

Food additives and brain damage

Food additives that millions of children consume every day may be damaging their brains by stopping the growth of nerve cells and may also interfere with signaling. A newly published study from Britain shows why the testing of chemicals used in our food is inadequate.

Researchers at the University of Liverpool exposed nerve cells from mice to combinations of widely-used additives, and measured the resulting growth of the cells. Four additives were studied: aspartame (NutraSweet, Equal), MSG (monosodium glutamate), Brilliant Blue, and Quinoline Yellow.

Brilliant Blue is known as FD&C Blue No. 1 in the United States and as E133 in Europe. "FD&C" means that the US Food and Drug Administration allows it to be used in foods, drugs and cosmetics.

Quinoline Yellow is known as D&C Yellow No. 10 in the United States and as E104 in Europe. The US designation "D&C" means that it is only allowed to be used in drugs and cosmetics. (One of the uses of Yellow 10 is in the 5 mg and 20 mg versions of Ritalin.) The International Association of Color Manufacturers has petitioned the FDA to allow Yellow 10 to be used in foods in the US.

The combinations applied to the nerve cells were: blue dye plus MSG, and yellow dye plus aspartame.

The researchers found that the effects of the blue dye plus MSG were up to four times as toxic and the effects of the yellow dye and



aspartame were as much as seven times as toxic as when they were tested individually. The researchers believe that this shows the effects of additive combinations found in the food children typically eat are far more damaging than previously thought. The researchers are particularly worried about how such additives can damage a child's developing brain by stopping the growth of nerve cells.

"Almost all E-number additives have no nutritional value. They have been tested one at a time but they certainly haven't been tested in combination, as they appear in foodstuffs. We simply don't know what their long-term effects are."

"My own view is that I wouldn't touch them. On a precautionary basis we should remove them from our food."

*quotes by Dr. Vyvyan Howard,
senior lecturer in toxicology at the
University of Liverpool*

The damaging effects of these food additives are not limited to just the brain, but can be seen throughout the body. This could help explain why so many different symptoms have responded well to the Feingold Program.

Dr. Feingold often pointed out that although synthetic food additives can affect "any system of the body," the nerves and muscles are particularly sensitive to toxins.

The technique of exposing nerve cells to chemicals is used to test combinations of pesticides. Such tests are "recognised as predictive of developmental outcomes in humans" according to British toxicopathologist Vyvyan Howard, who led the study. The aspartame industry claims that testing on nerve cells does not reflect the way the additive acts when it is eaten. (However, thousands of consumers have reported serious adverse reactions from eating aspartame.)

"The basic reason for using additives is economic — it is to disguise otherwise poor ingredients."

Dr. Howard

Continued on page 3

Megan's Goof

Megan's two boys remembered from their pre-Feingold days that a trip through a drive-in meant a cookie. She described their experience.

Aiden recently had a reaction to a sugar cookie from McDonald's. It was totally my fault; he and Jared begged me to stop for cookies and I foolishly gave in. We went through 2 night's sleep and 3 naps of twitching, plus a post-cookie morning of complete misery and sadness. Poor little guy — I was so mad at myself for giving him that *darn* cookie (actually, he ate two!).

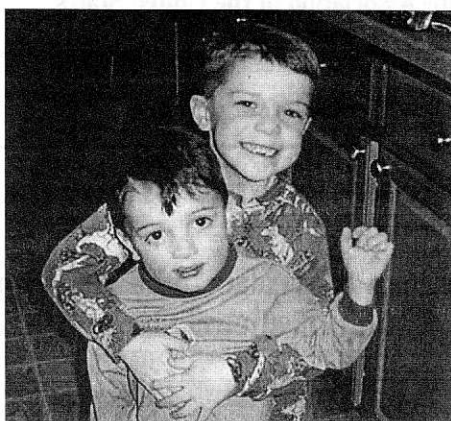
I later went into their web site to get the ingredients in the sugar cookie and found they have artificial butter flavor, artificial vanilla and sodium benzoate. Bleah! A seemingly harmless sugar cookie — full of junk!

