple (CS, grapes), Oral Electrolyte Maintenance Solution Grape (CS) (available via mail order only until January 2006)

DEL VALLE Peach Nectar (CS)

ENJOY LIFE FOODS* Very Berry Crunch Granola Cereal (strawberries, raspberries)

EPIC* Fresh Fruit Mints (citrus flavors - may contain oranges and tangerines)

GATORADE Orange Ice (CS) in vending machines

GEORGE'S Always Active: Aloe Oil of Wintergreen Lotion (SB), Herbal Rub (SB, cloves), Honey Almond Scrub (SB, octyl salicylate)

GUS Grown Up Soda: Dry Cranberry Lime, Dry Crimson Grape, Dry Ginger Ale (oranges), Dry Valencia Orange (tangerines), Star Ruby Grapefruit (oranges)

HEALTH FROM THE SUN* X-Zit Lip Formula Herbal Lip Remedy (SB, chili peppers), X-Zit Skin Natural Remedy for Skin Blemishes (cloves)

MRS. MAY'S NATURALS All Natural Black Sesame snacks (almonds)

SNAPPLE ON ICE Kiwi/Strawberry Ice Pop (CS)

TRADER JOE'S (Trader Joe's) Fruitti Gummi Chewies (CS, strawberries, oranges, peaches)

TRADER JOE'S Oven Ready Breaded Cod Fillets (CS, paprika)

TREE HUGGIN TREATS* Raspberry Crispy Cat (available seasonally), Toasted Almond Crispy Cat These are free of wheat/gluten/dairy

WHOLE KITCHEN (Whole Foods) Eggplant Slices (CS, paprika)

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.

Sleep and Obesity

People who sleep less tend to weigh more, and it may not just be the midnight munchies that are to blame. Researchers at the Stanford University School of Medicine have found a link between lack of sleep, obesity, and the body's production of the hormones ghrelin and leptin.

Ghrelin triggers our appetite; the more your stomach produces the hungrier you will feel.

Leptin, which is produced by fat cells, indicates that we do not have enough energy reserves and that we need to consume more calories. When the levels of leptin are low our body's appetite is increased.

Moving?

Please send us your new address. The post office will not forward your newsletters because they are sent via bulk rate mail.

What can one person do?

Laurie Rodriguez works in the office of a physician. The doctor does not have much interest in drug-free options, but his nurse-practitioner has been impressed by the dramatic help the Feingold Program has provided for Laurie's family. In fact, Laurie reports that the nurse-practitioner is giving out Feingold information to almost every ADD/ADHD family that comes through the door. She now writes fewer prescriptions and encourages people to try Feingold first.

Laurie recently contacted us for more literature to provide to parents. She adds, "The newsletters continue to impress me. Your work is informative, concise and easy to read and comprehend. Even my boss has been reading the articles and she barely has time to breathe, much less read! Your work is being appreciated by more than just members."

Sleep loss leads to higher levels of a hormone that triggers appetite, lower levels of a hormone that tells your body it's full, and an increased body mass index.

The researchers found that people who consistently sleep for five hours a night have more ghrelin and less leptin than those who sleep eight hours. So, the sleep deprived are producing hormones that tell them that they are hungry and that their energy reserves are low — which also stimulates hunger.



Soy formula caution

The *British Medical Journal* reports that Israel's Health Ministry has recommended soy infant formula be avoided, although they have not suggested that it be available only by prescription, which is the case in Australia and New Zealand. They further suggest that parents avoid giving soy products to children, and that adults use soy in moderation.

Soy contains very high levels of manganese, which can lead to brain damage and serious behavior problems, according to Dr. Francis Crinella of the University of California. Tiny amounts of manganese occur naturally in breast milk, but soy formula has been found to contain as much as 200 times the amount in mother's milk. Dr. Crinella's research has identified high levels of manganese in hyperactive children, compared to control subjects.

The next Pure Facts will be our combined December/January issue.

Pure Facts

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