

# Pure Facts

Newsletter of the Feingold® Association of the United States



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www.feingold.org

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## The Food and Drug Law - one hundred years later

In 1906, after the problems of filth and the adulteration of processed foods became known to the public, Congress passed the Pure Food and Drug Act and created the agency that would later be named the Food and Drug Administration (FDA).

Even before the country's first laws were passed to protect the consumer, special interests fought hard to protect their profits. That part has not changed. What has changed is that now the pressure to weaken the laws is coming not only from the corporations, but also from the federal agencies that are supposed to be concerned with the welfare of the citizen. In May the FDA, along with the Department of Health and Human Services, announced their proposal to "modernize" principles for food standards of identity. So what are "standards of identity" and what's wrong with modernizing them?

### In the FDA's own words:

"Standards of identity define what a given food product is, its name, and the ingredients that must be used, or may be used in the manufacture of the food. Food standards ensure that consumers get what they expect when they purchase certain food products."

The new proposal would "stimulate technological innovation" and "optimize the use of new food processing and packaging technologies in the development of food products geared to the needs of today's consumer" according to the proposal.



## Schools, drugs, kids and their parents

Should schools establish mental health screening programs for students? What qualifies as a mental health issue? Depression? ADHD? Or maybe just being a teenager?

An idea that was first proposed two years ago could gain new life with the next teen who brings a weapon to school and causes bloodshed. At first glance, the prospect of screening children for mental health problems sounds like it has merit; certainly, there are youngsters who need help and are not receiving it. But it could start this country down a slippery slope and completely fail to accomplish any real benefit for our children.

The first problem is that the term "mental health" has different meanings for different people. For the professional community in this country, it is generally translated to mean either counseling or the use of prescription drugs. Since counseling is time consuming and costly, it is being replaced with medicine. The most likely medicine would be antidepressants and thousands of children are taking them despite their lack of effectiveness and potential for harm.

A leading British medical journal, *The Lancet*, has written critically of the testing that drug companies have carried out, testing that is rife with poor design and manipulated data. They also cite the U.S. Food and Drug Administration's (FDA) continuing support of such drugs despite their serious risks.

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For decades it has been the standards of identity that have slowed down the adulteration of food, making it more difficult for a company to substitute cheaper ingredients. Considering how many foodless items are being used in processed foods, the standards of identity have very little clout as it is. The proposal to officially alter them would allow even more questionable additives and processing manipulations.

We are already being offered a diet of genetically modified, chemically fertilized, irradiated, fluoridated, cloned, gassed, flavor enhanced, over-heated, smashed, mashed, extruded, synthetically colored, artificially flavored, chemically preserved and otherwise tortured food. How much worse can it get if the official standards — which are routinely ignored — are trashed?

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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.

## Bouncy Boo Becomes Better

By Eileen Mynes

Our little Emily has had many nicknames in her short life: Wild Child, Energizer Bunny, Bouncy Boo, etc. After three weeks on Feingold something remarkable happened.

As an ADHD adult, I need system and organization to accomplish basic tasks, like feeding the family. Every evening, I demand that the floor be cleared and toys put away. Once, when my older daughter was four, she wouldn't do it, so I took a trash bag and scooped up all the toys off the floor. The next day, she personally handed it to the woman at the Medina Children's Home. My rationale was that if she didn't care enough about her toys to take care of them, then another child needed them more. She never gave me an excuse about cleaning again.

I tried using the same method on Emily from that early age, but instead of working, she would sit and cry about how she couldn't do it — even up to age seven. I tried to help her by saying, "Pick up the red toy, and put it in the toy box," etc. She couldn't do even that. She just talked, played, and cried some more. Experts in ADHD told me that I would have to be with her throughout the entire cleaning process, and even then, she may never be able to handle it alone without medication. But she was already on medication and still had so many problems.

The parenting techniques that had been successful with my first child didn't work for Emily.

Her pediatrician told us that one cannot tell if a baby will become hyperactive, but something seemed different about her from 5 weeks of age. Emily moved continuously every waking moment, and fell into an exhausted sleep every night. As she grew, she was like a ping pong ball, bouncing from activity to activity, but not completing any. Parts of her advanced, but parts of her brain function seemed to be stuck at age two.