One good thing about the blunder was that I videotaped two of his naps so others could see the reaction from an unacceptable food. I doubt anyone will give me guff after seeing it...it is pitiful. He is SO exhausted and is jerked awake every 10 seconds — 2 minutes by a myoclonic jerk. I can't wait to whip the tape out whenever someone scoffs at my son's dietary restrictions!!! I should've videotaped the morning misery — he was screaming, crying, hitting me, etc. I was so wrapped up in trying to console and comfort him that I didn't think to tape it...bummer!

I foolishly thought "How bad can a sugar cookie be?"

Pure Facts responds:

As hard as it is for a parent to think about videotaping while their child is in the throes of a reaction, it can be a valuable resource for many reasons. Tapes like this have been successfully used to gain cooperation from a doctor and they certainly would be valuable to show to teachers, relatives and friends. They might be handy if you need special help from a school. And you may someday need some good "ammunition" to show Aiden. As they get older children sometimes get



restless about staying on their diet, although one or two infractions and the subsequent reactions generally do the trick of convincing them to get back to the good food.

Cookie self-defense

For those times when the boys just *have* to have a treat, is there a mall nearby with a Mrs. Field's cookie stand? Check the Stage One section of your Foodlist for an acceptable flavor. (The packaged Mrs. Field's cookies sold in supermarkets, etc., are not acceptable.) Another mall option is an Auntie Anne's pretzel stand, found in many malls.

A health food store or "healthy market" is a great place to buy a bag of natural cookies and maybe a refreshing drink to go with them. Don't overlook the health food sections now found in many supermarkets; they have lots of choices.

Subway cookies

Keep a photocopy of the Feingold Fast Food Guide in your car so you will always be able to find something to buy as a snack. At this time Subway has two cookies included in the Guide. While the foods in the Fast Food Guide are not researched with the same precision as the products in your Foodlist, they are likely to be much better tolerated than the other choices. Subway now has more outlets than McDonald's so it should not be hard to locate one.

Non-cookie treats are great too

A serving of French fries is a good treat and if you live near a 5 Guys on the East Coast or an In 'N Out Burger in the West you will be able to enjoy fries without any TBHQ in the cooking oil.

Mmmm, candy!

You will be able to find Ghirardelli Chocolate Squares at Target stores and Valomilk Candy Cups at Cracker Barrel restaurant gift shops. See if you can line up snack options in the areas you often frequent. Then, if a munch attack hits, you will have a game plan that will spare you several days of misery. If all else fails, you can always stash some fairly non-perishable goodies in a container in the trunk of your car. Take a look at the goodies listed in the December/January newsletter; or consider baking some. For your own waistline, you might want to select a variety that your kids enjoy, but that you don't much like.

There are lollipops, gummy bears, jelly beans, chocolate covered mint patties, etc. Dried papaya or pineapple can be cut up into small pieces and they're as sweet as any candy.

Cool refreshment in warm weather

In warmer weather you can always stop by a supermarket for a box of natural popsicles and open it to give each of the kids one of them. What about a treat from Haagen Dazs or Ben & Jerry's? And check out your 2006 Fast Food Guide for the suggested ice cream, yogurt and sorbet flavors at Cold Stone Creamery.

An ounce of prevention is better than a 3-day reaction.

"Synergy"

Chemicals that are relatively safe when used by themselves can be dangerous when they are combined. This is true with some household cleaners, especially bleach and ammonia. When the two are combined they form deadly chlorine gas, which was used as a chemical weapon in World War I and again by the Nazis in the Second World War. The term for this, "synergy" or "synergism," refers to the fact that when two things are combined, their effects can be multiplied.

When you combine chemicals, 1+1 does not necessarily = 2.

Another example took place in the 1980s when the Environmental Protection Agency gave the Hartz Mountain Company permission to sell a new flea control product for pets. The product, named Blockade, was a combination of two chemicals, each of which had been generally well tolerated. But when combined they caused illness and death in cats and dogs.