**Here's Emily after a short time on Feingold. The puffiness under her eyes is now gone.**

She was thin as a rail with dark circles under her eyes. We always had plenty of protein, fruit, and vegetables for snacks and meals, but for years she ate only apples and peanut butter sandwiches. (I would later learn that the peanut butter was not a Feingold-acceptable brand.)

At a medical checkup for my older daughter, five year old Emily had squirmed, hopped, climbed, hummed, fell, bounced, and tried to sit again all in the space of about a minute. This doctor asked me if I wanted to have her tested for ADHD. Thus began my search for what would help my younger daughter. We agreed to try drugs, behavioral modification, nutritional supplements and organics. Everything worked a little or sometimes, but Emily continued to panic when it was time to clean her room.

In the spring of 2005, we decided that we couldn't keep her on Ritalin anymore, and the next day the Canadians banned Adderall. We weaned her off all drugs and tried organics. She was better, but still had bad days or weeks. She lost a lot of toys.

### Finally, we found the Feingold Program.

Several weeks ago I posted our good news on an ADHD message board, "Yesterday, for the first time ever, Emily cleaned her room. She did it without any impetus at all!! She volunteered, did it on her own, and told me about it later! She also cleaned her sister's closet. She said that she just felt like it. I had to sit down and take slow breaths!

"I had put so much effort into this one issue, that the day she did it on her own floored me. I've been telling everybody that the Feingold Program is responsible for the "New Emily".

"We are starting our fourth week, but saw results within three days. Although we had made changes in her diet, I hadn't considered her toothpaste, shampoo, and other non food, plus her favorite snacks were salicylates: cucumbers, apples, grapes, and Texas oranges."

We saw results in just three days, and in the third week Emily decided she wanted to clean her room.

Since I also have ADHD, I joined my little dear, and guess what? I quit "flying off the handle" and crying over minor things.

There are people on the e-loop who say they've been with Feingold for over twenty years. It would have been wonderful if I could have said that, but I wasn't listening then. It took having a child facing her own difficulties for me to care enough to search for the solution. We have slipped up on the diet now and again, but it only serves to show us how good it is. We have a Better Boo.

Thanks for caring enough to do the research needed to tell people like us how to stay sane.



If the FDA is not up to the job perhaps we should turn to the National Institutes of Mental Health. But a look at their literature on ADHD shows that they have not done their homework. They cite poorly-designed studies from the 1970s and ignore newer studies that demonstrate the link between food additives and ADHD. What's more, the agency confuses the Feingold Program with sugar-free diets, a distinction our youngest children can understand. Can we trust that they will have a better grasp of the complex issues involved in a child's mental health?

### Heading down a slippery slope

Schools are already pushing medication on unwilling parents. Patricia Weathers was pressured into putting her son on Ritalin and he became psychotic as a result. This experience led to the formation of the non-profit support group Ablechild. Her experience is shared by many other parents, who have been coerced and threatened that their children would be taken from them if they did not comply with using drugs, even when a child has had a very bad reaction to them.

Now that we know of the many damaging side effects from various drugs being given to children the practice is all the more appalling. (Among the potential dangers from drugs commonly used for ADHD are: liver damage, suicidal thoughts, cancer, stunted growth, strokes, heart problems, death.) Even a drug with a serious potential danger can be valuable if there is no alternative and if the benefit is so great it is worth the risk. This is not the case with ADHD drugs, and it is not the case with antidepressants, which list depression as one side effect.

### Who would pay?

Schools don't have enough money to pay for all their current programs. In fact some schools are suing the federal government for mandating the "no child left behind" initiative without providing funding for it.

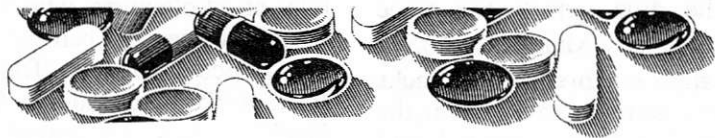
Who would pay? Perhaps the world's wealthiest business: the pharmaceutical industry. In addition to manufacturing drugs, Big Pharma gives generously to doctors, pays fees to the FDA to approve new drugs quickly, funds support groups that promote drugs, and of course spends large sums on donations to politicians and salaries for their army of lobbyists.

An industry funded mental health screening program would be the first step toward gaining many thousands of new customers for their newest, most expensive drugs.

### Non drug approaches that work!

Feeding children real food, free of petroleum-based additives, is a good place to begin. The work Dr. Feingold started in 1965 continues to this day, with 40 years of successful experience.

New research is showing the value of supplementing a child's diet with the important essential fatty acids, especially the omega-3 oils. They have been found to enhance learning, improve behavior, and alleviate depression.



### Chromium

Chromium, a trace mineral, can also play an important role in treating some forms of depression.

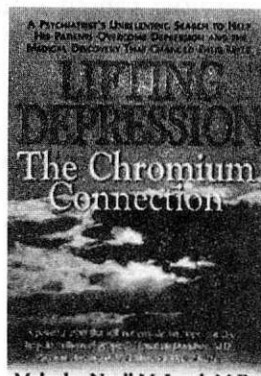
Dr. Malcolm McLeod is a psychiatrist and professor of psychiatry at the University of North Carolina School of Medicine. He has discovered that a form of the mineral — chromium picolinate — can be as effective as antidepressant medicine, at a fraction of the cost, and with no adverse side effects.

Individuals who suffer from what is called "atypical depression" appear to be excellent candidates for this therapy. The name "atypical" is misleading, since more than half of depressed people suffer from it. The individual is typically: overweight, craves carbohydrates, is chronically tired, overly

sensitive to perceived criticism, and say their arms and legs feel very heavy.

Although the value and safety of chromium supplementation has been known for decades, it was Dr. McLeod who listened to his patients, delved into the history of the research on the mineral, and conducted a series of experimental trials to validate the astonishing benefits this inexpensive supplement can offer. He worked with colleagues, collected clinical data and published articles in peer-review journals.

Most Americans are deficient in this mineral and our diets, high in simple carbohydrates, further deplete our resources. The lack of chromium is believed to affect many parts of the body and has been associated with diabetes, heart disease, PMS, as well as weight gain and depression.



*"...our theory was that chromium helps depression by increasing the sensitivity of the body to insulin and improving glucose metabolism, which result in an increase in brain chemicals involved in depression."*

Dr. McLeod

## Accountability

Industry giants are beginning to face the consequences of their actions.

A study published in the *New England Journal of Medicine* in November of 2000 showed that Merck & Company's expensive new painkiller, **Vioxx**, was superior to naproxen, an older pain medicine, and that patients taking Vioxx had less stomach bleeding. But on December 8 of this year the *Journal* editors accused the study authors of withholding important data about the risk of the drug, which has since been withdrawn by Merck.

Information on three heart attacks from Vioxx were removed from the manuscript sent to the *Journal*, and the authors withheld data about strokes and other heart problems, according to the charges. Among the researchers in the study were two Merck employees and eleven other scientists who all had financial ties to the drug giant. The *Journal* editors have requested a correction from the authors, and expressed their concern that doctors would have viewed the drug differently if they had all of the information.

The disclosure is bad news for Merck, which is involved in 7,000 law suits brought by families of Vioxx victims.



### Food additive damage

The giant additive manufacturer, International Flavors and Fragrances (IFF), has lost its most recent lawsuit to a former employee of a Missouri popcorn plant. In 2000 a rash of unusual respiratory illnesses alerted an area physician that something was going on at the factory. Eight employees had developed a rare respiratory disease that severely damaged their lungs; some are now awaiting lung transplants. The cause was found to be the **artificial butter flavoring** added to the popcorn, particularly a chemical in the flavoring called diacetyl.

It has been known since the early 1990s that diacetyl can cause severe lung damage; the workers who make the artificial flavoring wear respirators to protect themselves from harm. But the International Flavors and Fragrances company failed to warn the popcorn maker of the dangers to employees who breathe in the fumes or are exposed to the dust from the chemicals.