Limited value of testing

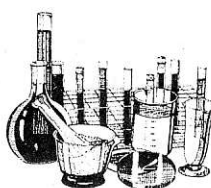
A study such as this points out the limitations in testing food additives. A child's typical morning routine might include using toothpaste (dyes, synthetic flavoring, saccharin, aspartame, fluoride), chewable vitamin (synthetic dyes, artificial flavoring), medicine (dyes, aspartame, artificial flavorings, the medicine itself), cereal (dyes, flavorings, corn syrup, BHA or BHT), imitation orange juice beverage (dyes, artificial flavoring, corn syrup, sodium benzoate). When it's time for lunch at school the ingredients might include: dyes, artificial flavorings, various preservatives, high fructose corn syrup, and MSG.

To make matters worse, a single artificial flavoring can be made up of dozens, or even hundreds of different chemicals, and they are not required to be tested for safety.

The study was published in December in the journal *Toxicological Sciences*.

Synergistic Interactions Between Commonly Used Food Additives in a Developmental Neurotoxicity Test. Lau K, McLean WG, Williams DP, Howard CV. *Toxicol Sci*. 2005 Dec

"Exposure to non-nutritional food additives during the critical development window has been implicated in the induction and severity of behavioural disorders such as attention deficit hyperactivity disorder (ADHD). Although the use of single food additives at their regulated concentrations is believed to be relatively safe in terms of neuronal development, their combined effects remain unclear. We therefore examined the neurotoxic effects of four common food additives in combinations of two (Brilliant Blue and L-glutamic acid (MSG), Quinoline Yellow and aspartame) to assess potential interactions."



What children eat

The amounts of additives used in the study were designed to represent what a child might typically consume. Their effects were seen both on nerve cell growth and on the ability of the brain to send and receive signals.

Felicity Lawrence of *The Guardian* wrote: "The Liverpool team reported that when mouse nerve cells were exposed to MSG and brilliant blue or aspartame and quinoline yellow in laboratory conditions, combined in concentrations that theoretically reflect the compound that enters the bloodstream after a typical children's snack and drink, the additives stopped the nerve cells growing and interfered with proper signaling systems."

Response

While defending the use of the food additives, the British government's Food Standards Agency announced they will be funding research to investigate the effects of exposure to multiple chemical additives in food. They will also fund research on the ways groups of color additives affect the behavior of children.

Additive status

Regulations regarding food additives differ from one country to the next.

Brilliant Blue (FD&C Blue No. 1) has been banned in most European countries, but is allowed in the US and Great Britain.

Quinoline Yellow (D&C Yellow No. 10) is banned from foods in the U.S. and Norway, but is allowed in Great Britain.

MSG has been banned from baby food in Britain, but is used in snack foods consumed by pre-schoolers.

Aspartame is being used in all these countries.

Toxins can have subtle effects

Until recently, chemicals were considered to be harmful to the nervous system only when the reactions were extreme, as in seizures, paralysis or tremor. But today there is a greater awareness that damage to the nervous system can be much more subtle, and can result in less obvious problems. The Food and Drug Administration's *Redbook 2000* notes:

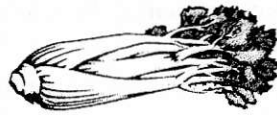
"Motor incoordination, sensory deficits, learning and memory impairment, changes in emotion, and altered states of arousal in the adult and the developing organism are examples of deficits recognized as functional indices of possible neurotoxicity."

The Politic\$ of Food

How to find healthier food for your family in spite of the legislators and governmental agencies that are supposed to be working on your behalf.

For years organic farming was treated with scorn by both mainstream business and mainstream media. Professional cynic, John Stossel, of ABC-TV's 20/20 was particularly fond of trashing the concept that pesticide-free foods are better for us. But new studies continue to support the fears that adding poisons to our food supply is harmful, and consumers apparently have not been listening to the media. Organic sales are growing by about 20 percent each year and even bargain-hungry Wal-Mart customers are making organics one of their fastest growing categories of food.