IFF has reached settlements with a total of 54 plaintiffs, who suffer from what has been dubbed by the media as "popcorn lung." The National Institute for Occupational Safety and Health is now concerned about the danger that this additive poses for workers at other snack food factories.



### Lawsuit against Wyeth

Ten families around the United States have joined in a law suit against Wyeth Pharmaceutical. They allege that the antidepressant, Effexor, caused suicides and attempted suicides in family members. The suit is based on the plaintiff's claim that Wyeth knew for years that the drug caused such side effects, but chose to keep this information from doctors in order to avoid losing sales. The Food and Drug Administration now requires Effexor to carry a "black box" listing side effects, which is the strongest warning of the potential harm of a drug.

### Consumers seek solutions at state level

Unable to obtain protection from federal agencies, the Congress or the Executive Branch, some activists are turning to states for help. Iowa was the first state to ban the use of the **mercury preservative, thimerosal**, in most vaccines, and this has been followed by California and is underway in many other states.

## New Mexico takes on Aspartame

The New Mexico Environmental Improvement Board is planning to hold hearings in July of 2006 on the use of **aspartame** (NutraSweet, Equal). The state's governor believes the US government is not protecting citizens from this additive, which a recent study has linked with malignant brain tumors, leukemia and kidney cancer. Aspartame critics say the additive can be banned from the state since it is considered by the Board to be a neurotoxicant, an adulterant, poisonous, deleterious and misbranded.

The defense of the synthetic sweetener will be offered by the Japanese manufacturer, Ajinomoto (the world's largest maker of aspartame and MSG) and the Calorie Control Council, an organization representing the manufacturers and users of artificial sweeteners. They are lining up powerful, well-connected law firms to fend off the potential financial and legal damages.

Since the US Food and Drug Administration allows aspartame, many assume that a federal law would take precedence over a state law. But consumer advocate, Stephen Fox explains that the FDA's rulings are actually "policies," not federal laws. This concept was put to the test in Minnesota in March of 2005. The widow of a suicide victim sued Pfizer on the grounds that their drug, Zoloft, was responsible. The Minnesota Attorney General argued that the fact Zoloft was FDA approved did not shield the manufacturer from liability.

Aspartame decomposes at 86 degrees, and in New Mexico's warm climate the breakdown is likely to be rapid. A food product that contains a decomposed substance is considered to be adulterated and subject to seizure. As the sweetener breaks down it loses sweetness, but — much more important — it forms the toxic chemicals formaldehyde and DKP (diketopiperazine), which is believed to be the cause of the brain tumors associated with the sweetener.

## *FAUS Goodie Baskets brighten the holidays*

Hearty thanks to all of you who participated in our fund raiser; this has been the "sweetest" way we have ever generated support for our programs! We are also grateful to the many companies who donated their Feingold-acceptable products for the baskets:

Bellows House Bakery Fudge Brownies

[www.bellowshouse.com](http://www.bellowshouse.com)

Barbara's Bakery Puffins

[www.barbarasbakery.com](http://www.barbarasbakery.com)

Captain's Catch Cheese Baked Crackers

[www.myfamilyfarm.org](http://www.myfamilyfarm.org)

Choclettos Chewy Fudge Squares and

Walnettos Caramel Walnut Chews

[www.walnettosinc.com](http://www.walnettosinc.com)

Enjoy Life Snickerdoodles

[www.enjoylifefoods.com](http://www.enjoylifefoods.com)

Gorge Pear/Blueberry Bars

[www.gorgedelights.com](http://www.gorgedelights.com)

Glee Gum

[www.gleegum.com](http://www.gleegum.com)

India Tree Natural Colored Sugars

[www.indiatree.com](http://www.indiatree.com)

Jolly Beans - natural jelly beans

[www.sunridgefarms.com](http://www.sunridgefarms.com)

Jolly Time Popcorn

[www.jollytime.com](http://www.jollytime.com)

Late July Peanut Butter Sandwich Crackers

[www.latejuly.com](http://www.latejuly.com)

Mary's Gone Crackers

[www.marysgonecrackers.com](http://www.marysgonecrackers.com)

Nature's Pops Lollipops

[www.collegefarmorganic.com](http://www.collegefarmorganic.com)

Pearson's Chocolate Covered Mint Patties

[www.favoritesof.com](http://www.favoritesof.com)

Squirrel's Nest Candy Shop

[www.squirrels-nest.com](http://www.squirrels-nest.com)

Sundrops (M&Ms type candy)

[www.nspiredfoods.com](http://www.nspiredfoods.com)

Spangler Peppermint Candy Canes

[www.spanglercandy.com](http://www.spanglercandy.com)

St. Claire's Guava Tarts

[www.econaturalsolutions.com](http://www.econaturalsolutions.com)

Stretch Island Fruit Leather

[www.stretch-island.com](http://www.stretch-island.com)

Sunny Bears - sugar coated gummy bears

[www.sunridgefarms.com](http://www.sunridgefarms.com)

Valomilk - marshmallow filled chocolate cups

[www.valomilk.com](http://www.valomilk.com)

One mom posted this on the Feingold member's bulletin board: My basket of goodies arrived today! DS was so excited. He said, "Everything is okay? I can eat it all?" It is really nice. Thank you FAUS!

Another member thanked us for solving one of his "hard-to-buy-for" Christmas gift recipients.

### *Thanks to:*

Nancy Kemble at the Squirrel's Nest Candy Shop for helping us with this project.

Cindy Harrell for donating recipe cards for using the colored sugars, and for donating Mary Jane Peanut Butter Kisses.

Lorraine Cordo for donating Canel's Caramel Lollipops.

Danielle Robinson, Marilee Jones, Shula Edelkind, and Harry Hersey for their many hours of help.



### *Valentine's Day is Coming*

And with Valentines day come thoughts of chocolate! Our Product Research Committee has found a candy company that produces a line of delicious, all natural chocolate candies that are suitable for diabetics as well as those on gluten-free and low carb diets!

The company began with chocolates that used the usual ingredients. But their sugar-free versions were so well received, they eventually switched the whole line. Next, they focused on a "healthy indulgence" that eliminated all synthetic ingredients, as well as sugar, while keeping the same standards for taste that had won so many fans.

The entire line of Yamante Chocolates and YC Chocolates are sugar-free; the sweetener used is maltitol, derived from corn. They offer both milk chocolate and dark chocolate products. YC Chocolates are available from the Squirrel's Nest Candy Shop. (See [www.squirrels-nest.com](http://www.squirrels-nest.com).) They are also sold in Whole Foods Markets, some specialty stores, and on-line at [www.ycchocolate.com](http://www.ycchocolate.com). Check out their FAQs for details on ingredients and special dietary uses.

The company offers a Sampler Set for just \$9.95, which includes the cost of shipping in the US. You can call their toll-free number at (800) 433-2462.



## What do "today's consumers" actually need?

Today's consumers are not physically much different from our great grandparents, or from theirs. We need what humans have always needed: food that provides nourishment. Since "today's consumers" are ingesting far less of the important trace minerals, vitamins and essential fatty acids than past generations we need less "modernization" and a return to real food.

## Good Food, Bad Food

The further degradation of the regulations governing our food is likely to accelerate a trend that has been taking place for several decades: bad food gets worse and good food gets better. While some types of foods continue to deteriorate, others have continued to improve. Synthetic dyes, artificial flavors and preservatives, synthetic sweeteners, high fructose corn syrup and MSG clones are used in ever-increasing amounts in the worst food choices; but at the same time organic sales continue to climb. Healthy food stores are opening around the country, and supermarkets are forced to compete by offering natural products.



## Ice cream - FDA style

Americans have loved this treat since Colonial times, and understand that ice cream is made from cream that is chilled and beaten, with added sweeteners and flavoring. Most Americans assume that ice cream starts with milk and cream produced by dairy cows.