As organic foods gain greater popularity with consumers, and as health advocates cheer, the World's wealthiest food conglomerates look for ways to cash in. They use their clout to weaken the regulations, with the intent of controlling the market and either absorb smaller companies or drive them out of business. This past October Congress voted to weaken organic regulations over the objections of 250 small companies and more than 325,000 consumers who wrote to their representatives.



Fighting back

As the term "organic" loses its original meaning, and agribusiness tightens its grip, healthy food proponents are changing the vocabulary, using words like "sustainable," "home grown," or "locally grown" to help identify more natural food choices. A sign of consumer clout has been the dramatic expansion of healthy markets and health food sections in conventional supermarkets. The nation's largest healthy market, Whole Foods, is now listed as one of the Standard & Poor's 500 leading companies. Wild Oats continues to expand and attract new fans, while the phenomenon known as Trader Joe's is heading toward the Southeast. (A new store opened in Newport News, VA in December and another is planned for Virginia Beach.)

The Feingold Program does not require organic food, but believes that it is a sensible choice.

A new type of market

A Portland, Oregon solution is the local chain of stores called New Seasons markets. The focus is not on organic, but primarily on locally or regionally grown and raised food, much of which is organic. Here shoppers can enjoy the benefits of foods typically sold at farmer's markets but with the convenience of being able to shop at the times they choose.

Another advantage to such a store is the fact that it is more environmentally friendly since fewer energy resources are used to transport the food from farm to market.

Consumer's Reports magazine has suggested that the following foods are the top organic choices as the conventionally produced versions are treated with the most and the worst of the synthetic chemicals:

apples, beef, bell peppers, celery, cherries, grapes (imported), milk, nectarines, peaches, pears, potatoes, raspberries, spinach, and strawberries.

A "must see"

Natural Ovens Bakery now has a 15 minute DVD that describes the amazing impact healthy food has had in bringing about dramatic improvements in behavior and learning in the Appleton, Wisconsin Alternative High School. This is the documentary that should be seen by every concerned parent and educator.

It can be ordered from Natural Ovens for just \$10, which includes the cost of shipping. Visit their web site at www.naturalovens.com or call them at (800) 558-3535.

Big Pharma's young customers

Brandeis University has released the results of a study of psychotropic* drug prescriptions for teens. (A psychotropic drug is one that alters perception or behavior.) They found there was a 250% increase in the use of these drugs between 1994 and 2001. The sharpest rise started after 1999 when the Food and Drug Administration gave the pharmaceutical companies permission to advertise prescription drugs directly to the public.

Although few of the drugs used are approved for minors, they are widely prescribed, with one boy out of ten who visits a doctor's office coming away with a prescription. In 2004 the Centers for Disease Control and Prevention reported that the number of children taking three or more drugs increased by more than 50% between 1994 and 2000. During this period the number of children taking antidepressant drugs tripled and the use of stimulants doubled.

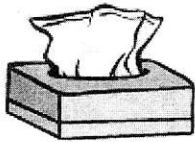
Between 14 and 26 percent of visits in which psychotropic medications were prescribed did not have an associated mental health diagnosis.

Coughs & colds & sniffles & sneezes

Cold medicines are generally loaded with undesirable additives, but there are some choices for families on the Feingold Program.

The following over-the-counter cold remedies are suitable for Stage One:

Tom's of Maine Adult Daytime Cold Formula
Tom's of Maine Adult Nighttime Cold Formula
Tom's of Maine Natural Cough & Cold Rub
Tom's of Maine Eucalyptus Cough Suppressant
B&T Alcohol Free Cough
B&T Bronchial Syrup
Gaia's Children's Cough Syrup for Dry Coughs
Gaia's Children's Warming Vaporous Rub
Penn Herb Company Olbas Inhaler
Contac 12 Hour Caplets



Other products used by Feingold members include: zinc lozenges, grapefruit seed extract liquid drops (mix with juice or other beverage - never apply it directly to the skin), grapefruit seed extract in capsules, and echinacea capsules.

Refer to your *Foodlist and Shopping Guide*, *Supplement List* and *Mail Order Guide* for cough and cold products that are Feingold-acceptable.

You can also check out the International Academy of Compounding Pharmacists to locate a pharmacist in your area who can make up medicine to your specifications. See www.iacprx.org.

New choices from Trader Joe's

The Product Information Committee reports that Trader Joe's has done a great job in 2005 working with PIC in updating and completing forms so that we can include many of their products. Special thanks to Lauree Bradley for her help in adding these Trader Joe's products:

Stage One

Breads:

Harvest Whole Wheat
Maple Whole Wheat
Multi Grain Country
Hamburger Buns
Hot Dog Buns
Pita Bread
Mini Pita Pockets
Mini Whole Wheat Pita Pockets
Trader Jose's Flour Tortillas
with No Preservatives

Cereals:

Frosted Shredded Bite Size Wheats
Joe's O's Toasted Oat Cereal

Cookies:

Fat Free Meringues
Joe Joe's Ginger Sandwich Creme
Low Fat Chocolatey Cat Cookies

Crackers:

Woven Wheat Wafers

Snacks:

Gourmet Macadamia Nut Popcorn
Clusters
Organic Mini Pretzels - Fat Free
Peanut Butter Filled Pretzels
Reduced Fat Cheese Crunchies

Seafood:

Canned Crab Meat-15% Leg Meat

Other Foods:

100% Canola Oil
Chicken Noodle Soup
Cornbread Mix
French Toast made with
Four Grain Bread - frozen
Macaroni & White Cheddar
Cheese Classic mix
Whole Kernel Corn - frozen
Organic Butter

Cleaning Supplies:

Liquid Laundry Detergent

Stage Two

Candy:

Dark Chocolate Covered Raisins
Frutti Gummi Chewies (strawberries, oranges, peaches)
Milk Chocolate Covered Raisins

Cereal:

Cranberry Almond Clusters
Honey Nut O's (almonds)

Entrees:

98% Fat Free Chicken Bean &
Rice Burrito (bell peppers, chili
peppers, tomatoes, paprika)
Chicken Taquitos (paprika)
Chunky Chicken Pot Pie (paprika)
Hand Crafted Chicken & Cheese
Tamales Wrapped in Corn
Husks (bell & chili peppers)
Oven Ready Breaded Cod Fillets
(paprika)

Bipolar disorder — feedback from readers

The October, 2005 issue of *Pure Facts* focused on the relationship between nutrition and bipolar disorders.

Dear *Pure Facts*:

"I received the October issue yesterday and my husband and I read it together. "Bipolar disorder" and "anti-depressant drugs" have and are causing havoc within our extended families. This issue is overwhelmingly huge for us and I found great comfort in reading my position supported by you in your newsletter! Thanks for writing *Pure Facts*. I'm looking forward to the November issue! Thank you."

Dear *Pure Facts*:

"I already received my October *Pure Facts* and I think it was one of the best issues I've received in the 7 years my family has been on Feingold. I am taking classes at Marymount University toward my Master's Degree in Counseling Psychology and have already made a copy of this issue to give to the instructor of my Neuropsychology class.

Please pass on thanks to Jane and all who contributed to the issue. I am grateful for all the work that you women do!"

This next writer responded to the brief description of the October newsletter which was sent to her as a preview via e-mail. Although she misunderstood the Feingold position on the use of drugs, she brings up the important issue of how medicine fits in with a nutritional approach to various problems.

Dear FAUS,

"I'm a long time Feingolder but I have to say — skimming the headlines for the next newsletter — that bipolar in kids is real. We started Feingold when A was 4 and it helped a lot but by the time she was 7 we knew something was really wrong. We are whole food, organic eaters, and believers in omega fatty acids, but this was more. A was diagnosed with Early Onset Bipolar Disorder at 7 years old, and is doing better. Therapy and meds help her a lot, but she still had to learn about her disease and work very hard.