In response to a proposal from the International Ice Cream Association, made up of the major ice cream manufacturers, the FDA wants to change the standard of identity for ice cream. They propose to allow milk from "source animals other than cows" to be used.

## What's a source animal?

It can be any animal that produces milk, including sheep, goats, water buffalo and yaks. This milk would be imported from countries where there would be no U.S. supervision over the sanitary conditions. It would be changed into a powder called "milk protein concentrate" and shipped to this country. The FDA calls this a "safe and suitable milk-derived ingredient." The dairy industry can call it a financial bonanza since they will be able to use cheaper milk. Water buffalo milk sells for about 45 cents a gallon, vs. cow's milk which retails for between \$2 and \$3 a gallon.

**Yak milk ice cream — just what "today's consumer" wants!**



## Hiding Aspartame

It's going to get even harder for shoppers to avoid this synthetic sweetener.

The FDA also wants to allow aspartame (NutraSweet, Equal) to be added to ice cream as an "artificial flavoring" and no longer require companies to list it specifically by name on the package.

Aspartame, first developed as a drug to treat peptic ulcers, is the most notorious of all the synthetic additives in the American food supply. It breaks down into a variety of poisonous substances and has been linked with a huge list of toxic side effects, including malignant brain tumors. More than 10,000 reports of adverse reactions did nothing to change the FDA's position on this chemical, nor have the countless studies showing its harmful effects, nor the many scientists who have **spoken out** against it.

For the Feingold shopper, the words "artificial flavor" will be enough to cause them to steer clear of any such ice cream, but the majority of consumers will unknowingly be ingesting a powerful neurotoxin.

The purpose of food standards is to be sure that the consumer receives what they expect in their food. Next time you shop for ice cream and end up bringing home water buffalo vanilla fudge swirl, with hidden aspartame, keep in mind that how seriously the FDA takes its responsibility for (in their own words) "ensuring that food labels are truthful and not misleading."

## A child studies aspartame

While the aspartame industry vigorously defends the use of its product and the Food and Drug Administration refuses to take action, an eleven-year-old girl put them to shame.

After her grandmother nearly died, sixth-grader Jennifer Cohen conducted an experiment to determine if the aspartame in her grandmother's Diet Coke may have played a part.

She placed 7 cans of the soft drink in the refrigerator, 7 cans in her room where they stayed at room temperature, and 7 cans in an incubator set at 104 degrees Fahrenheit. The cans were left for 10 weeks, after which they were tested by the Winston Laboratory in Ridgefield, NJ.

The lab analysis found that all of the drinks, including those in the refrigerator, had broken down to formaldehyde and DKP.

Jennifer paid for the expenses of her science experiment with the money she earned baby sitting during the previous year.

This experiment was published in *Food Chemical News*.

## PIC Report

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

### Stage One

AUBREY ORGANICS\* Men's Stock: Basic Cleansing Bar; Natural Lips: Crystal Clear, Mocha Brown, Natural Red, Petal Pink (SB); Silken Earth Makeup Powders: Light, Medium and Rose Tones; Ultimate Moist Unscented Hand & Body Lotion  
[www.aubreyorganics.com](http://www.aubreyorganics.com)

CHOCLETTOS Chocolate Caramels (CS)

EPIC\* All Natural Euphoria Xylitol Sweetener

EPIC\* Natural Flavor Spearmint Oral Rinse (SB),

Toothpaste: Xylitol & Fluoride, Xylitol Spearmint;

EPIC\* Peppermints; Gum: Cinnamon, Peppermint, Spearmint  
[www.epicdental.com](http://www.epicdental.com)

FLEISCHER'S BAGELS Frozen Bagels: Onion 12oz & 15.6oz (CS), Plain 12oz & 15.6oz (CS);

Organic Frozen Bagels: Ancient Grain, Onion, Plain (CS); Refrigerated Bagels: Onion (CS,CP), Plain (CS, CP)

KIKKOMAN Soy Sauce (SB)

KIRKMAN Amino Acids: Amino Support Hypoallergenic Capsules, Creatine 500mg, GABA Plus with Niacinamide & Inositol, Glycine 250mg, L-Carnosine 200mg, L-Glutamine 250mg, Taurine 325mg & 1000mg; Colostrum Gold Unflavored Liquid;

DMG & TMG: DMG 125mg Capsules, DMG with Folic Acid & B12 Capsules, DMG with Folinic Acid & B12 Capsules, TMG Capsules 500mg & 175mg, TMG with Folic Acid & B12 Capsules, TMG with Folinic Acid & B12 Capsules 500mg & 175mg;

Essential Fatty Acids: Cod Liver Oil Gel Caps

MRS. MAY'S NATURALS crunchy snacks - All Natural Banana Peanut, All Natural Nori Peanut, All Natural Sunflower Crunch, All Natural Walnut Crunch, All Natural White Sesame Crunch  
[www.mrsadays.com](http://www.mrsadays.com)  
*Sold at Costco, Sam's Club, BJ's Wholesale Club, Whole Foods Markets, Super Target, and selected Target stores*

NORDIC NATURALS\* Omega 3, 6, 9 JR, Omega Women

POM WONDERFUL 100% Pomegranate Juice  
[www.pomwonderful.com](http://www.pomwonderful.com)

ROBERTS AMERICAN GOURMET Pirate Booty, Veggie Booty

SEROYAL HMF Forte Dietary Supplement

STRAUS FAMILY CREAMERY\* Mint Chocolate Chip Ice Cream; Yogurt: Organic Maple Nonfat, Organic Maple Whole Milk, Vanilla Nonfat, Vanilla Whole Milk  
[www.strausmilk.com](http://www.strausmilk.com) *These products appeared in October, but the company name was misspelled.*

TRADER JOE'S (Trader Joe's) 100% Canola Oil

WALNETTOS Delicious Caramel Candy with Walnuts (CS)

YC CHOCOLATIER Sugar Free Bar: Dark Chocolate 70% Cocoa (CS), Milk Chocolate 50% Cocoa (CS)

## Product Alert!

OCEANSPRAY Cran-Grape Juice, Cran-Raspberry Drink, CranApple, Cran-Raspberry Drink in aseptic packages now contain synthetic dyes and need to be removed from your Foodlist & Shopping Guide.

WEGMAN'S Pink Lemonade Naturally Flavored Drink now contains synthetic dye; please remove this product from your Foodlist & Shopping Guide.

### Stage Two

AFFUSION SKIN CARE Herbal Replenishing Cream with No Added Scent (almonds, grapes), Soothing Lip Balm with Zinc Oxide (grapes, almonds)

FIZZY LIZZY\* Sparkling Juice: Concord Grape, Cranberry (grapes), Fuji Apple, Grapefruit (grapes), Orange (grapes), Passionfruit (grapes), Raspberry Lemon (grapes)

FLEISCHER'S BAGELS Frozen Bagels: Cinnamon Raisin 12oz & 15.6oz (CS); Organic Frozen Bagels: Cinnamon Raisin; Refrigerated Bagels: Cinnamon Raisin (CS, CP)

FLORIDA'S NATURAL Au'some Fruit Juice Nuggets: Apple & Cranberry (CS, oranges), Blueberry (CS, apples, oranges), Orange (CS, apples), Strawberry (CS, apples, oranges, blueberries); Au'some Fruit Juice String: Apple & Cranberry (CS, oranges), Blueberry (CS, apples, oranges), Orange (CS, apples), Strawberry (CS, apples, oranges, blueberries)

JILL'S Sugar Free Spread: Blackberry (apples), Blueberry (apples), Mixed Berry (apples, blackberries, raspberries, strawberries)

KIKKOMAN Stir-Fry Sauce (SB, wine, red peppers), Sweet & Sour Sauce (SB, tomatoes, bell & red peppers), Teriyaki Baste & Glaze with Honey & Pineapple (SB, tomatoes, wine, red peppers); Marinade & Sauce: Lite Teriyaki (CS, SB, red peppers, wine), Roasted Garlic Teriyaki (SB, wine), Teriyaki (CS, SB, red peppers, wine); Quick & Easy marinade: Gourmet Teriyaki (wine), Honey Mustard (CS, wine, cider vinegar), Roasted Garlic (CS, wine)