"The seasonal effects are very difficult on her. She's 9 now, and can express what is going on inside but without her medication I shudder to think of where she would be. Being manic-depressive is no picnic. I hope the article will stress that when you have tried everything else sometimes you must turn to modern medicine. A terrifying fact — more children die from BP every year than any of the childhood cancers, because when left untreated these children self medicate, or commit suicide.

"Just wanted to fill you in on the other side; I was against meds too, but they have probably saved A's life."

The editor's response: Thanks for writing to us and sharing your information. As you will see when you read the article, **we are not opposed to the use of drugs** for bipolar, depression, ADHD, or any other problem.

You say you hope that the article will stress that when you have tried everything else to turn to medicine. Most of us are laypersons, and as such we are not qualified to give any advice about when/whether or not to use drugs. The problem we have with them is that the manufacturers (and sometimes doctors) do not tell the whole story and that they market these products with too little regard for the safety of the patient. We are also critical of the FDA for not doing its job of protecting the consumer.

Please know that we respect and support your choices for your child. Our intent is to share the large body of information that drugs are one tool, but they are not the only answer and not necessarily the best answer for every person. And when a person is using drugs, doesn't it make sense to seek additional things, like EFAs or Feingold, to enhance the effectiveness of the drug?

We believe that patients have the right to be given complete, accurate information on all of the options available, and this rarely happens.

Since you mention a seasonal problem, I am sure you are using full spectrum lights as they have helped many people. The GE Reveal bulbs can be very helpful too. We wrote about this in the February 2005 issue.

FAUS Webmaster, Shula Edelkind, offers some suggestions.

"There are so many variables in this sort of disorder and often one needs to be a real detective to find what helps.

"It is interesting that your daughter has more difficulties in certain seasons. Possibly it is related to exposure to heating chemicals, or to various pollens, as we've found with some children. Some with ADHD need meds but only in certain pollen seasons, for example.

"My niece's son was diagnosed bipolar because his behavior became bizarre every two weeks; luckily she discovered that every two weeks the floors in his school were polished with a chemical to which he is sensitive."

Depressed vs. Bipolar

Another problem some patients encounter is that they are diagnosed during the period when they are depressed, and are given medicine for depression. But antidepressants are not appropriate for the treatment of this disorder.

PIC Report

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

Stage One

365 (Whole Foods) Old Fashioned Pancake & Waffle Mix
5TH SEASON Italian Seasoning
ANNIE'S HOMEGROWN TOTALLY NATURAL* Rice
Pasta & Cheddar; Bunny Grahams: Chocolate,
Cinnamon, Honey
BALMEX Zinc Oxide Diaper Rash Cream (SB)
BOB'S RED MILL* Mix: Gluten Free Chocolate Cake,
Gluten Free Chocolate Chip Cookie (CS)
BOIRON* (homeopathic remedy) Acidil Tablets -
Heartburn Relief, Avenoc Hemorrhoid Suppositories,
Camilia Teething Liquid, Sabadil Allergy Tablets,
Sinusalia Tablets
CHEBE* All Purpose Baking Mix, Focaccia Mix
www.chebe.com (800) 217-9410
CLIF KIDS Organic Z Bar: Chocolate Brownie, Peanut
Butter www.clifbar.com
COFFEEHOUSE CLASSICS* Cappuccino FOAM!:
Flavored Hazelnut, Natural Vanilla
available in AZ, CA, NV - www.simplysublimefoods.com
FIZZY LIZZY* Sparkling Pineapple Juice www.fizzylizzy.com
FLAT OUT Multi-Grain Flatbread (CP,CS)
GILLIANS FOODS* French Roll Mix, Pie Shell,
Pumpkin Pie www.gilliansfoods.com
HOMEMADE BABY Organic Baby Food: Just Pears,
Just Peas, Just Squash
HYLAND'S* (homeopathic remedy) Bronchial Cough
KETTLE* Creamy Peanut Butter: Salted & Unsalted;
Crunchy Peanut Butter: Salted & Unsalted;
Roaster Fresh Nut Butter Cashew Butter
KIKKOMAN Less Sodium Soy Sauce (SB), Teriyaki Baste
& Glaze (SB); Toasted Sesame Quick & Easy Marinade
LIGHT MOUNTAIN* Color the Gray Hair Color: Auburn,
Black, Chestnut, Dark Brown, Light Brown, Mahogany,
Medium Brown, Red; Natural Hair Color: Auburn,
Black, Bright Red, Burgundy, Chestnut, Dark Brown,
Light Brown, Light Red, Mahogany, Medium Brown,
Neutral, Red www.lotusbrands.com
OMEGA SMART* Chocolate Nut Bar
www.omegasmartbar.com (603) 624-5924
SAMMI'S BEST Non-GMO Soy Milk (CS)
www.bestlifeint.com (800) 407-7238
SINGING DOG* Gourmet Vanilla Bean,
Pure Vanilla Extract www.singingdogvanilla.com
TRADER DARWIN'S (Trader Joe's) Dietary Supplements:
Sustained Release High Potency B "100",
Sustained Release High Potency B "50"
TYLER PLANT ENZYMES Similase Jr. Complete
Digestive Enzymes for Children - *order through your
health care provider - www.natmeddirect.com*
WLD GARDEN Hummus: Black Olive, Roasted Garlic,
Traditional www.wildgarden.biz