KIRKMAN DMG & TMG: DMG Liquid (raspberries)

MRS. MAY'S NATURALS All Natural Almond Crunch, All Natural Blueberry Peanut

MY FAMILY FARM\* Surf Snacks Pizza Baked Crackers (paprika, red peppers)  
[www.myfamilyfarm.org](http://www.myfamilyfarm.org)

NORDIC NATURALS\* Berry Keen Cod Liver Oil (strawberries)  
[www.nordicnaturals.com](http://www.nordicnaturals.com)

OMEGA SMART\* Bar: Apricot Almond, Banana Chocolate Chip (tea), Carrot Cake (raisins, oranges, cloves), Cinnamon Apple, Pineapple (almonds), Raisin Spice (cloves)

YC CHOCOLATIER Sugar Free Bar: Dark Chocolate with Orange Bits (CS), Dark Chocolate with Whole Roasted Almonds (CS), Milk Chocolate with Orange Bits (CS), Milk Chocolate with Whole Roasted Almonds (CS); Master Piece: Caramel & Whole Roasted Almonds (CS)  
[www.ycchocolate.com](http://www.ycchocolate.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.



## Past Issues of *Pure Facts*

During the past year major articles which have appeared in *Pure Facts* include:

### December 2004/January 2005

Natural foods in supermarkets  
Virginia PTA & food additives  
Vitamin E - the real story  
Flu shots and mercury

### February 2005

Our unhealthy health care system  
Anxiety & depression  
ADHD drug risks  
Teething and behavior problems

### March 2005

Commercials assault our kids  
Canada pulls Adderall  
Grapefruit seed extract  
Food industry "solutions"

### April 2005

Stay away from Neotame  
New synthetic sweeteners  
Diet, ADHD and heart disease  
Lima bean science fair project

### May 2005

Help for busy moms  
Following Feingold 100%?  
100% compliance needed?  
Mom as detective

### June 2005

Medical freedom wins in California  
Omega-3 oils and ADHD - study  
Supplements or diet?  
Stage One and Italian

### July/August 2005

Turkey Twizzlers in Britain  
Gourmet school lunches  
Toxins and children  
Science fair - fuzzy brained mice

### September 2005

School food actions  
Back to school with good food  
Schools serve foodless foods  
*Super Size Me* DVD for kids

### October 2005

Bipolar disorder and diet  
Depression, drugs, deceit  
Omega-3 deficiencies  
Child Medication Safety Act

### November 2005

Britain to reform school food  
ADHD drug use in US  
Holiday Goodies baskets  
Sleep

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## The Land of the Censored?

A proposed law would restore the rights of Americans to free speech on matters of health. In a strongly worded address to the House of Representatives, Congressman/physician Ron Paul of Texas called for new legislation to rein in the many abuses on the part of federal agencies, especially the Food and Drug Administration (FDA) and the Federal Trade Commission (FTC).

The bill, named the Health Freedom Protection Act, HR 4282, was co-sponsored by congressmen from nine other states.

Rep. Paul cites instances where both the FDA and FTC have prevented consumers from receiving information on proven alternatives to drugs. While 55,000 people died from taking Vioxx the FDA was busy making sure we did not learn of the benefits of supplements to help osteoarthritis, heart attacks and bone fractures.



While the agency was ignoring the potential damage from the ADHD drugs Strattera and Cylert, they were also prohibiting consumers from learning that folic acid supplements could reduce neural tube defects. Congressman Paul accuses the agency of bearing the responsibility for an estimated 10,000 cases of preventable neural tube defects.

While pharmaceutical companies are permitted to advertise their prescription drugs directly to consumers, the FDA and FTC continue to censor truthful information about beneficial non-drug therapies and to prohibit the distribution of scientific articles and publications regarding the role of nutrients in protecting against disease.

This speech makes for very interesting reading, and can be found at: [www.bolenreport.net](http://www.bolenreport.net).

## Pure Facts

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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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