Product Change

Safeway has changed the supplier for their lowfat milks and we have not yet been able to learn who the new supplier is. Since we cannot be sure that they are acceptable please remove them from your *Foodlist & Shopping Guide*.

Stage Two

CLIF KIDS Caramel Apple Organic Z Bar
DYNEMO* Nutritional Energy Bar: Chocolate Brownie
(almonds), Cinnamon Spice (almonds), Peanut Butter
(almonds) *available retail only in CA & NY*
www.jatfoods.com
GILLIANS FOODS* Apple Pie
HEARTLAND'S FINEST* Raspberry Cero's Cereal (CS)
www.heartlandsfinest.com
HOMEMADE BABY Homemade Organic Baby Food:
Just Apples, Squapples (apples)
www.homemadebaby.com (800) 854-8507
IAN'S NATURAL FOODS* Whole Grain French Toast
Sticks (CS, raisins)
IAN'S NATURAL FOODS* Kids Meal: Chicken Fingers
(apples), Hamburger (apples, strawberries)
NATURAL CALM supplement - Natural Calm
Orange Flavor, Natural Calm Raspberry Lemon
www.vites.com
NATURAL FEAST Chocolate Mousse Pie (apples),
Gourmet Apple Cranberry Pie, Gourmet Streusel Apple
Pie, Gourmet Streusel Blueberry Pie (apples),
Pie Shell (apples), Pumpkin Pie (apples, cloves)
www.naturalfeast.com
NATURAL VITALITY Organic Life Liquid Vitamins
(grapes, cranberries, raspberries)
PURE FIT* Nutrition Bars: Almond (CS, apples, grapes),
Chocolate Brownie (CS, apples, grapes), Peanut Butter
(CS, apples, grapes) www.purefit.com
sold in bike shops, gyms, coffee shops
TRADER JOE'S 5 Layer Dip (apple cider vinegar, chili
peppers, tomatoes)
TRADER JOE'S Pasteurized Apple Cranberry Juice
TRADER JOE'S Oriental Rice Crackers (chili peppers,
paprika)
USANA OPTIMIZERS Visionex tablets (CS, bilberries)
www.usana.com
UTZ'S BBQ Pork Rinds (CS, MSG/HVP, paprika,
tomatoes, chili peppers)
UTZ'S Kettle Old English Malt Vinegar Classic Potato
Chips (CS, apples, cider vinegar), Kettle Sea Salt &
Vinegar Cooked Potato Chips (CS, cider vinegar);
UTZ'S Butter Sticks Pretzels (paprika)
www.utzsnacks.com (888) 744-7889
VITAMIN RESEARCH PRODUCTS Kids Essential
Chewable Multinutrient Formula (CS, oranges)
WHOLE RANCH (Whole Foods) Chorizo Sausage
(paprika), Sweet Italian Sausage (wine)

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.

Los Angeles Parenting & Family Expo

Whole Children Whole Planet Expo 2006 will take place at the Los Angeles Convention Center during Earth Day weekend, April 22-23.

The Expo will provide the answers that a fast-growing group of socially and environmentally conscious parents are looking for to keep the planet and their families naturally safe and healthy.

Highlights of the week will include:

Natural Food Preparation - demos and tasting events with celebrities and natural gourmet chefs.

Natural Medicine Community - meet doctors and experts in the field of holistic pediatrics.

Children's Village - sustainable living, enrichment programs, healing with music, art, animal therapy and more.

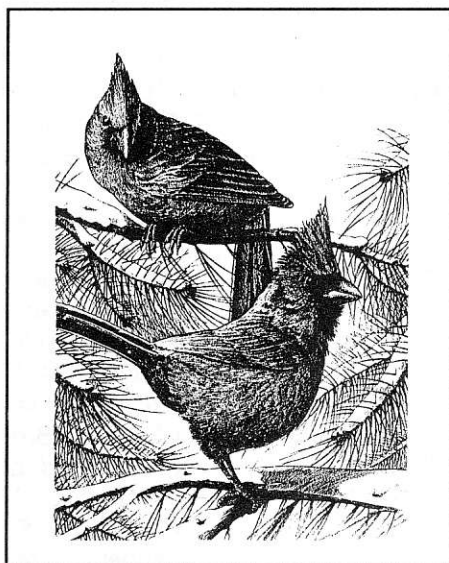
Healthy Homes - how to keep your home free of toxins and keep your children safe.

Birthing, including natural fertility options and pain-free delivery techniques.

See www.wcwpepo.com

Aspartame hearings

The December/January issue of *Pure Facts* described the efforts of consumers in New Mexico to have aspartame banned in the state as an adulterated poisonous substance. The state's Environmental Improvement Board has voted to postpone the hearings from July of 2006 to January of 2007. The reason for the postponement is to give the Attorney General time to determine if the Board has the authority to ban or to place warning labels on products that contain the synthetic sweetener.



Fish oil supplements and behavior

A school for children with behavior and learning problems has initiated a study giving fish oil capsules to children who suffer from dyslexia, Asperger's syndrome, ADD, ADHD and PDD (pervasive developmental disorder). The Eaton Hall Special School in Norwich, England, will conduct the trial with 38 children, ages 10 to 16. The researchers will also try to determine if the fish oil will lessen side effects for those children who are taking drugs for their condition.

The Durham County Council, which is conducting the study, sponsored a similar trial last year at three childcare centers. They found that a blend of omega-3 and omega-6 oils improved the behavior of unruly children in the centers. Omega-3 oil has been shown to help the brain send messages between cells. It could be that the oil helps to compensate for the damage created by the diet of chemical additives the children have been consuming. (See the article on page one of this newsletter.)

The new study will last six months.

Pure Facts

Editor: Jane Hersey

Contributing to this issue:

Lorraine Cordo
Markey Dokken
Shula Edelkind
Susan Folk
Cindy Harrell
Kathy Irion
Marilee Jones
Barbara Keele

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, plus S+H. A *Pure Facts* subscription plus bulletin board access is \$38/year when ordered separately.

For more information or details on membership outside the U.S., contact FAUS, 554 East Main St., Suite 301, Riverhead, NY 11901 or phone (631) 369-9340.

The articles in this newsletter are offered as information for *Pure Facts* readers, and are not intended to provide medical advice. Please seek the guidance of a qualified health care professional concerning medical issues.

www.feingold.org

© 2006 by the Feingold Association of the United States, Inc.

Permission to reprint

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

When you reprint, please use the following acknowledgment:

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